

## **The 4-1-1 on Reinventing You**

*Essential Tips for Knowing What You Want – And Getting It!*

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#### Disclaimer

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This book is not intended to serve as professional or legal advice (if you need specific advice, you should always consult a suitably qualified professional).

## Dedication

*No matter what stage of life you are in, this book is for you. It's never too late to find your calling and reinvent yourself!*

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## Acknowledgements

Thank you to everyone who continues to support my writing. Without your thirst for knowledge and your incredible faith in me, I would not have been challenged to write. I am fortunate to live my purpose, through my passion, to help others.

Thank you to my family and friends for encouraging me to share my knowledge. Through this information, I want you to live the life you were called to live.

## Introduction

There is a lot of chatter today about reinventing yourself, especially after 50. There's no "magical" age when you find yourself in a difficult situation, whether it be a divorce, death of a loved one, or a job loss, and have to make some tough decisions. It is these times that you need to re-evaluate your life and determine the best path for you. You can't listen to others' advice on what you "should" do with your life. It's your life, do with it what you want. When it is all said and done, what do you want to be said at your funeral? Do you want people to talk about your life contributions or the fact that you listened to everyone else and did things that you didn't even enjoy? Do you want them to talk about how happy you lived, or how sad you always seemed to be?

Making real, deep, lasting change in your life is hard work. It requires diligence, commitment, a willingness to take risks and the nerve to summon the reserves of inner strength you don't know you have. Deciding to take on a new career can be hard. There is something new to learn; new people to meet; perhaps courses to take; all while trying to figure out how you will continue to pay your monthly bills. Don't get discouraged. I want you to know that I've reinvented myself several times and, although hard, has been the most rewarding part of my journey so far.

After graduating high school, the field of technology was beginning to take off, so I decided to get a degree in Computer Programming. It wasn't an easy field to enter after graduation, since no one would hire a pregnant woman! When I returned to the workforce, I was able to get jobs similar to the field with the Accounting background I had, but no programming jobs. The technology field changes quickly and it was too difficult at the time to keep up with the changes, so I just took the jobs I could get. Talk about the feeling of defeat!

Six years later, I got a divorce and was faced with the dilemma of raising two small children and although I did get child support, the thought of how I was going to pay my bills was overwhelming. I picked up the newspaper one day to see what the highest paying jobs were, and I found Nursing to be the winner! Hence – reinvention #1. I contacted the local college to see how many of my existing credits from my previous degree would transfer, spoke to my mom about moving in with her temporarily, and took the plunge. I worked three part-time jobs; went to school full-time; and took care of two small children. No easy feat – but I did it in under three years.

I worked in various Nursing positions throughout the years – floor nurse, Nurse Recruiter and then into Informatics Nursing. Informatics Nursing is where I landed for over twenty years. I was finally able to utilize my Computer Programming Degree, along with my Nursing Degree, to build clinical systems for hospital staff. The best part about this job was I was able to work from home.

While working from home, I completed the course work to become a Certified Legal Nurse Consultant and also received a Real Estate License. Could this be reinvention #2 – perhaps not, but I have the additional certification and license in case I want to do something else.

In the meantime, I discovered my passion for writing. I loved writing so much that I wrote and self-published ten books, all while still working full-time. I was always looking for other ways to utilize my writing skills and it was at that time I realized that I had a wonderful message I could be sharing with others. Now – reinvention #2. I learned about a Certification program, offered by John Maxwell – the #1 Leadership Guru in the world, and felt a new calling to take this Certification and open a new business. This new business would allow me to be a Coach, Speaker and Trainer – all while having my own content (books) and the new content (John Maxwell's) to share. I refer to myself as a Life Transformation Specialist because I help people to "grow forward" in their purpose

and vision for their life. I help them to find the answers within themselves to transform their life to the life they desire. I completed this Certification in my early fifties and couldn't be happier.

So you see, it doesn't matter what age you are, with the right guidance and proven steps, you can take on that career or personal change and be the person you were born to be. The chapters in this book are a proven stepping stone to your reinvention, no matter how big or how small.

*"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."* -  
Ralph Waldo Emerson

## Chapter 1: What's My Purpose?

*"You're never too old to set another goal or dream a new dream."* C. S. Lewis

Are you feeling unmotivated, unsure of yourself, aimless, can't find your passion, directionless, not clear on what your purpose in life is? You're in good company — most people are in the same boat.

Many think their purpose should be obvious and easy to identify, an idea that leads to much frustration and disappointment. More typically your purpose will slowly emerge as you put one foot in front of the other, following where your heart, talents and life seem to be leading you.

You may even go through a season where you long to find it, to the point that you feel deep emotional pain but can't seem to find a clue anywhere. If you have this experience, like I did, you could even start believing that everyone else might have a purpose, but you very sadly don't.

There may be the occasional person who knows their purpose from the time they were a child, sets out on the perfect course of study, and spends their whole life doing what they were meant to. This wasn't my experience, and chances are it's not yours either.

As you go through this journey, gaining wisdom about yourself and receiving exciting, surprising clues from life (similar to a treasure hunt), your sense of purpose will evolve and change.

After I left Nursing, I envisioned my life as a speaker and writer. I started publishing books, and speaking on Life Skills, Parenting and Raising Teenagers. Then I discovered a passion for coaching, for helping people to transform their life and discover their purpose to create a more fulfilling, happier life.

***Learn to get out  
of your own  
way.***

At each phase I thought I had found my purpose and it felt like – and looked like - I kept changing my mind. I never imagined that one day I would find my ultimate purpose in merging all of the above to serve others. Today, I speak about creating a healthier, happier, more fulfilling life (public speaking). There's usually a book signing after (writing), and at that time people who want to work with me will sign up for one-on-one programs (coaching aka life transformation).

