



Cheers to new beginnings

By **KHAMI CHEGE**

Albert Einstein observed that “Insanity is doing the same thing over and over again and expecting different results.” It is interesting how this phrase always seems appropriate when we are admonishing or counselling others. Rarely do we reflect on it against our own lives. It is even more interesting how one can stay on the same old path without realising how their routine is making them mark-time. It is easy to wake up at the same time, do that same things, the same work, meet the same people and retire to the same bed after watching the same TV without realising

that your own personal progress and new successes require new habits and new actions. This year (2014) should be our year of venturing into new horizons and digging new grounds. It is time to abandon old quarries or mines that have been delivering dwindling returns, get out of our comfort zones and dig new ones.

Here is a reality check. Think about the job that you have been complaining about for a long time, non-competitive benefits, non-conducive environment, non-co-operative bosses or team, lack of enough time to attend to the things that you love most, hectic schedules that leave you tired and irritated. Then make a decision to dive into a new thing. Call it a new paradigm or action plan. Like a herd of wildebeest abandoning the dry grasslands of the Serengeti, taking the huge risk of crossing the crocodile-infested Mara River into the Maasai Mara, we must kick out the old, take a risk and leap into new horizons that have potential to yield new fruits. If you are considering this new journey, here are a few tips:

1. Take an audit of your life

It is always good to start from the known. What is your level of success in wealth, family, health, relationships, career and spiritual fulfilment? On a scale of 1 to 10, rate yourself and let the results hit you. If your scale tilts towards ‘very poor’ it is time to take a new direction. Some critical and recognisable indicators for poor performance include an empty savings account, low pay, unfulfilled career, shaky marriage, failing health, few friends and generally lack of peace and joy. They say the truth hurts but I believe that ignorance of the truth can be more damaging.

2. Cast a vision

With your life’s scorecard, define the new. Paint what the new will look like. What kind of wealth, family, health, relationships, career and spiritual life do you want to have? Spend time to have clarity on each area? What indicators will you use to determine achievement? Is it KSh 5 million invested in a diversified portfolio of investments, is it to weigh 76kgs?

Another critical question is; what do you want to achieve with what you are painting? What is the key driving reason? Why do you want to be healthy? Is it because you do not want to be sick or it is because you want to be full of life, energy and vitality to create wealth and share happy moments with your family? The ‘what’ has to be very clear, see it, feel it and love it. Go further and develop a vision board by piecing together images that represent what you want to achieve. The ‘why’ must be compelling enough to help you kick into action.

3. Hit the road

A plan without commensurate action is meaningless. Why build castles in the air if you have no intention of waking up to start the actual building. Why dream of yourself as a fit man or woman if you cannot start your day with a jog or hit the gym in the evening. Why dream of wealth when you cannot contain your current expenditure or create more wealth. Develop a practical action plan to starting your journey to where you want to be. Quit what you have to quit, start what you have to start and increase what you have to increase. This calls for creativity and innovation. How can you please your wife within budget, how can you earn an extra buck, how can you use technology to keep in touch with friends, how do you manage your time to create more family moments. Start small and build on the enthusiasm and successes.

4. Create a support system

Let your family and close friends know what you are up to. Why allow friends to keep calling you for drinks and *nyamachoma* when you have a health agenda to undertake? If they know what your new action plan is, they will support you if they are genuine. If they mock and ridicule you, then add another item into your agenda – making new friends. Recruit your family into your new ways. They will help and support you. Sell the ‘what’ and ‘why’ to them and invite them to be part of the journey. Make them your action partners to keep you on track. Account to each other. Your family and friends will be a great source of inspiration and support.

5. Keep on keeping on

Keep walking. Small incremental successes are better than no success at all. You will fall, lose momentum but you must keep on going. Interesting how we allow

ourselves to accumulate so much weight over the years, but we want to shed all of it in one week. Be realistic and keep on going. Say no to failure and mediocrity. Keep yourself focused on the goal. The ‘why’ will make the ‘how’ possible amidst huge temptation to quit, develop inner strength and marshal all the strength to stay on track.

6. Celebrate

Make a big deal of your successes. Buy a new outfit to celebrate your new look fitter body, take pictures of family happy moments, buy an inspiration book, watch a movie, take a vacation to the Mara, Zanzibar or Paris and experience the beauty of your hard work. You deserve it. ■

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