

live YOUR life

YOUR way

No miracles here- just real experience, facts and findings that everyone should consider!

Why shouldn't you live your life, YOUR way?



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...Amongst many things

1st Edition

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1. Introduction:

A little bit of background info, I'm 21 and living Lincolnshire, England. I've worked in sales for the last five years and just packed in my job! You heard me right, quit my job- to go self-employed and work from home...

Keep reading... I'm not going to tell you I'm a millionaire-mega bucks success story (although it's a goal!). I don't earn stupid money through working no hours. I'm an optimist and realistic also.

I'm telling you this because I'm living my life the way I want to. I think everyone should. It drives me nuts to hear people talking about ifs and buts, shoulds and coulds.

Everyone can have the life they want, it's not always easy to get there, but surely it's better to begin down that road than never start, never dream and asking 'what if?' or beginning to regret?

There is no magic formula, it doesn't happen over night. It's not always easy. In my mind to NOT strive to live your life your way, is FAILURE!

At this point, I already wished I'd taken these steps sooner- a year ago, so I can't imagine holding back for years and years to take action.

I'm writing this book as a pre-cursor to a few things. It's a message to anyone who felt how I did to 'feel the fear and do it anyway'. Go for it- as Tony Robbins said "The past does not equal the future."

This book is sharing a few lessons and experiences that come from actually researching, reading, trying, test, falling, dusting myself off, trying again. It's from real life- living it. I want you to know that. Living what I write about, walking my talk.

My life ain't all peaches and cream yet- I'm working on at least six projects or money spinners initially to replace my old monthly wage, it's the most wonderful feeling though, knowing that it is all down to me, all my responsibility and I can spend time doing as many or as few projects as I like, in effect making my earning potential unlimited. That's a great, exciting and sometimes scary feeling.

I've read so many self help, personal development books I've lost count and I'm so fortunate to have read these so early on in my life. I could give you a reading list... not for now.

Read this book- and the book that has been my bible 'Be Your Own Life Coach' by Fiona Harrold. I could simply re-write the summed up principles of this and many other self help books- but why re-invent the wheel when Fiona Harrold has crafted such an exceptional one?

I'm a life coach too and I (being the independent type myself) would rather give someone the gift of this gem first and see the power and the transformation that it

evokes. If you read one book (after this little read, of course) make it 'Be Your Own Life Coach'. It encapsulates much of what I have read from other writers, Dale Carnegie, Brian Tracy, Tony Robbins and Spencer Johnson, in a no-nonsense, very British, no excuses, takes no prisoners way. I love it.

Know that by starting down this journey, you have my support. It's not always easy. Embrace change and challenge and you will be rewarded. Take complete responsibility and dare to LIVE YOUR LIFE YOUR WAY! Dream Big Dreams. Go for it, even when those around you don't quite 'get it'- you know you best...and let me know how you go!



Vicky Allison, July 2006

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LittleBlueTank.com – 'dedicated to bringing you products and services so you can live you life you way'. Freebies, store, offers, allsorts- definitely worth a look if I do say so myself!

My Blog - <http://www.myspace.com/littlebluetank>

2. You have to put IN to get OUT, and you have to STICK WITH IT

This sounds pretty obvious, but how many of us actually follow through with our thoughts or intentions?

Have you ever seen an ad in the local paper “Make £XXX per month, call now for more details!” only to ring up and find out that it is distributing catalogues, then forget it because we can’t be bothered with the physical effort of going out there and doing the work. And YET we still read the success stories- remember these stories have to be true because it’s false advertising. I think these people have worked hard and earned every single penny by putting in and sticking with it.

Bought an e-book promising to make money? Next you have to read it and implement the ideas to actually bring in the ‘lolly. It won’t make you a penny left unread on your hard drive.

The same goes for many things - education, just because someone got into Oxford or Harvard doesn’t mean they’ve got their degree. Next comes the hard work, graft and study to GET OUT the results they want.

Again- fitness DVD’s will not get you fit by sitting there on your shelf. I would be sure that 99% of all diets work if the person doing it committed 100% and followed it to the letter.

My point is TAKE ACTION, don’t wait around for something to come from nothing. It won’t. Whatever your goal, STICK WITH IT because sometime things don’t happen straight away or go right first time, it’s a case of getting determined and persevering. Keep going.

Life is for living- how boring not to give it your all. Imagine the satisfaction and results when you do stick with it and the momentum that you will attract and create!

Is there ever a ‘right’ or ‘perfect’ time? NO. That makes NOW ideal!

As Mike Litman says in *Greatness Held Hostage* “You don’t have to get it right, you just have to get it going.”

