

# Redisign your luck!

By behaviour specialist, therapist and physicist Richard Walker

Set any desired goal and make it happen? Create fulfilling relationships, career, and have great fitness? But these things don't happen in the real world, do they?

## Faded Dreams...

You wouldn't be alone if you doubted these things were entirely possible. After all, I'm sure you know people who have told you of faded dreams, wishes in the past, which never happened. You might imagine setting your mind to lose weight, or make a lot of money, attract a fantastic partner, or get fit – but does your experience tell you that you can't trust your behaviours and actions to deliver over time? But why is it such a common experience that our behaviours don't seem to match up to our goals?

## The truth about luck, will and destiny

Well, some people might say 'I've no willpower', or it's a matter of 'luck', or 'destiny'. And in some ways these views are true, but they miss the key part of the story. What we are not aware of are the hidden, unconscious 'values', which act as 'mission

statements' and orchestrate our thinking, views, choices and actions. I don't mean the publicly proclaimed 'mission statement', like the one you see displayed over the reception desk in a business, which you know seldom reflects how things are on the inside. I mean the 'true' internal values that govern attitudes, feelings and motivations that affect day to day operations. As it is in an organisation, so it is inside ourselves.

## Find out how

Since these hidden values describe what's important to you, your motivations and actions, essentially, they describe how you do 'being you' and who you are! If you could get to use elegant and powerful techniques to elicit and correct problems with them, so that they deliver your goals, wouldn't you want to find out how? Think of any unresolved problem areas in you life, and imagine what it would be worth to you to have made these changes, now? You can leave it as long as you want, or think about taking action now.

Find out more by calling Richard now on 01582 768830 or visiting [www.abetterlife-uk.com](http://www.abetterlife-uk.com)

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