



My-mindguide.com

REINVENT YOURSELF TODAY

A GUIDE TO CLAIMING NEWFOUND JOY
BY FOLLOWING YOUR PASSIONS

KURT GASSNER

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BY
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Paperback ISBN: 978-3-949978-98-2

Hardback ISBN: 978-3-98793-002-7

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INTRODUCTION

Modify. Transform. Make distinct. Adjust. Shift. Evolve. What exactly does the term *reinvent* mean? Before delving into the process's details, defining the term and clarifying our expectations is critical. According to the *Cambridge English Dictionary*, reinvention is defined as follows:

Reinvent:

- To create something new based on an existing item.
- To alter your employment and appearance and behavior so that you appear to be quite different.

There are two points worth noting in the preceding definitions. To begin, reinvention is creating something new from what currently exists. It is *not* a complete repudiation of the preceding. During a phone chat with my mentor, I was reminded that I would remain me even as I started on new professional ventures that certain to redefine my creative position. Wherever you go, you remain you. Reinvention acknowledges your past and the lessons, experiences, skills, and competence you bring with you while also looking ahead to future possibilities.

Second, reinvention involves more than altering your career or appearance. There is a distinction between appearing to be different and *being* different. Making superficial changes (e.g.,

“If I change jobs, I will no longer be burned out”) frequently fails to result in substantial long-term reinvention. Novelty can energize us for a time, but because we’ll be dealing with the same internal components and general strategy, we’ll ultimately feel the need to make another change. True self-reinvention occurs when you realign your life with your values, aspirations, and priorities.

Recognize When It’s Time to Reinvent Yourself

“I’m not sure what needs to change.” “I no longer feel as if I’m growing.” “This is not the existence I envisioned for myself.” “I’m simply stuck.”

Does this sound familiar? As life’s tide rises and falls, it’s normal to feel restless, confined, or as if we’ve reached a point of no return. Occasionally, those sensations are a natural part of the process and pass quickly, but more frequently, they indicate that we need a more significant adjustment. When uncomfortable sentiments and doubts continue to surface or intensify, it may be a sign that it’s time to reassess our lives and the path we’re on.

Indicators That It May Be Time to Reinvent Yourself:

1. *Your growth has slowed to a halt.* Seasonal growth occurs more intensely throughout particular stages of our lives, such as our college years, or when we begin a new career or undergo a significant life-changing experience. However, if you’ve reached a point where you’re no longer growing as a person or professional and are bored, unchallenged, or indifferent, you may require a change.
2. *Your life has deviated from your ideals and ambitions.* You eventually stopped living the life you desired and began

living the life you believed you were obligated to live. You developed into the ideal employee, partner, parent, child, and friend. However, this has left you feeling estranged from your daily life. If your life is out of step with your values and goals, it's time to chart a new course—one that's entirely yours.

3. *Your existing way of life is unsustainable, resulting in tiredness and burnout.* Living a life that results in weariness and burnout will demand reinvention at some point—either you choose to do so proactively or you will be forced to do so when you formally burn out. When you're overworking, every aspect of your life suffers, from your career to your physical health to your relationships. If you're on this route, it's time to reinvent yourself as a preventative measure.
4. *Circumstances in life present an opportunity for change.* Occasionally, we choose to halt and re-evaluate our lives; other times, we're forced to pause and re-calibrate our lives due to a change in circumstances. That is precisely what happened when I got divorced; however, rather than attempting to reproduce my previous life, which was impossible, I used the chance to reinvent myself. Accept the challenge if life presents you with an opportunity to reinvent yourself by capitalizing on the momentum of change.
5. *You are sprinting toward something rather than away from it.* The objective of reinvention is not to escape something—a profession, a family, a partner, a city, or a life. Reinvention is a chance to pursue something that has been beckoning you. If you are certain of what you want to do next or are pulled in a specific direction, it may be time to pursue it.