3. Check your Options and Do Your Research

Business Opps –next time you get an ‘opportunity’ through mail, email or popping up on your monitor, run the Scheme name (and any other keywords like the creator) through Google to research further information, judgements, opinions, forums and articles so you are armed to make an informed judgement call. Email other people who are already running with the scheme. They do reply. This one small step alone will save you precious time and money before you find yourself ‘sold to’.

Money –from loans, cars, borrowing, lending, insolvency- it’s a boring job to do your research, especially after you’ve relayed all your personal and financial details over the phone or net a couple of times over, however it will pay you back ten fold in the time spent. When someone gives you an attractive sounding financial solution I urge to refrain from saying ‘yes’ straight away, replacing it with ‘I’ll get back to you’. Go and research what they’re offering, who they are, if someone does it better. Any company worth their salt will respect you and wait for you to call them when you’re ready. I learned this one when dealing with finances!

Education –in my opinion, I think it’s harsh that at 14 and 15 years old young people in the UK have to start narrowing down their educational options by choosing their GCSE’s in specific subject areas. This determines their choices from college, university and further education- leading to career choices for life. It works for some but the way that society and industry has become. The fact is that no one is in the same career for life, let alone job. Who wants to be anyway?!

For the savvy-researcher there are countless opportunities and options for re-training, changing careers, with many colleges and universities offering opportunities to study online. Research courses, colleges, providers for the value and worth of the qualifications- when I was training to be a life coach there were many ‘Diploma’ courses ranging from £300-5000.

With determination, anyone can change what they do – age or experience is no matter.

I ask anyone about the trot off to university- are you going for the right reasons? Just going for the life and taking whatever course is offered? I saw an eye opening statistic the other day-

- A. One could spend £20,000 getting into debt with student loans, accommodation, fees etc for three years plus and scraping by with a part time job.
- B. OR starting working at 18 getting some valued work experience, living life and enjoying money whilst doing a distance university degree of the same value and type as Person A costing a smaller £5500.

I know moving away and other issues come into it too, I say it is definitely worth checking out all the options and choices.

4. Set an Objective and Know WHY you're doing it

What do you want to achieve today? Tonight? Why am I going to work? Why is it so important I achieve this goal?

If you know the WHY behind the goal then it makes sense, keeps you focussed and gives you motivation.

Set an objective for the day - it doesn't have to be a huge goal, just something to aim for to keep you focused, like "I read chapter 2 and 3 of this book" or "I spend quality time with so-and-so."

Becoming 'outcome focussed' helps immensely to keep you going through a time or task that is not particularly fun or pleasant or easy (the gym?!) because you can focus on the outcome and rewards that come later (being fit, toned and sexy!).

5. Instant Gratification Always Needs Payback

Credit card purchases- its fun to buy and have 'things', but I've found that we end up paying for them long after they're worn out, broken, bored with. Save up for things you want then you know you can afford it and have the satisfaction of knowing you can save. They say 'if you can't saved money you won't make it'.

What is more stressful and unpleasant?

- a. Facing reality and seeing how much money you owe with out much to show for it and resolving to remedy the situation
- b. knowing that £xxx of your pay check goes straight to paying off debts for things you bought months, or even years ago?

6. A Journal- a mirror and you're best friend

Get a notebook and use it as a diary or journal. Decorate it however makes it personal or creative for you. Use it to gather your thoughts.

Write down what you're grateful for as a brilliant exercise to keep a positive mind set, first thing when you wake up jot down your high expectations for the day. When reading personal development books, use it as your safe environment to complete the exercises with. Air your angst when you don't want to broadcast to the world.

Write a pep talk to your self if you're low, to bolster yourself back up again. Let it be your support system. You're journal can be your best friend in tough times, simply letting you get your thoughts out and arranged without interruption. Writing is very cathartic and often leaves room in our minds for other thoughts and ideas as currents ones given and outlet.

Design your life within the pages and set your goals, track your progress and write what you have learned.

It's also a phenomenal way to look back and see just how far you've come!

7. Affirmations

Whenever I start to read or research into self-development, neuro-linguistic programming and 'getting the most out' of yourself I see the recurrence of chanting and affirmations.

There are great ones out there and this branches out into literally telling-programming yourself- that you will do or be something. They work even better when said the present tense. In Brian Tracy's book *Change Your Life Change Your Thinking* he describes a technique to wake up at a certain time, simply by repeating "I wake up at 6.30am sharp" before you go to sleep. On the same page, he describes how to buck oneself up after a late night. That book is one for your reading list. Tony Robbins again uses affirmations heavily in his techniques and his audio programs are particularly motivational.

I do not profess to be an expert, just offer my take on these techniques, because I have found they do work. In this book I include self-penned affirmations, often made up in 30 seconds flat to ask for what I need that day, particularly if I wake up feeling groggy or lazy or float 'off-task'.

