

Eurika TRC - What do you want to change?

Decide what you want to change and start taking action

You probably spend more time planning your family holidays to escape the drudgery of everyday life than you do planning changes to make your life truly fulfilling.

The following exercise will take approximately 1.5 hours and will be one of the best investment of time you will ever make.

Step 1: Score the following areas of your life with a scale from 1-10 (10 being completely satisfied with current state)

1. Financial 2. Vocation 3. Personal Development 4. Family/Social
5. Partner 6. Health 7. Emotional State

Step 2: Next choose 2 areas you want to improve during the next 6-12 months

Step 3: Spend approximately 15 minutes brainstorming what your life would be like if you were completely satisfied in each of these two areas (e.g. Vocation and Financial). Be very descriptive using lots of imagination and emotions. Pretend you can have anything—all barriers are removed

Step 4: Condense your thoughts and compose an inspiring goal for each area specifying exactly what date you will achieve a 10 in that goal e.g. "It is 10 March 2009 and I am in a new job. The role suits me perfectly as it is near home, it pays me a salary of £XYZ which affords me the luxury of 2 exotic holidays a year....." *get the idea???*

Step 5: Chunk the goal down into milestones. Specify when you will reach each milestone and outline what reward you will give yourself when you reach that milestone e.g.

Date	Activity	Reward
10/12/08	Write 5 speculative letters to companies & join 3 recruitment agencies	Concert tickets

NB: Focus on reaching one milestone at a time remembering that each deliberate action you take along the way will get you closer to achieving your overall goal!

Eurika TRC - Change for the better!

Interview with Mark Tucker—Founder of MT Legal Services



Mark Tucker lives in Northampton with his partner Lesley and their son, 6 year old son Casey.

In 2001 Mark established a company called MT Legal Services specialising in Will writing, Inheritance Tax planning, Long Term Care planning, and Probate/Estate Administration.

What prompted you to start your own business?

I was working 12 hour days most days of the week plus every other Saturday morning for the law firm I worked for at the time. The motivator to become self-employed was not financial, it was more for a better quality of life!

What's the best thing about running your own business?

Having control over my time.

A lot of my work has to be done in the evenings seeing clients in their home. I make up for the time away from home by taking Casey to school and picking him up as often as I can. I also have a daughter aged 14, who lives with my ex wife, and have been able to spend far more quality time with her since starting my company.

What's the worst thing about running your own business?

The phone not ringing for a few days.

If you could do this all over again would you?

Without hesitation! I work hard when the need arises, but come Friday afternoon I don't feel as though my body desperately "needs" the weekend as I used to when I was employed.

What tips do you have for people thinking of starting their own business?

Firstly decide whether the main incentive is financially driven. If it is, then you are likely to see less of your family and friends as you do now. If, like me, it was to preserve your sanity and to give "you" control of your working life – then go for it !!



For more details about the service provided by MT Legal Services email mark@mtls.co.uk or visit www.mtls.co.uk

Changing your job in a recession???

"If you're not a mortgage banker or a home builder, maybe your current position is perfectly "safe." But think about it for a while and you may find yourself wondering: Is "safe" good enough? Maybe it's time to change jobs anyway -- and heed the immortal words of Keith Richards, "I'm gonna leave while it's still fun/ I'm gonna walk before they make me run." - Anne Fisher, Fortune senior writer

<http://money.cnn.com>

Thought provoker

"Change, after all, is only another word for growth, another synonym for learning. We can all do it, and enjoy it, if we want to"

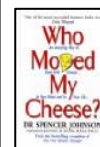
Charles Handy—The Age of Reason

Pay it forward

If you feel your company, a friend, or colleague would benefit from using our services please forward them this newsletter.

Thank you in advance for spreading the word!

Recommended reading



Who Moved My Cheese?: An amazing way to deal with change in your work and in your life. By Dr Spencer Johnson



Feel The Fear And Do It Anyway: Helping you to face your fears and live your life the way you want to live it. By Susan Jeffers

Thinking of starting a business?

"TALK of a possible recession has left many would-be entrepreneurs reeling with uncertainty.

On the face of it, starting a business when a recession might be looming sounds crazy. But don't throw away those business plans just yet.

Provided you choose the right type of business and go about it in the right way, you can still succeed. And if your business can thrive in a recession, think how it will soar when the good times come again." - Rachel Bridge

<http://busiess.timesonline.co.uk>