6. *Your gut confirms it.* Occasionally, we simply know when it's time for a change. Of course, it's not prudent to uproot our entire life on a momentary emotion, but never underestimate the ability of your gut or intuition to indicate that it is time to reinvent. If you have a persistent gut feeling, there is almost certainly something worth exploring further.
7. *You've given it time and remain unchanged. Allow yourself time if you're unsure.* Schedule a date on your calendar that gives you enough time to examine it, balance the advantages and cons, and carefully analyze how reinvention might affect every aspect of your life. If time passes and your urge to reinvent persists, you're probably readily paired with any of the indicators above.

This is anything but a comprehensive or authoritative rundown. There may be further indicators that the moment has come to reinvent. As your voice becomes more apparent, it is critical to spend time with yourself, regularly reflect, lean into your wisdom, and practice trusting your intuition.

Identifying What Should Be Changed

Once we've committed to self-reinvention, we may feel compelled to dive in headfirst or, more unexpectedly, reject the same change we seek. We are risk-averse as humans, and change feels scary. Therefore, recognize that resisting or sabotaging the change you set out to accomplish is a natural part of the process. This is not to say that you should give up.

Suppose you're having difficulty deciding what to alter. Remembering that most of our decisions are not final and the fact that we can opt to make subsequent changes can be

helpful in this situation. If our initial actions don't result in the conclusion we desire, we can pick another path.

When we're paralyzed, unclear about how to proceed, it can be beneficial to begin small. Each action you take will provide you with further information and enable you to make more informed decisions about your life. There is no "correct" method to reinvent yourself. Still, the following guidelines will assist you in starting where you are, reflecting deeply on your existing circumstances, and developing a plan for moving forward.

By recognizing your North Stars, you can lay the groundwork for change.

Take a breather and think about what makes your heart sing. We can list things we don't like, but how do we know where to go from there? What facet of your life would you wish to have more of? Defining your North Star(s) can be a beneficial method of building the groundwork for future decision-making, ensuring that your actions correspond with the outcomes you desire.

Finding Your North Star:

- Gather your notebook or journal and seek a quiet spot to write.
- Reflect on the last six to twelve months and answer the following question: *What has energized and fulfilled me?*
- Record three to five words that depict what empowers and satisfies you. These will be the North Stars for you.
- Define each of the terms that you specified. On a personal level, what do they mean to you?

- Describe how these phrases might appear in your life if they did.
- For instance, one of my North Stars is Growth, which I define as “continuous opportunities to learn, experience discomfort, take risks, develop talent, and practice abilities.”
- Keep your North Stars in a location where you can easily recall and revisit them frequently, making changes when necessary.

Determine Your “Why” by Developing a Mission Statement.

While many of us have worked for organizations with mission statements, how many have our own or even know how to compose one? This is critical for determining why you are making life-altering choices. You can have a single purpose statement for your entire life or create many mission statements for various aspects of your life.

Consider the following:

- Allocate time for the creation of your mission statement. Iterate as necessary until pleased with the current iteration.
- Your North Stars assist you in determining what you wish to incorporate into your life, while your mission statement explains why.
- Maintain a copy of your mission statement in a location where you may revisit and change it as needed.

Assess Every Part of Your Life

After establishing a foundation through identifying your North Stars and creating a personal mission statement, it’s time to

consider what needs to change. Transformations are frequently viewed as “black and white” or “before and after.” However, even tiny adjustments in our daily lives can have a significant ripple impact. Assess your life holistically by examining each area and outlining any changes you wish to make.

Consider the following:

- Co-founder of the National Wellness Institute Dr. Bill Hettler’s Six Dimensions of Wellness Framework is an excellent assessment tool for determining what you wish to alter.
- Gather the framework for the Six Dimensions of Wellness and read through the descriptions of each area: emotional (feelings), social (environment, community), physical (activity, health), occupational (job, career), intellectual (creative and engaging mental activities), and spiritual (meaning, purpose).
- Take a look back over the last six to twelve months of your life and note how you invested in these areas. What were the high points, or significant accomplishments, in each dimension? What brought you joy? Which areas did you overlook or undervalue? What did you find unsatisfying or draining?
- Now, outline how you intend to invest in these areas over six to twelve months. How would you alter it? When it comes to managing your time, energy, and attention, what would you do differently?

