

Take the Best Advice

As the song lyrics spell out, *'The Answer Lies Within.'* There is no suggestion that ALL answers to ALL questionings lie within the one individual, but it has long been a truism that there is always knowledge of an appropriate next step within the person who needs to make a next step. When Charles M Schultz jokingly said "... The answer lies within the heart of all mankind!" it might well have been the collective 'all mankind.' So before you get cynical and say I know nothing about astro-physics, give yourself the **heart space** and the **head space** to introspect on an everyday issue and get the best advice in the world - *from yourself.*

Whether you sit in a comfortable chair or lie on your bed or be anywhere it is quiet, talk the question over with yourself, asking yourself the question, "What do I need to do?"

Simple Strategy; Significant Results

Some people have found the quote by Benjamin Franklin insightful in getting started.

"The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity."

Note: If you have been emotionally or relationally wounded by being told or treated as if you are an 'idiot' or similar, and do not trust your intuition, this exercise might frustrate you. There are other Tools which will help!

This is based on a tool purchased from Paradigms Pty Ltd and used with permission.

Next Steps:

- 1) **Congratulate yourself** for taking time to consider your potentials. We hope it has benefited you.
- 2) Like all Tools, it is only effective when put into practice! To begin, just **spend 5-10 minutes to reflect** of ways you might implement this into your day to day routines.
- 3) Over the next day or two, realize it by creating **an action point** / goal you want achieved.
- 4) The next step is to **share your** Learning, Insights and Intentions on the MIP Forum. Log in to <http://www.miprofessionals.com.au>. If not a member, join as a Guest to post on the public Forum.
- 5) Our experience shows that YOUR forward movement is greatly increased as you post on YOUR Forum using our I-M-P-A-C-T approach:

I = Issues I am facing

M = My to do list right now

P = Plans to implement in the next one to three months

A = Attitudes right now; what I am feeling

C = Clarity needed on some issues

T = Thankfulness to those who have helped me to becoming a better person

You might like to make a start here by jotting down what you will transfer to your Forum. (Or your fridge magnet 😊)

- 6) If you are a Member, you can participate in “Active” forums, where your Coach can communicate and monitor your progress in this journey together.

- 7) Many people get to the point where they realise nothing will change until they engage a coach to bring out their best. Members can book a call to discuss this, or call 1300 90DAYS

