

The Acupuncture Success Express

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Time is passing very quickly these days. We are atoms half the way through the year of the horse. You could call it "horse racing season" for this profession.

Perhaps it is time for reinvention during this time. In order to reinvent yourself, know that it will be a process that will take time and effort. Think about how many times you charge your cell phones daily and your computers. Now, think about how often you take time out to recharge and rejuvenate. Not very much time, right? The truth is that the answer is not nearly enough for most people. In order to do this, you need to ask yourself some questions such as: What makes you feel good? What do you want to do? What does my life really look like? Take an action step and make a list, write it down and review it regularly. Then there is visioning - this is brain technology. Visualize the idea you have in mind of what you want to do. Take the time to envision your life and the results you want and what you might possibly feel.

We have all heard about the importance of envisioning the future we want. When we strive for success, it becomes a self-fulfilling prophecy that can launch us into the world we really want.

Walt Disney once said, "If you want your life to change you must change your thoughts. Thoughts influence your feelings, feelings create actions and your physical actions achieve your results." You have to think you *can* in order to start the process and succeed in life. There needs to be optimism and determination on your part.

You have to be motivated to make a change in your thinking and start to come up with a plan on how you will achieve success. By making up a plan, you will first think of ways that you can reinvent yourself.

So, what does it mean to reinvent yourself and what will you need to succeed? Reinvention is knowing, honestly, where you are in your life today. It is also giving ourselves permission to be yourself. Reinventing yourself also requires that you set the vision for your life - you must be flexible and shouldn't set it in stone. You must be able to adapt to changes and be flexible to change.

The basic skill of reinvention is flexibility, you must move into your own learning curve. Know how long it takes you to build new skill sets and how much practice you need before you master the skill. You must challenge and replace some of your old ideas - this takes new input on a daily basis. You might experience frustration, insecurity and uncertainty, but the anticipated and real results are certainly worth all of the effort. You must always remember that there can and will be course corrections. The key is continuous effort and determination.

Take the rest of the year to reflect on the changes you need to make within your life in order to reach your full potential. Think about the ways you can improve your life starting with yourself. By holding yourself accountable, you will be able to accomplish the list of goals you want to achieve, whether those goals are for your practice or yourself. Make a list of the things you still need to

achieve this year and action plan on how you will be able to accomplish those goals.

Don't look back - look forward!

Look for possibilities, connections, opportunities to give back, ways to get up and get started, ways to help others and openings to talk about acupuncture. With the Internet, the opportunities are abundant. By looking within, you will surely find yourself on the express train to inner success!

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