

TAKE LIFE BY THE HELM

Four Steps to Succeed Here and Now

"The greatest day of your life is the day that you decide that your life is your own, that ultimately you are at the helm. This awesome journey called life is yours, and you are responsible for the quality of it. Saying yes to this Provident journey is the most important yes you can give. Rising above and being worthy of your challenges is the greatest honor that can be bestowed. This is life. Live each moment with dignity here and now!"

Take life by the helm!

This is the **#1** principle of happiness, success and fulfillment! Being at the **helm** is largely a matter of perception. If you perceive you are at the **helm** of your life, you are and vice versa. You are about as happy or miserable as you choose, so choose wisely. As you consistently practice directing your mind to **Take the Helm**, you will create a life that you absolutely love--a life in which you will become Unstoppable!

The majority of people think that they are in control of their lives, when in reality the opposite is true. Unfortunately, most people live day in and day out as puppets of their environment, circumstances and other people. They are living a life full of fear and reaction. Simply they are living a life of self imposed slavery.

Key indicators you are not at the helm:

- loss of focus
- being stuck in negative emotions
- poor relationships
- poor results
- life seems lifeless

Key indicators that you are at the helm:

- I treat myself with kindness, dignity and respect.
- I treat others in the same way.
- Others treat me the same way.

When can you be in control of your life?

The only time you can be at the helm is **NOW**--this very moment. Your control in life is in the present. The average person "lives" in the present moment less than 10-20% of the time. The vast majority of a persons' life is spent in the future or past where they have no control! This leaves them feeling powerless and robs them of this moment. They live with feelings of anxiety or numbness.

There comes a time in your life when you must force yourself to stop focusing on the trivial and entertain the significant! Are you focused on the trivial (things you can't control)? The trivial is found in a) future worries, b) past regrets, c) situations that you can't control but try to anyway.

Awareness is the key to living in the present. Are you aware of how fulfilled you are in life? On a scale from 1-10 (with 10 being fulfilled), where are you? Are you connected to the people you love the most in your life? Are you connected with God or a Higher Power? Are you passionate about your job? If there is room for improvement, this article is for you!

Four steps to take life by the helm:

Below are four steps to help you **take the helm** anytime, anywhere. These **four steps** are keys for gaining control of your life or Taking Life by the Helm! I hope this will help you on your path to live an absolutely amazing life!

- 1) **STOP:** Whatever you are doing, stop and breathe. Give yourself permission to slow down--breathe deeply. Make your stomach expand. Notice what is happening inside you--thoughts feelings, and tension. Become aware of what your body is experiencing. Get in the present moment. You must feel what you are feeling before you can change how you are feeling.
- 2) **LOOK:** Connect with your vision of the person you want to become. I want you to vividly see yourself reaching for the very highest within you. This is your vision of living an amazing life verses the perception that you are a powerless victim.

Next, represent your vision with a color. Think of a color you love, a color that represents power and courage. Now visualize breathing this color into every cell in your body. Feel it going to every cell from head to toe giving you power, strength and courage! Then see and feel this color totally surrounding your body on the outside. See it, feel it, be it! I want you to keep doing this until you feel the "chills." You might think this is strange. Trust me its not. Peak performers in any arena understand how to focus on the significant, thus directing their minds.

- 3) **LISTEN:** Listen to your heart and make a decision and act boldly with LOVE! Love is one of the greatest indicators of being at the Helm. Remember how Mother Teresa put it. "It's not how much you do, but how much love you put into the doing." Is your life full of passion? As children we had so much love. As adults we loose touch with this passion deep inside. Reconnect! Crank it up!

Also, listen to your inner voice. Your heart (mind, soul & spirit) has everything you need to powerfully Take Life by the Helm! Most people drowned out this voice. Start practicing listening to it today asking yourself what is most significant thing you can do right now and act on it. Remember

that it is not courage unless you are afraid. Practice listening to your heart, making the decision to act, and then courageously act. I promise that you will have more power in your life!

- 4) **CELEBRATE:** Be grateful for the blessing in your life despite the challenges you are facing. Identify at least 10 things that you are grateful today. Begin each day being grateful for the things you have yet to receive. Celebrate every small triumph in your life and others. Find humor, smile, and laugh. Help others to smile everyday!

More to consider

Ultimately being at the **helm** is a neurological state of mind (an extremely positive and powerful emotion) that leads you to make better choices and leads you to courageous actions!

When you face a challenging situation how do you want to handle it--at the **helm** or not? You are not on this earth to fail, to stir the turd, to feel like a victim, or feel inadequate. As depicted in the Wizard of Oz, you have what you need to succeed. Just like the seed has everything within that it needs to reach its destiny, you have everything within that you need to fulfill your purpose. You are here to live an amazing life, with a greater spirit of hope and vision. Don't forget your errand. Ask yourself, "What's the most important choice I can make right now?" Ask yourself this often and notice the power that comes into your life.

Look at the **helm** of your life. Are there hands trying to steer you off the course you want to take? What hands are on the **helm**? Are there hands of other people--boss, co-worker, in-law, spouse, or child? It could be fear, discouragement, resentment, jealousy, procrastination etc. Perhaps it's the *environment* or *circumstances* that are controlling you. As children we fought tooth and nail to "**Take the Helm**". Often as adults, we find every excuse to give the **helm** away to anyone else. You can mentally take every other hand off the **helm** and choose to place your hands there instead. Right now it's your life. It's your choice. Don't give your choice away. No matter what, **take life by the helm** right now!

Ultimately, being at the helm is the perception that you are in control of your life. This is based on the fact that you can do your best to impact your environment and circumstances, but ultimately the only thing you can be in control of is your behavior and your attitude. If the only freedom you have is to choose your attitude, you are still liberated.

To be at the **helm** of your life you must do that which seems impossible! Do it. Thank your challenges for helping you reach for the highest within you and teaching you that you, not others, are at the helm of your life.

Three powerful choices

Each day you are faced with countless choices. Learning to make these choices more consistently will help you remain at the **helm**.

1. **Choose your attitude.** Don't allow the environment or others to determine your internal terrain (emotions).
2. **Choose to allow your challenges to help you reach for the highest within you!** Find meaning and purpose within your challenges, otherwise they can canker your soul and begin to kill your spirit.
3. **Choose to gratefully serve with all you have.** Be kind today and make a difference.

I hope this helps you on your journey for living an absolutely amazing life.

- A life where you become unstoppable regardless of the challenges that you face.
- A life where you keep breathing, keep walking, and looking up.
- A life where you keep hope, love and passion alive and visible everyday.
- A life where you make a difference today!
- A life where you become unstoppable!

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