- Using your North Stars and mission statement, create a list of possible modifications that would help you become more aligned with both.

Begin with Minor Changes and Create Momentum for Larger Ones

You've established the groundwork and are prepared to act; now is the time for a change. Begin modestly by implementing one of the adjustments on your list—possibly the one that elicits the least resistance. After that, you'll be able to create momentum. Early victories can help you develop confidence in your ability to make more significant changes. Here are some pointers:

- Define your objectives. What steps does your shift necessitate? What is the timeline for this project? What resources are you going to require? What are the critical activities that will help you achieve your reinvention goals? How will success manifest itself?
- Plant seeds. Inform others of your plans. Even before I completed my coach training, I expressed to friends and coworkers my intention to work as a coach for the creative community. Discussing it helped it feel more genuine, and the replies and encouragement from others energized me. This created the groundwork for the transformation I was about to initiate.

Sustaining Change

It's critical to set yourself up for success when you go on the transformative journey of creating change in your life. Here are a few strategies to keep you going when you're tempted to

lose sight of your objectives, succumb to discouragement, or abandon ship entirely:

1. *Keep your “why” in mind and follow your North Stars.* At some point or numerous points, you will experience discouragement, doubt about your new route, and doubt that you made the proper choice. When this occurs, refer back to your North Stars and envision how your life will feel if you have more of what you desire. Reread your mission statement and remind yourself why you’ve chosen a different path. Return to both as often as necessary.
2. *Change should be included in your daily routine.* What adjustments can you make to your daily routine to ensure that your calendar represents your priorities? How does your change roadmap look on a calendar? Consider the daily modifications, monthly goals, and quarterly goals that will assist you in achieving the life you desire.
3. *Enlist assistance.* You cannot accomplish this on your own. Enlist the assistance of trusted individuals who can provide support, accountability, and feedback. Professional assistance is available through therapists, formal mentors, and coaches. You may contact pals to arrange for regular accountability check-ins, or you could join (or form) a mastermind group. If you’re unfamiliar with masterminds, they’re peer-to-peer mentoring organizations in which members share resources and assist one another in solving various challenges.
4. *Rejoice in progress.* Before our scheduled calls, I always ask my coaching clients to answer a few questions: What are

your recent victories or accomplishments? What revelations have you gained? What opportunities have presented themselves? These questions assist my customers in focusing on their accomplishments and increasing their confidence. Build regular check-ins into your schedule to track your work and capitalize on your enthusiasm.

Reinvention Begins Today

Who you wish to be is not unattainable. You could begin right now. You can commit to change, begin where you are, devise a strategy for progress, and take action to reinvent yourself. If you're ready to reinvent yourself, do not delay.

Whether you initiate change or are a victim of an uncontrollable life event, the choice to reinvent is all yours. Acceptance is the first step, whether it's contentment or dissatisfaction with where you are right now. Once you accept accountability for your current location and identity, you may accept responsibility for your future and identity. Own your goals, but remain receptive to however it is the future may unfold. Consider reinvention as a necessary component of the cyclical structure of our lives—you will do it again and again.

HOW TO REINVENT YOURSELF AND BE YOUR BEST SELF

Have you ever felt dissatisfied with the person you've become and wished you could simply remake yourself?

Perhaps you feel as though you're falling short of your potential? Perhaps you aspire to live a more authentic life but are unsure where to begin?

If you've had these thoughts, you're not alone. However, what does it mean to be your best self, and how do you go about actively becoming that person? This chapter discusses how to reinvent yourself at any age, walking you through the steps necessary to choose your desired lifestyle and demonstrating how to pursue your hobbies.