One of the basic ideas in the self-development area- explained in detail in Brian Tracy's aforementioned book is that fundamentally we become whatever think and talk about most. A person with low self worth is likely to talk negatively about himself and the world, likewise for a confident happy person. One use of affirmations is to change these patterns of speech and thinking through repetition. One phrase/fundamental belief that Brian Tracy has in his book is:

"I am a thoroughly good person and I am going to be a big success in life. Everything that happens to me, good or bad is simply a part of the process of achieving the great success and happiness that are inevitable for me".

I have this plastered on stickers and cards in my diary, wardrobe doors, notice boards, sun visor in car (not read whilst driving!), wallet so I can see, read and reinforce this message.

This is one of my more long-term quotes and in this book I am going to focus on the power of short, quick lines to get the best out of the day or oneself. The reason I sometimes call them spells is because it is nice to pretend that I am almost 'casting' good thoughts and whatever I ask for to come to me. It is almost asking and putting faith in something (I'm not particularly religious but do feel a need to trust life/the universe, and that it will provide, and karma).

I make my affirmations in the present tense- speaking as if I already have it. They are best kept short and easy to remember even you are repeating it. I sometimes combine two needs in one affirmation- "I nap until 2.30pm sharp, when I wake up

recharged and ready to go again...". That is one I used when I need an afternoon nap, to turn it into a power nap.

Mainly I write them down on a small piece of card or memorise them- the reason I like to keep them short and repeat them over and over. In the case of the power nap example as I am lying down and closing my eyes as I drift off and similarly as I go to bed.

For bedtime chants I particularly close my eyes and see it being imprinted or severely more graphical, seared (!) onto my brain and it seems to work. It is asking for what I need with a trust that it will come. I find most of the time it works. Sometimes I find it burns better onto my brain than others, and like most things with practice, it seems to take less repetitions to become effective the more I do it or stronger I concentrate.

Another great time to do it, as I found out this morning, conversely is in the shower! You can say/whisper it out loud then, pretend to scream, dance about as your shampoo, whatever you want- don't feel silly, it's a private moment and amazing for repeating your message with, as showers are quite motivating in their own right! This morning my words are "I have an alive and productive day with all the energy I need".

Other times- having a crap day at work?- take a private moment in the bathroom to have a word with yourself- probably under your breath- on how you get through the day and say, are eating something nice, playing with the dog or doing a desirable thing when you get home.

Words from songs are great motivators whether you use them as quotes or listen to the actual song- doesn't matter what song or band it is if it makes you feel good! I like driving to loud music whether I makes me feel chilled out, hyped up, silly, strong- whatever state I'd like to be in (Tony Robbins talks about states in Get the Edge, as does Curly Martin in The Life Coaching Handbook). Provided you're not too close to other drivers- or stopped at traffic lights, sing, bop, bang your dashboard as much as your want. I often arrived at work with a sore throat, but I feel good! Between you and I, sometimes really cheesy pop puts me in a great state.

When explaining affirmations to my other half, he found it easier to use some words from a song to get rallied up for a pool match, which he won!

The car is a great place for repeating affirmations in- or outwardly or shouting them out to really reinforce them.

I make no promises but once when I really needed my computer to work the next day (love technology!) my bedtime affirmation included "...the computer is working and I get my essay completed.." and it worked

So here are my affirmations, chants or spells, whatever you are comfortable in calling them. Sometimes I use them daily or often less frequent, they give you whatever you ask for, induce positive vibes, help you get things done or even get

through a bad time. One that Brian Tracy explains his time management programs is 'Do it now, do it now, do it now' to get you to do something.



"I nap until 2.30pm sharp when I wake up recharged and ready to go again!"

"I wake up positive, refreshed and ready for the day ahead!"

"I have an alive and productive day with all the energy I need"

"I check my email and have sales and bids" (whilst imagining the SOLD in subject lines and green figures for bids)

"I've gotta get through this, I gotta get through this..." (Daniel Bedingfield-Gotta Get Thru this on a bad day)

"Anything that life throws at me, I can catch or bat."

"I achieve everything I put my mind to"

"I am successful and positive"

8. Have many fingers in many pies

Give yourself as many possibilities, chances, plans of attack and opportunities as you can. A working example is myself at the moment. I know I need to make up some kind of income now to replace my wages; the buzz is in knowing it is completely my responsibility. I am not relying on one single thing to pay my bills- I have no less than six projects to generate income to begin with.

Therefore I give myself more chances at succeeding. Or if one or two fail I can learn from that and still have 4 or 5 that are working for me.

I think of it as casting many fishing lines. There's a higher probability of getting something back.

