

Tips for a Fresh Start in your Personal Life

By

Faith Wood
Inspiring Minds Consulting Ltd
www.imind.ca

Usage Rights

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without the prior written permission of the publisher.

Disclaimer

All the material contained in this book is provided for educational and informational purposes only. No responsibility can be taken for any results or outcomes resulting from the use of this material.

While every attempt has been made to provide information that is both accurate and effective, the author does not assume any responsibility for the accuracy or use/misuse of this information.

- Table of Contents -

5 Starting Fresh Tips When You Have Regrets as a Parent	4
6 Strategies for Starting Fresh in Your Personal Life	6
6 Things to Do When Starting Fresh in a New City	8
5 Tips for Starting a New Phase in Life Right	10
5 Steps to Starting Fresh in Your Relationship	12

5 Starting Fresh Tips When You Have Regrets as a Parent

Parenting can be the toughest job in the world. You don't get any training, there are no vacations, and you're on duty 24/7. It's not surprising that you might have regrets about your parenting. The good news is that you can always start afresh. It's never too late to improve your parenting style. Here are five expert tips to start parenting more effectively.

1. Work Out Where to Start

If you're feeling bad about your parenting, it helps to know where to start to make things better. You can't change everything at once, but you can prioritize your concerns and work on those. What's the issue that's worrying you most right now? Are there behavioral problems, miscommunications, or even substance abuse or violence? If there are safety issues that put your child at risk, these, of course, are a priority.

2. Work Out What You Want to Change

Think of the problem that's confronting you. Work out exactly what behaviors you want to change and work on them one at a time. It has taken time to develop bad relationship habits, and it will take time to pick them apart and change them for the better. Maybe you have a short fuse and find yourself yelling at the kids. Commit to taking three deep breaths before you respond to their bad behavior.

3. Work with Your Child

It might feel weird at first, and you might doubt it will work but try sitting down with your child when things are calm to discuss what's not working. It will help if you share that you want to do things differently and provide options for the next time tempers flare.

4. Set Boundaries

It's your job as a parent to set clear boundaries and the consequences for breaking them. Small children through to teenagers actually feel safer when they know what the limits are, and that those limits will be enforced. They will keep pushing to test where those limits are. So, it's up to you to be firm and consistent in maintaining the family rules. If you say there are consequences for misbehaving, you must follow through. Living in society requires everyone to follow the rules. You'll be doing your children a favor if they get used to the idea early!

5. Notice and Reward Good Behavior

Sometimes as a parent it can feel like all you do is yell at kids for misbehaving, Try turning it around, so you notice when your kids are behaving well. Expect your kids to behave well and acknowledge them when they do. Try to reinforce the behavior you want to see, from politeness and kindness to eating neatly.

6 Strategies for Starting Fresh in Your Personal Life

Are you feeling life has gotten a bit stale? Maybe you're not reaching your goals the way you thought you would. If you're feeling dissatisfied with your life, you can choose to make a fresh start and create the experience you want.

Here are some expert strategies for getting you back on track to living a happier, more fulfilling life.

1. Do a Personal Satisfaction Audit

Take some time to sit back to do an assessment of your life. How satisfied are you with your relationships, your health, your personal development? Do you feel like you're making progress? Choose a couple of areas where you would like to improve and set some goals for the next six months.

2. Make a Personal Values Map

Have you ever set out what your credo is? Your values, and what you believe is important in life? What do you stand for? Is your current life aligning with your values? We can get so caught up in the every day that it's easy to forget to stay in touch with what matters most. Write down your values and beliefs, so you have your own personal values map.

3. Keep Your Goals Manageable

If you have too many goals or if they're too ambitious, you will get discouraged and dissatisfied. You might even feel like giving up. Give your confidence a boost and set smaller, more achievable goals to get you some quick wins. Try not to have more than two or three goals at a time and keep them focused.

4. Have SMART Goals

SMART goals are Specific, Measurable, Achievable, Result-oriented, and Time-bound. Keep them straightforward and tangible such as ‘take a vacation within the next six months’ or ‘reduce BMI to 20 by October 1st.’ You’re probably used to setting project targets at work, so why not apply them to your personal life as well? Before you know it, you’ll be smashing your goals and celebrating your successes.

5. Reward Yourself

It’s vital to celebrate achieving your goals by rewarding yourself. Make a list of treats you wouldn’t usually give yourself and choose one when you cross a goal off your checklist. Make it something extraordinary like dinner out or a spa day or share your success by going out with friends.

6. Surround yourself with Positive People

Having negative people around can be a real energy drain. It can also sap your self-confidence and make you feel like you’ll never achieve your goals. Get rid of the naysayers in your life—you really don’t need them. Surround yourself with positive people who will cheer you on and support you.

6 Things to Do When Starting Fresh in a New City

Moving towns can be a scary thing, even if it's for a really positive reason. If you're moving to a new city for college or a promotion, there are lots of things you can do to make the transition a little easier.

