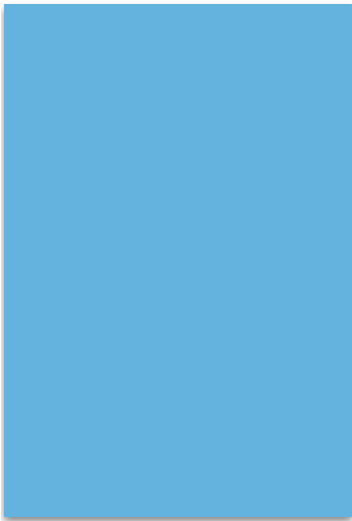


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MINDSET MONTHLY



One Word To Change Your Life in 2016

By Dr Lynda Wee

What if a single word in 2016 can effect more lasting change than a list of New Year's resolutions?

Is it possible? Most New Year's resolutions fail because they are changes about our behaviours as opposed to mindsets. To bring about any change, you must first change your mindset. Most people do not remember a list. Instead, a single word is sticky!

So, what is the single word that could make 2016 a great year for you mentally, emotionally, physically, professionally, financially and spiritually? If you know it, you can use it instantly.

1. Invest in me-time

People live frantic lives. Digital devices merely accelerate the fast pace that they are already in. They move from one thing to the next without really concentrating on anything else. They miss appreciating what is happening right there and lose their connection with their inner selves. Their minds become restless and that isn't much of a life at all.

Take a break from the fast track. Shut down your devices. Slow down. Breathe. Go for long walk. Spend time in nature. Meditate. Engage in deep thinking that connects to your inner self.

When you slow down, you have more time to do the things that truly matter. Look around, appreciate the details and take the time to connect to your own body, mind and people in your lives. You may begin to gain deep insights on what you truly want to achieve. These are effective ways to listening from different people, events and finding your single word.

2. Determine who you are

You are unique in this world. There is no one else like you. You are you, and you have a specific purpose. Why try to be someone else by listening to others? You will not achieve much by trying to be someone whom you are not. Possess your possession, not others.

Ask yourself these 3 important questions and truly listen. One word or a choice of words should come to you.

- Who are you?
- What do you need to be you?
- What is in your way to being you?

A "need" is something that you have to have to be the real you. A "want" is something you would like to have. In a resource scarce environment, focus on your must-haves, not nice-to-haves. Don't

be distracted chasing things that do not add value to your life. Utilise your resources on your must-have list.

If you know who you are, you can do the things that unleash the real you and say "No" to things that don't matter.

Some examples of a single word that has worked for others in inspiring them include Balance, Passion, Purpose, Transformation, Quality, Learning and Difference.

3. Let your word inspire and transform you

Focus and apply your single word in your daily life. Share it with people closest to you so that they can support and help you stay true to your word.

The most beautiful things in life are simple and free such as family. As you progress, you tend to acquire things that require you to spend time using and maintaining. They limit you. They end up owning you and complicating your life.

Why not focus on your needs only? Focus on what truly counts, what really brings results, and what your real priority should be. Only then, you can make things simpler. Less is more! Be you!