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Disclaimer

The information and suggestions contained in this book is not intended as a substitute for medical or mental health treatments. Please consult your health practitioner when you are dealing with serious problems. The author's intent is to offer information of a general nature to help you in your quest for a new balanced life.

EIGHT STEPS
to a
NEW YOU

by Pat Bosman

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INTRODUCTION

Life is a learning curve from birth to death. We grow all the time, at least 1% everyday.

This book is aimed at the person who is stuck in a rut, feeling very low, or even insecure, depressed or just wanting a new changed life.

What I am about to share with you is how change can be made fun and easy. For most people when they hear the word change they go into a panic and fear sets in. “I can’t”; “It is too difficult”; “Why reinvent the wheel”; “I am happy as I am”. Good for you! That is all good and well, but it won’t allow you to grow, or improve yourself. Always remember, you are never too old to learn new things.

For people to grow you have to change. It may be just one thing in the way you think or the way you do things or how you accept things. If you go down the same road every day you come to the same destination; if you take a deviation you may find and see things you did not know existed.

In this book, I will cover things like what your real purpose is in life. As a result you may find the right job, a hobby or sport that you have been interested in, or maybe why you are on this earth. What is stopping you? Is it fear, not knowing what it is you want or need, procrastination, lack of confidence and loss of self-esteem, or is it your old belief system?



In a lot of cases, it is found that what your parents and their parents believed in, may not be applicable in the 21st century. So what does this mean? “CHANGE” of course, in how we think and do things.

Later on you will read case studies of people who took the plunge and changed their lives for the better, not only for themselves but for everyone they came in contact with.

Are you ready to start the journey to a new you? You will find at the end of each chapter there will be an exercise or two to complete.

As we go through the steps you will notice that it could be a puzzle that you are doing. Every step is another piece of the puzzle, the new you is the final piece.

Let's get down to what you are going to learn in the chapters that follow, to help you become the “NEW YOU”.

I would like to suggest that you read the book from beginning to end, then go back and do the exercises and make notes in the space provided as you go.

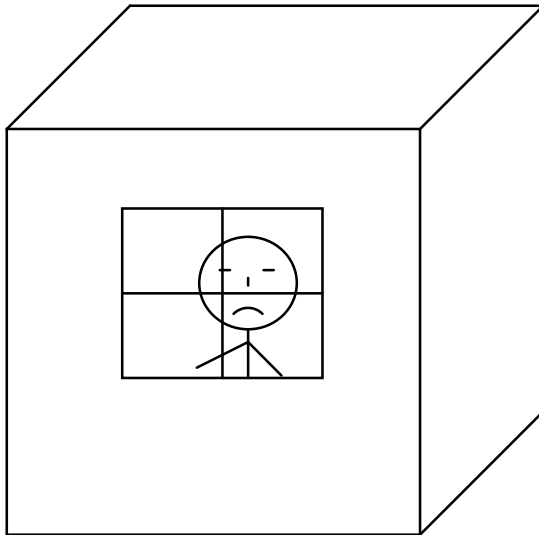
STEP 1

Where are you right now?



How are you feeling right now? Take a look at all areas of your life.

I very often hear, “My life is so boring. I wake up, go to work come home, eat, go to bed; every day is the same. I never seem to have any time for myself to do the things I enjoy.”
Is this you?



Do you feel that this is you in this box (Your comfort zone)?



I did a little exercise with some friends of mine. I phoned a friend who I had not spoken to for a while and said, “What’s up?” and the response was, “Not much!” About a week later, I bumped into a friend in the mall who I had not seen for about a month, again I asked, “What are you up to?” and the response was, “Not much”. I then went on holiday and saw some friends who I had not seen in a couple of years. Again I asked the same question, “What have you been up to since we last met?” The response was, “same old, same old, nothing changes.”

I was astounded at the almost identical responses and realized that these people were all stuck in a rut.

Because it had been going on for so long, they had got used to it. Life has become repetitive and you fall into a sort of “comfort zone”.

Below is a list. Mark what is applicable to you:

- Constant stress
- Working long hours
- Having to meet deadlines
- Not getting enough quality sleep
- Constantly feeling tired
- You feel life is passing you by
- You get irritated quickly
- You may have developed a health issue
- You feel anxious at times

If you tick any *three* of the above then you may be on your way to being stuck in a rut, burned-out or depressed.

Are you are ready to make a commitment and decision to change where you are at present?

So let's begin your journey to a new you.