1. Find a New Regular Place

A good way to start putting out roots is to find a coffee shop, diner, or bar where you feel comfortable and make it your new regular. Get to know the wait staff. Find new favorites on the menu. Before long, they'll be asking if you want your usual, and you'll feel like you belong.

2. Make an Effort to Connect

Making friends isn't as easy as it was when you were a kid. You have to make an effort to connect with people. Join a gym or a yoga class. Look for little things that start to build bridges. Smile and make eye contact. Sooner or later you will click with people and start to build up a social life.

3. Accept All Invitations

When you're the new guy, it makes sense to say yes when your colleagues or fellow students invite you out. Now is the time to try new things and go to that free meditation class or your colleague's exhibition opening. You never know who you might meet or what new interest could blossom.

4. Enjoy Being a Tourist

Go and check out everything your new city has to offer. Many people miss out on some of their town's best experiences because they take them for granted and never make the effort. Maybe your new city has a world-class art gallery or

theatre, or you now live close to some great hiking or skiing areas. Don't waste the opportunity to try new experiences.

5. Don't Hold Back

Don't wait for the perfect date, house, or job to come along. You can waste a lot of your life by being too picky. Take a chance and say yes to whatever comes along. If it's not right for you, you can stop any time. But it may turn out to be better than you could have believed.

6. Never Stop Learning

If you spent your whole life in your new town, it's likely you would never exhaust its possibilities. Ask people what their favourite places are or why they like living there.

Stay curious and keep finding out more about the great place you've moved to.

5 Tips for Starting a New Phase in Life Right

If you're facing a new phase in your life, you might be feeling a bit nervous. Will it work out? Was this the right decision? Whether it's a new job or a new relationship, here some tips for making the most of your fresh start.

1. Don't Fear Failure

Fear of failure is America's number one fear. Many people are so scared they'll mess up, they never try anything new. And that's a real shame because unless you take a few risks, you won't get anywhere, and you'll never reach your true potential. Reframe failure as a lesson in what not to do next time. If you make a mistake or something doesn't work out, you're a step closer to success. Learn and move on.

2. Talk to People

Did you know that most opportunities come from outside your usual network? Be open to new possibilities by talking to people you don't know. From a casual conversation in the coffee queue to chatting to the person in the next seat at a conference dinner, you never know who you're about to connect with and where that connection might lead. Be approachable, be polite, and make new friends.

3. Know What You Stand For

Whether you're aware of it or not, you have your own set of personal values. Make those values conscious and write your own personal mission statement. What are your core beliefs? What is your purpose in life? Once you know what you stand for, you can align your actions and focus on your path to success. Think of it as your own personal roadmap.

4. Be Aware of Your Personal Biases

Successful people don't let their personal opinions get in the way of achieving their goals. Your opinions are not the same as your values. Values are the bedrock of what's important in your life. You can have an opinion about sports or politics or how you prefer your steak, but don't confuse views with what's best for you. If a nontraditional opportunity comes up, think it through and work out if it's in your best interest.

5. Celebrate Your Successes

It's essential to celebrate the milestones as you check them off on the way to achieving your goals. Celebrating small successes keeps your motivation and your energy high. It also makes those big life goals seem a bit less daunting. High-five yourself for everything you check off your to-do list, and you'll soon find yourself celebrating the big wins.

5 Steps to Starting Fresh in Your Relationship

All relationships change over time. They can become stronger and more loving, but sometimes a crisis can threaten a relationship. Harsh words get said, maybe one of you did something unthinkingly, and there have been unintended consequences. How can you make a fresh start and put your relationship in a better state of repair? Follow these expert tips to start afresh and make things better.

1. Apologize

Regardless of who started it or who said what, apologize right now. Apologize sincerely and without reservation and without expecting (or demanding) an apology in return. How the other person reacts is not your stuff. Your stuff is to take responsibility for your part in what happened. Apologizing is the necessary first step in clearing away the hurt and anger of a relationship breach.

2. Leave the Past Behind

A fresh start means leaving the words and actions of the past behind you. Walk away from bad feelings, and don't take any sense of grievance or being wronged into the new relationship. If the breach happened because of something you did or said, it's up to you to leave the guilt behind too. Once you have apologized and cleared the air, there's no room for negative emotions. A clean slate means moving on.

3. Trust Each Other

The foundation of a good relationship is trust. You believe in the other person—you have faith in them, and you will support them without reservation. A fresh start means letting yourself trust again.

4. Get Some Perspective

One of the things that distinguish a stable, long-term relationship is perspective. It's human nature to get irritated, but you need to be able to let the little things

go and focus on what's really important. Accept that people and relationships change over time and embrace the good things you have.

5. Act with Love

When it comes right down to it, love really is all you need. Act kindly and lovingly. Treat your partner as you would like to be treated yourself. Before you get irritated because they forgot to take the trash out again, take a breath, and remember why you love them.

Most of the time, people slip up or do something hurtful out of carelessness, not because they meant to be mean or wanted you to suffer. Chances are they were distracted or simply didn't think. Be calm and tell your partner how you're feeling without blaming, and they will likely be horrified they hurt you. Act with love, don't assume the worst and be honest.