

7

WAYS TO GET YOUR LIFE BACK ON TRACK



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#ImStillAlive

7 Ways to Get Your Life Back on Track

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Sometimes, as we go through life, we get off course. In fact, it may seem that we are often “off course” more than we are on! Life is a series of starts, stops, adjustments, and realignments. These movements might even look and feel erratic, but they are all part of this dance called life. Be assured that this is, in a way, “normal”. You CAN get yourself back on track again!

Did you know that the way flight navigation works is through constant course correction? Changes in the wind and weather conspire to push and pull the plane off course. Corrections to speed, altitude, and direction are constantly being made so that the plane maintains a consistent progress toward its destination.

Navigating your own life is very much like navigating an airplane. You may drift off your desired path due to life’s unexpected challenges, but if you make adjustments, you can maintain your overall direction and purpose. Here are some ideas to get you back on course with your life.

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START HERE – NUMBER ONE

Breathe. Go into Nature. We all get energy from air. We tend to breathe more shallowly if stressed, so center yourself with some deep breaths. Take a couple of deep breaths right now. Quiet your mind with your breath. Pray or Meditate. Take a walk in a park and focus on your breath. Observe nature, watch its sights, and listen to its sounds. If you can’t get outside right now, go online and find some soothing scenes in nature. Being with nature works even if it’s virtual. Those mountains, rocks, trees and flowers are just being and growing. You can draw energy, wisdom, and strength from them. You may want to bring some fresh flowers into your room to help you focus on the beauty of nature. Also, remember that even if it’s winter for you, it’s summer somewhere!



NUMBER TWO

Reel in your focus. Who is in charge of what happens in your mind? YOU! If you find you are focusing on things that are way beyond your control, reel yourself in. Focus on what you can do in your life, even if it's within your own head, watching your thoughts. When outer events are swirling and chaotic, you can be like the eye of the hurricane, very calm and centered. You can be a force of good even when it seems like others are not. Take some things off your plate. Say no to what you don't want in your life. You will have more energy for what you want to say yes to. A life coach can help you sort it out, drawing out of you what's really most important right now in your life. A life coach can help you identify the areas of your life on which you need to focus, and support you in taking positive action.

NUMBER THREE

Carefully examine your responses to life's events. My mentor, Jack Canfield, learned from his mentor, W. Clement Stone (pioneer of Positive Mental Attitude), the idea that Events plus Response equals Outcome ($E+R=O$). The event (E) happens, then you respond (R) with your thoughts and feelings, and, as a result of your response, you have an Outcome (O). Pause for a moment and examine your responses. Change your thoughts and you can have a different outcome! Keep your perspective. Reflect on the past, but don't get stuck there. Watch your self-talk, those thoughts that you repeatedly say to yourself. Thoughts can be changed! You can change negative thinking into positive affirmations that you repeat to yourself, effectively reprogramming your brain to think better thoughts. According to Louise Hay, Wayne Dyer, and others, if we think better thoughts, we will have a better future!

NUMBER FOUR

Talk with others. Find a mentor. If you verbalize things, they can become clearer. Have conversations with supportive family and friends. Brainstorm new perspectives. If you feel way off track, get professional help. Recently, a client told me that she was diabetic and feeling very down about it. I had her take the Beck Depression Inventory, a free download. We discovered, according to this tool, she was considered moderately depressed. She decided to get some professional help, as well as research what she could do herself to improve her diabetes and outlook. It's good to realize that you are not alone, that others have walked a similar path and may have good information for you to help you heal. There are specialists in just about every area of mental and physical health, so get some advice. Also, finding a mentor who is doing what you want to be doing in life can help you get back on track with your purpose in life. Live mentors are the best, but you can also find mentors by reading wisdom that they've written.



NUMBER FIVE

Take care of yourself. You can change your consciousness by moving your body. So take a walk or put on some music and dance. Listen to some inspirational readings and music. Take a personal growth seminar to help you examine your inner processes and make some changes. Take some spa days. Cook something healthy for yourself. Clean up some papers and organize a drawer. Laughter changes you physically and energetically, so hang out with friends that make you laugh or watch funny cat videos.

NUMBER SIX

Plan time off to regroup. Find time to visualize what you really want. Use your calendar. Block out days for vacations. Build in days that are not scheduled, some stay-at-home and do-nothing days, days when you can get caught up on sleep and think about your life. If you have several responsibilities at home or at work, arrange for others to cover for you while you regroup. That way, even if you are currently stretched for time, you will have days to look forward to in the future when you can relax. Grab some time in between activities. One of my friends meets her husband for a quick meal once a week to have time together in between work and the kids. They arrange to have their sitter stay a little later and feed the kids dinner. Taking time with yourself and with loved ones will allow you to have time to let yourself picture what you want to be, do, have, see and learn in life.

NUMBER SEVEN

Have a cup of tea and a chat with yourself. Write down what you are thinking. Write Morning Pages as Julia Cameron invites us to do in *The Artist's Way*. Get whatever you are thinking out onto the page, including both positive and negative thoughts. Getting negative thoughts on paper brings them to light where you can examine them and change them if you want, as we talked about in #3 above. Make a Gratitude list. Remember what brings you joy and do more of that!

Thank you for downloading and reviewing these 7 steps. Getting your life back on track can be difficult. Just know that you don't have to travel that journey alone.

Visit me at DonnaKater.com
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