

## *You are the CEO of Your Life....*

What does this mean to you? Typically CEO means “Chief Executive Officer,” the highest position of leadership within a company or organization. Are you the CEO of your life powerfully making choices, or are you having them made for you? Are you the observer watching life happen to you, or are you the participant actively engaged in making things happen in your life? Whatever the answer might be for you, I want you to know that IT IS OK! There is no right or wrong, good or bad. It is just what’s so in your life right now at this moment. However, moving forward, this is an opportunity to powerfully choose whether to be the observer or the participant—to be the Chief Executive Officer of your beautiful life.

Think about it...when do corporations hire a new CEO? Usually to put something in order, to make changes, to move things forward—to grow, and TO GET RESULTS! Can you imagine what your life would be like if you hired a CEO? Well, wouldn’t we all like that? Most of us have come to rely on no one but ourselves. So, how do you get the results you want? How do you become CEO of your life?

You have to decide that you want to be CEO, and that requires commitment to the cause, i.e., to YOU! This commitment means making a promise to yourself and keeping your word. How many of us easily brush aside promises we make to ourselves? How many of us think we are not worthy and give up on our goals? This commitment breeds intention, which gives us strength and confidence to see it through. Being intentional means you are putting your feelings, desires and passion into what you are doing. The role of CEO is a full-time job, not something you do only when you want to or when you feel like it. You are the Chief Executive of your life—whatever you say goes and whatever you do happens. Isn’t that powerful? You see, being CEO facilitates your being personally responsible for your life.

Like any good CEO, once you make the decision, it is important to do an assessment of the current state of affairs—the “What’s So” of your life. No explanations, no stories, no blame, it is simply what is going on now—like a snapshot. You then ask the question “Is this what I want my life to be like?” If not, ask yourself “What do I want? What do I need to do?” Etc...

Once you have decided, then the next crucial steps become focus and engagement. Good CEOs keep their eyes on the prize with a positive can-do winning attitude. In your life, the prize is YOU! You get to control the how much of your life—how much time to spend, how much passion and energy you want to give. You own what you do with your life and hold yourself personally accountable for your choices.

Being the CEO of your life becomes a marvelous life-long journey. You get to choose, and then focus on the things that you want—your dreams, your achievements, your family, etc. You get to decide the reasons why, and that provides you with the purpose and passion to truly be the CEO of your life.



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