Whether you're attempting to reinvent yourself following a breakup, reinventing yourself at work, or simply feeling like there should be more to life, we'll provide you with suggestions and tactics to get there.

What Is “Reinvention”?

It's critical to remember that self-reinvention is more about discovering who you are than learning how to remake your personality from scratch.

Rather than completely rewriting one's values, ambitions, and personality traits, the goal of self-reinvention is to obtain a

deeper understanding of one's interests and needs and to learn to live in line with them.

Consider it a process of gaining authenticity and self-awareness.

Reinvention Can Take Place on Single or Multiple Levels

In accordance with the above fact, your personal life may remain the same while your career undergoes a tremendous transformation.

Alternatively, you might retain your existing position but commit to fundamentally altering your attitude toward work. Your self-worth and happiness can be impacted even if you only make a single change in your life.

If you're going to remake yourself meaningfully, you must believe in the possibility of making your reality. Thoughts and sentiments can change the world according to the Law of Attraction.

This means that by altering your perspective on yourself and the opportunities in your life, you may actively redefine your identity and attract new opportunities.

However, you must first create a vision of the best version of yourself before achieving it. Knowing who you are and what you want are the most important parts of this process.

Be Sincere to Yourself

Consider the following: *Do I truly desire change?*

If there are aspects of yourself that oppose the idea of reinvention, this can cause you to move more slowly during times of change.

This dissonance will make it significantly more difficult for you to evolve meaningfully. If you're not certain you truly want to change, it's worth considering this further.

What is obstructing your progress?

Could it be apprehension of the unknown or apprehension of failure? Once you've identified and addressed your worries, you may discover that you're a lot more receptive to the idea of reinvention.

Second, be candid about your greatest strengths since they will be crucial in helping you become the finest version of yourself. "What is my strength, and how can I best utilize it?"

Bear in mind that this needn't be perfect the first time around. The entire process of reinvention is about brainstorming and experimenting with new ideas.

Determine Your Objectives

To remake yourself in a way that brings you joy, it's critical to establish your priorities.

Being aware of your desires and dislikes can help you determine which areas of your life should stay the same and which should change.

Where do you wish to travel? How would you describe your ideal existence, and what measures would you take to get there?

It may be beneficial to create two lists—one summarizing the key facts about your current position and another outlining how you envision your future. Include, for instance, statements defining how you view yourself presently versus how you wish to be seen.

Additionally, note any missing items that you would like to include.

It's Never Too Late To Create a New You

A sense of being “beyond it” is one of the primary impediments to making necessary life changes.

After a long time of stability, you must accept that this is all life has to offer and lament that you didn't take risks earlier in your life.

This can result in long-term dissatisfaction, depression, bitterness, and difficulty appreciating the wonderful things in life.

It's critical to attempt to break away from this perspective, as there is no time limit on turning things around.

In other words, if you remember nothing else from this text, remember that you can reinvent yourself at any time.

As long as you're content, you don't have to stick with something that doesn't bring you joy.

There is no age when it is “too late” to change one's life and become a more fulfilled person. Therefore, whether you're eighteen or eighty years old, now is the ideal time to develop into the best version of yourself. Consider what this may entail at various phases of life.

Steps to Self-Reinvention

Now, let's look at a strategy for reinventing yourself, regardless of the form that reinvention takes (and the stage at which you might be doing it).

We'll go through six particular tactics that will assist you in defining who you want to be, taking tangible steps toward your new self.

A word of caution: if you enter this process expecting to transform yourself completely, you will most likely be disappointed. This type of ambition is founded on rejecting one's essential identity and is frequently motivated by low self-esteem.

By contrast, if you perceive this journey as one of self-improvement, you can feel good about yourself at any moment.

Throughout the process, keep an eye on your fundamental talents and positive characteristics, examining how they might be altered to assist you in achieving your life goals in business, love, and life.