It works exactly the same for many things-

Marketing- write, prospect, email, call, contact, bug as many potentials contacts, institutes, associations, colleges, friends, family as you can. You never know who knows who- a friend of a friend might just be your next big sale.

Never pin your hopes on one thing- increases your probability by increasing your fingers in pies.

If you want a new job, don't just settle at applying for *one* that seems *suitable* or *ideal* or *perfect* from job night in the paper once a week and hoping for an interview...get a plan of action. Apply for jobs that only seem slightly suitable, get searching jobs on the internet where they are updated daily. Write to companies you would like to work for out of speculation- asking if they happen to have or know of the particular position.

If you get bored with things easily, lessen the chance of being bored by having several interests.

Yes it means being organised, or working a bit harder, writing a few more letters, making a few more calls- it's worth it when you achieve what you set out to though!

9. Spin-It to Win it – falling for the Dark side is too Easy

So by this I mean a couple of things...

If something goes bad, or wrong, messed up, unexpected, not quite as you wanted etc, know that these things happen to everyone, it's a fact of life. Dust yourself off and carry on. SPIN IT means find a positive meaning or something you can learn from it. By learning something from a not so great thing, you've spun it to be a mini-triumph rather than all bad.

Two examples, while bankruptcy may seem like the end of the world to some, and forever financial bleakness another may spin it to be a success- they have accepted responsibility for screwing up, doing something about it and moving on.

One that happened this very morning to me- I received an email from a well-known auction site saying I had been booted off my account for at least seven days, this included my store which took several hours to build. Naturally, for a small while I was rather annoyed, but then decided to look at the positives. Here was an opportunity to improve my website, building a store within it rather than relying on the auction site for this and promo. I would save on auction fees and further the one-stop-shop idea for my website. To date I'm waiting to see if they'll let me back on- which would be nice, however if not I'll just get on and find another way without wasting too much time worrying about it, what's the point?!

In the above example I could easily and was very tempted to 'fall for the Dark side'- very easily, emailing and calling people to moan at, emailing the auction site at length, staying in a dull mood all day.

BUT would that have been productive? Nope.

Boring? Certainly, for others to listen to, and listening to myself.

Fun? NO.

Easy? Yes, and it takes effort to spin it.

It's back to the thing of giving yourself a choice- "now, do I waste time and energy moaning and gloating or do I learn what I can, fix what I can and GET ON?" – to me it's a no-brainer.

Put a positive spin on a not-so-gone-well, learn from it and **DON'T FALL FOR THE DARK SIDE**-its pointless, boring, doesn't help yourself or others and is a perfect way to be unproductive and extremely **UNATTRACTIVE!** In fact, you dis-empower yourself if you put on the 'Poor me' 'tude!

It is said that you attract what you think about most, so if you fall for the dark side, what do you suppose you'll attract more of?

10. Conclusion, Action and Resources

Thanks for reading. All this has come from real life experience that I want to share to get everyone who is inclined, to start living their lives.

Remember that further support is available at LittleBlueTank.com along with regularly updated sections on Health, Wealth, Motivation, Saving and Making time and Money and looks.

Don't stand still. Take action, give yourself as many chances and opportunities as you want and need, grow and learn, research every single choice, fake it til you make it, put lots in to life and get your rewards back out.

Live your life your way.

Here's some relevant websites:

1. Read Fiona Harrold's Be Your Own Life Coach- I absolutely insist- check out on Amazon (<http://www.amazon.com>) as there are often used copies available for a little cheaper.

2. Here's a link for a free Brian Tracy (<http://briantracy.directtrack.com/z/26/CD190/>) audio program, you just pay the postage!

3. The [Success University](http://vallison1.successuniversity.com/new.aspx) (<http://vallison1.successuniversity.com/new.aspx>) offer you a free 14 day trial of all their services, including lecturers like Brian Tracy. A great way to study in your PJ's and opportunity to earn as you learn.

4. [Oxford College](#) is a distance learning provider, great for anyone wishing to get qualifications for a new career, again learning from home around current commitments.

(<http://scripts.affiliatefuture.com/AFClick.asp?affiliateID=27573&merchantID=769&programmeID=2443&mediaID=11567&tracking=&url=>)

5. [ICS](#) provide a massive range of qualifications from GCSE's to Degrees via distance learning with a university. Keep checking and researching those options...

(<http://scripts.affiliatefuture.com/AFClick.asp?affiliateID=27573&merchantID=416&programmeID=1470&mediaID=6586&tracking=&url=>)

6. LittleBlueTank.com – your support, problem solving, one-stop site for many things, links for entrepreneurs, small businesses, achievers, and entertainment, resources (in the newly-built store!)

And do email me Vicky@littlebluetank.com!