It may have looked like I kept changing my mind and was trying to create several careers at once, which is generally a bad idea. My purpose was simply evolving as I explored each area, acquiring the skills and experience that would end up creating the whole pie.

Now, there are about a million things online telling you how to find your passion in life, and that's a good thing. It's a search worth undergoing. There is no one-way to find your passion - learn to get out of your own way. We will discuss more of this in Chapter 2. For now, we will refer to this as "getting out of your box."

Your personal box is the small world you live in, where you are the center of the universe. You are concerned with your wellbeing, with not wanting to look bad, with succeeding in life, with your personal pleasure (good food, good music, good relationships, good career, etc.).

When someone tells you that you look fat, this only hurts because you're in your personal box. You take that statement and believe that it's about you, and feel the pain or embarrassment of how the statement affects you. It matters a lot, because in your box, what matters most is how everything affects you personally.

Some other problems caused by this personal box:

- In our box, we're concerned with our pleasure and comfort, and try not to be uncomfortable. This is why we don't exercise, why we don't eat healthy food.
- This fear of being uncomfortable is why we get anxious at the thought of meeting strangers. It hampers our social life and our love life.
- Because we don't want to look bad, we are afraid of failing. So we don't tackle tough things.
- We procrastinate because of this fear of failing, this fear of discomfort.
- When someone does or says something, we relate that event with how it affects us, and this can cause anger or pain or irritation.
- We expect people to try to give us what we want, and when they don't, we get frustrated or angry.

Actually, pretty much all our problems are caused by this box.

If we can learn to get outside this personal box, and see things from a less self-centered approach, we can see some amazing things:

- When someone says or does something, it's not really about us — it's about pain or fear or confusion they're feeling, or a desire they have. Not us.
- When we have an urge for temporary pleasure (TV, social media, junk food), we can see that this urge is a simple passing physical sensation, and not the center of the universe.
- We can start to see that our personal desires are actually pretty trivial, and that there's more to life than trying to meet our pleasures and shy from our discomfort. There's more than our little fears including the pain and suffering of other people, and compassion for them.
- We can tie our daily actions, like learning about how our minds and bodies and habits work, or getting healthy, or creating something, not only to our personal satisfaction and success but to how they help others, how they make the lives of others better, and how they might lessen the suffering of others.

We become less self-centered, and begin to have a wider view. Everything changes, from letting go of fear and anger and procrastination, to changing our habits and finding work that matters.

Once we get out of the box, and see things with a wider view, we can start a journey along a path like this:

1. We can start to see the needs of others, and feel for their suffering.
2. We work to make their lives better, and lessen their suffering.

3. Even if we aren't good at that, we can learn skills that help us to be better at it. It's the intention that matters.
4. As we go about our daily work, we can tie our actions to this greater purpose. Learning a program or becoming healthy, for example, isn't just for our betterment, but for the betterment of others, even in a small way. This gives us motivation on a moment-to-moment basis. When we lose motivation, we need to get back out of our box, shed our concern for our discomfort and fears, and tie ourselves to a bigger purpose.

What matters is becoming bigger than yourself. Once you do, you learn that you have a purpose in life.

Sounds great right? Getting outside this personal box isn't easy. It takes work.

1. You must see when you're stuck in the box. Whenever you're angry, frustrated, irritated, fearful, anxious, procrastinating, feeling hurt, wishing people would be different ... you're in the box. When you can't stick to habits, or have a hard time with a diet, you're in the box. Your momentary pleasure is what matters in this box.
2. When you notice that you're in the box, expand your mind and heart. See the bigger picture. Feel what others are feeling. Try to understand rather than condemning. See how little and petty your concerns and fears have been. Realize that if others treat you badly, it's not about you, but about their suffering.
3. Always wish others well. Genuinely want their happiness, just as you want your own happiness. See their suffering and wish for it to end or lessen.
4. Offer help to others. How can you lessen the suffering of others? Sometimes it's just by paying attention, just listening. Other times you just need to be there, just lend a hand. You don't need to go around solving everyone's problems — they probably don't want that. Just be there for them.

By all means set out on the course that feels and seems right to you, but be open to learning from it and adjusting. What experience or purpose is calling to you? Give it a chance. If it causes you to change your mind or even abandon what you sincerely thought was the right path for you, you're wiser for having tried it. You'll learn to be bigger than yourself. You'll learn that the life we've been given is a gift, and we must make the most of it, and not waste a second. You'll learn that there is nothing more fulfilling than making the lives of others a little better.

*Your life purpose is your intention, based on and aligned with your values and your principles.*

Don't get too stressed about this or put too much pressure on yourself about clarifying your purpose. Your purpose might indeed be something grand and complicated, or it may be as simple as dispensing love and kindness wherever you go. Remember to be present in the moment, and delight in watching it all unfold. Life really is beautiful. Your life purpose is your intention, based on and aligned with your values and your principles.

Now that you're out of your box, let's move on to getting out of our own way. I've been told many times that God determines our destiny, but we determine the steps to get there, so get stepping!

**Self-Discovery Challenge:**

If you had to leave the house all day, every day, where would you go and what would you do? Or, what's the one thing I love doing so much, I would gladly do it for free? *What most people don't understand is that passion is the result of action, not the cause of it.*

What would your perfect day look like? Describe every detail.

What activities set your soul on fire?

**Connect with your inner child:**

What brought you immense joy as a kid?

What were you doing when you lost track of time?

What did your parents have to drag you away from?

What did you love deep down before the world told you to get practical?

