***What Nine Months Can Bring***

*- by Diane Weller*

During this blessed time of year, I am reminded of the incredible possibilities of life.

* In just nine months a human baby, unparalleled in sophistication and intelligence, is fully developed and born unto its parents.
* In just nine months or less the human body is capable of healing from injury or disease.
* In just nine months an organization can experience incredible growth.
* In just nine months a person’s life can be turned right-side-up again.

In just the last nine months of my life, I’ve made difficult but life-changing decisions, found new business opportunities I had not previously even dreamt of, began writing, formed my first team and together walked and raised over $700 for breast cancer awareness, joined a board, learned hard lessons about self-directed work, been rewarded the experience and evidence of having a positive impact on the lives of others.

As I look back, I think WOW – Really, all this was possible? I realize this was a lot in just nine months and I think about what I can learn from these last nine months to feed my next nine months. I’ve learned that being clear about what you want is essential to manifesting the life you want. Without clarity to guide us, our days become filled with activity that is not purposeful in achieving our dreams and goals. I’ve also learned about the importance of maintaining focus and how hard it can be to do, when we’re surrounded by many things constantly challenging our focus. It is helpful to remember that what you focus on expands. Do you want your financial portfolio to expand? Focus on that and it will expand. Do you want more discretionary time? Focus on how you can create it and you will have it.

**As you prepare for the start of another new year, what do you want your next nine months to look like?**

One thing I know for sure is the world is full of unlimited possibility for each one of us, when we open ourselves up to new possibility and we believe. Our beliefs, conscious and unconscious, are always in motion, constantly influencing our thoughts, feelings, and behavior.

While positive beliefs enhance our lives, negative beliefs diminish our lives. During my public talks on *What’s Holding You Back?* I discuss those nasty things called self-limiting beliefs, which are nothing more than false messages you give yourself about yourself.

Through your beliefs, you have the power to create your reality. Often, however, we need the support of others to position ourselves for that reality and new possibility – I certainly did!

**What will you do to position yourself for new possibility and what support do you need?**

I might suggest you first give yourself the gift of stillness to become thoughtful and clear about what you want. Once you are clear, make a promise to yourself to be steadfast in being clear about everything you do and the choices you make, ensuring you’re staying on course. Focus, ask for support as needed, stick with it and possibility will become reality. If you’re not sure how to do some of these things, let’s chat about how I can help you get unstuck.

**How can you support someone else as they position themselves for new possibility?**

Often, you being there for them to just listen to their idea of new possibility is all that is needed. Or being a mentor to them – talking *with* them and sharing your experiences. Perhaps being a sponsor to them – talking *about* them as you use your personal influence to help them achieve their career objectives by putting them forward for career growth opportunities and introducing them to other influential people. Sometimes leading them to the correct help is needed.

In just nine months, with clarity and support, you can do amazing things! What is next for you?