Pursue Your Passion

“How to be me?” is the essential question of your transformation. In other words, how might you live in a way that is more consistent with who you truly are?

How can you better integrate the things that matter to you?

It's vital to follow your passions throughout this process.

If you're unsure what your passion is, consider the common threads that run across your times of greatest happiness and fulfillment. What are the recurring factors? For instance, are you happiest when you're helping others?

Is your creativity a significant factor in your happiness? Are you naturally gifted as a performer?

Pursuing your passion requires dedicating time and work to nurturing it and figuring out ways to make it the focal point of your life.

When you discover and pursue your passion, you naturally progress toward a more authentic, confident, and fulfilled version of yourself.

Be Thankful

Additionally, changing your perspective is necessary for transformation. To be the finest version of yourself, you must first be able to express gratitude for who you are. It is critical to cultivate a positive, growth-oriented mindset rather than dwelling on what you lack or dislike.

We attract more positive into our lives when we focus on the good.

If you have difficulty remaining optimistic in this way, consider keeping a daily thankfulness notebook. By simply writing down three things that make you grateful each day, you will begin to transform your perspective on the world.

Don't forget that these don't have to be grandiose things; great conversations with friends and visions of beauty in the natural world are perfectly acceptable.

When you begin to see more good, your energy shifts, and you find yourself in a more conducive state for transformation.

Make a Plan

While focusing on yourself and your emotions are necessary components of self-reinvention, don't overlook the value of practical planning!

Create a detailed road map for becoming the person you desire, and form a rough schedule for completing certain milestones along the route.

Additionally, make an effort to foresee and plan for any hurdles.

For instance, if you want to remake yourself as a more confident and social person, you may develop a plan that includes a series of growing social goals.

You might reconnect with a few pals this month and then attend an event with new acquaintances the following month.

Meanwhile, you may be aware that you avoid social contact when you're weary—but you can incorporate this into your plan as a proactive method for managing your energy and connecting with others.

Experiment with New Things

Reinventing yourself allows you to experiment and play with your identity.

Avoid having rigid, inflexible beliefs about who you want to be; instead, regard now as a moment for growth.

Becoming your best self can (and should) be enjoyable!

Say “yes” to invitations you may have previously denied, and be more receptive to activities that fit your personality.

Maintaining numerous hobbies may influence your perception of the ideal version of yourself.

For instance, if you're attempting to become a more aggressive and vocal person, experimenting with ways to reinvent your appearance may have an unanticipated effect.

Meanwhile, if you want to live a creative life, resist the temptation to limit yourself to what you already know you're good at. Try new things—what's the worst-case scenario?

Laugh Daily

Never underestimate the unadulterated strength of laughing!

You'll feel happier, more invigorated, and more receptive to the notion of pursuing things that make you laugh if you actively pursue them.

Make it a point to watch films and read books that will help you connect with the lighter side of life.

After that, you can enjoy some genuine silliness with your buddies.

When adulthood takes control, it's tempting to spend most of our time discussing difficulties and serious subjects.

However, when we actively pursue the enjoyable, playful aspects of life, we reconnect with our youthful selves.

The youthful stages of our lives are still brimming with untapped potential.

Laughter also reminds us that the reinvention process doesn't have to be deadly serious. Rather than that, it may be exhilarating, daring, and even humorous at times.

Commitment

If you want to transform yourself and become the finest version of yourself possible, commitment is critical.

There will be occasions when you experience uncertainty or your energy for the change process dwindles slightly.

It's critical to be aware of shifts and look after yourself to reclaim your passion.

If you have a strong sense of dedication to your objective, you will be able to persevere and complete it.

There are numerous ways to strengthen commitments. Accountability can be beneficial for some individuals—so if you have a friend who is also interested in reinventing themselves, consider doing this together and checking in on your progress.

Simple, affirmative statements that support your aims might also help you maintain a happy attitude of mind.

Whatever Your Age or Circumstances, Here's How to Reinvent Yourself

Fear and uncertainty are regularly mentioned as a source of suffering for readers when making significant personal or professional changes.

“Reinvention” is a concept that has gained popularity throughout the years, yet it carries considerable weight. Many people view it as an intimidating, if not impossible, endeavor. It doesn't have to be this complicated, however.

The thing about reinvention is this: According to others, it's about discarding the "old"—your former responsibilities, experiences, and even job identity—and replacing them with something entirely new. That is not correct.

If you truly want to reinvent yourself, you need to use all of your good and bad experiences, accomplishments, and failures. Success relies upon the genuine (and frequently unacknowledged/unarticulated) abilities, insights, and expertise you've acquired. Thus, you are not required to reinvent yourself by attempting to construct a new personality from the ground up.

And regardless of the motivation, it is critical that we continue to grow and change, whether large or tiny, one day at a time.

Growth is at the center of reinvention, and without it, we can never reach our full potential. Gretchen Rubin, the bestselling author and happiness expert, states in her book *Better Than Before*, "For a happy existence, it's critical to nurture an atmosphere of growth - the idea that we're learning new things, growing stronger, creating new relationships, improving things, and helping other people."

Self-reinvention can begin with little steps or with enormous leaps of faith. Here are five suggestions for reinventing yourself in work and life, along with some examples of little and large moves you may take to kick-start the next fulfilling season of your life.

How to Reinvent Yourself in 5 Steps

1. Make a Bucket List

If you're feeling stuck, take some time to reflect on the possibilities for your work and life. Dr. Henriette Klauser demonstrates how this simple act provides clarity and forward momentum in fulfilling one's objectives and purpose in her best-selling book *Write it Down, Make it Happen*.

Additionally, Ted Leonsis, a great entrepreneur, owner of a professional sports franchise (the Washington Capitals), and filmmaker, talks about a near-death experience that drove him to achieve clarity about his life. He discusses how he came up with his "Life List" of 101 things he wants to accomplish before he dies in his book *The Business of Happiness*. To put his family's needs at the forefront, he is already well on his way to finishing the list's huge (and small) tasks while keeping them in mind.

2. Pinpoint Your Goals

This process is surprisingly simple:

- Spend time imagining what your life may be like, and then write it down.
- Assemble and launch a new initiative.

This can range from resolving an issue at work to collaborating with a local nonprofit that inspires you. Perhaps you've enjoyed a pastime but want to share it with others.

- *Small-Step Idea:* Donate to various charities or contact organizations to inquire about volunteer opportunities. Another possibility is to form a book club.

- *Big-Step Concept:* Begin something larger – whether it’s a group dedicated to resolving a local issue or your own business. Additionally, you might propose and lead a new initiative within your firm.

3. Consider Changing Careers

Everybody yearns for advancement in their careers. Many individuals know nothing about how much power they need to progress and work on their degree of happiness, however.

- *Big-Step Idea:* Engage an executive or career coach to assist you in navigating the career shift process. Locate someone who has accomplished the task at hand. If it’s serving in the C-Suite, seek out a coach who has been there and done that; they will bring real-world experiences that can only be gained through the school of hard knocks.

4. Recognize and Address Resistance

The majority of us have two lives: the one we are currently living and the one we have yet to live. Between the two, resistance exists.

To wit, do you fantasize about publishing a book, traveling to exotic locations, or starting a business but never get started? Have you ever begun a project that’s extremely important to you but failed to see it through? You may have encountered what is known as *resistance*.

It’s critical to understand that you will encounter resistance when taking a large or tiny step toward changing yourself. It can manifest as guilt, anxiety, insecurity, or shyness. It is not the same as due diligence—opposition is irrational, unjustified, and rife with false fear and justifications. Resistance is the primary impediment to change.

Therefore, when you encounter resistance, take it as a sign that you *should* proceed. Indeed, encountering resistance is the surest indication that you're on the correct course and that your objectives and dreams are worthwhile. To overcome opposition, you must confront your concerns and doubts, maintain a laser-like concentration on your goals, and put in the work.

How to Recognize When a Personal-Brand Reinvention Is Necessary

It isn't always evident when a change is required. Life doesn't always provide a calendar alert indicating what needs to be changed and when. When it comes to change and reinvention, human behavior spans a range. Those who despise it and become tense when even little changes occur are, on one scale, extreme. On the other hand, some people are adamant about wanting things to stay the same.

Most people fall somewhere in the middle. Stability may be more important than the change itself in some situations, no matter where you are on the spectrum. Therefore, if you're unsure whether you're ready for change, the following are some tell-tale symptoms that you may need to reinvent yourself:

1. Idleness

You wind up contemplating something different you could do. You must keep this in mind. To practice the changes they want to make in their life, many people turn to their imaginations for inspiration. Please keep in mind that sometimes you don't need to change what you're doing; rather, you need to modify how

you're doing it. For instance, a customer who was a business owner worked sixty hours per week and fantasized about a life with more downtime. She was convinced she needed to sell her firm when, in fact, she needed to alter her ideas and behaviors regarding how she conducted business.

2. Irritability and Sluggishness

You discover that situations you formerly enjoyed now irritate you. Additionally, you may be dragging yourself out of bed daily. If you're not looking forward to facing the day's problems, it's possible that you need to reinvent either what you do or how you do it.

If someone remarks on how negative you appear, don't take offense but rather express gratitude for elucidating this telling indicator. Being aware of the moods that pervade your behavior is a critical first step toward achieving a significant life change. Additionally, you can speak with someone who has seen you frequently over the years and inquire openly about their perception of your attitude. Utilize their response to re-energize your resolve to change.

3. Disappointment

You may experience an unquenchable nagging, indicating that a significant aspect of your expression in the world is being overlooked. You may sense that "nothing is wrong but nothing is right either" or "something is simply missing." These feelings are a sure sign that you're settling for less than the life you truly want.

Uncertainty about what to change or how to change it is one of the key reasons people struggle to get over a chronic sense of

unhappiness. One technique to obtain clarity is to ask oneself, “If time, money, and resources were unlimited, what would I do that I’m not doing now?” One of my coaching clients realized his passion for filmmaking by using this approach. The revelation encouraged him to initiate promotional video production within his organization.

4. Jealousy

If you often feel envious of others, this is a sure sign that a change is in order. Make some notes about what they’re doing and how they’re doing it that catches your eye or eats at you. This could be a member of your community or a celebrity. Chances are that the individual embodies one aspect of your ideal existence, and your interest or aversion to them can serve as a significant indicator for you.

All too often, people don’t actively pursue their ambitions because they don’t give themselves permission to look and see what they truly desire. Schedule a meeting with yourself. Set aside thirty minutes on a Sunday morning and consider the following: “What is it about this individual that fascinates or envies me the most?” For instance, one of my coaching clients used to feel jealous whenever her buddy discussed her work with an arts charity. This client eventually formed a series of cooperative partnerships between her business and the arts foundation. Envy drove her to pursue something that brought her more fulfillment in life.

5. In Search of Inspiration

If you’re always on the search for new ideas and inspiration, it’s an indication that you need a change. Take note of the items that capture your attention or the websites you visit. Take note

of the topics of conversation that pique your interest. Keep track of these behaviors and the findings from your investigation. It will all become relevant if you're prepared to make the necessary changes. For instance, another coaching client noted that she had read seven books on dealing with problematic work behaviors in one year. She later established a consultancy practice specializing in workplace communication.

Following Steps

If you identify with more than three of these indications, take at least one tiny step toward altering your life. This could include writing for thirty minutes on Sundays in a notebook (you could call it a “reinvention journal”), interviewing someone on the phone who is doing what you want to do, or perusing websites that focus on themes that interest you. Simply keep in mind that reinventing yourself in one area of your life might positively affect all other areas.