

## What are the Three Hidden Mistakes?

One, not getting Future Self-Image right, first.

Two, not having clarity on what you want (and support you can trust).

Three, trying too much, too soon.

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## Change: How it Was

When we were young, change was easy, it was part of life.

It was the natural order of things.

We couldn't wait to change: to go from elementary to middle school, from middle to high school, from high school to college – and all the other changes along the way.

Of course, change was still scary, at least at times, but youth was when we established our fundamental relationship to change.

It was something we could do, it was manageable.

Or, it was something we wanted, but it felt just a bit scarier for some of us, and we weren't sure it was going to work out.

Our relationship to change (and change skills, or lack thereof) was formed in youth.

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## **Change: How it Is**

For those with a healthy outlook on change, and well-developed change skills, change is a bit less-hard in mid-life.

For fundamental “human” reasons, change is hard for everyone in mid-life, just *less* so for a lucky few.

I am writing this, mainly, for those of us who are challenged by change in mid-life.

(This special report will be useful for everyone, but especially for those who feel stuck, or in a funk, with a sense that things could be better, but not sure how to get there, and have “failed” at change in our 40s and 50s.)

Now that we’ve talked about change and how effing hard it is, let’s get into the three hidden mistakes.

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## **I – Create a Compelling Vision of YOU**

The first mistake people make when trying to change in mid-life is they don’t create a compelling vision of their Future Self.

Human nature is such that we avoid pain and seek pleasure.

Here we create a move-toward state – a good thing we want.

We must create a clear vision of who we want to be in the future.

It must be authentic and compelling and appealing (to us).

It must include our (best) aspirations and desires.

It must be something that, primarily, our soul wants.

It's a vision of who we want to *be* in five years.

A magnetic pull to the next – better – version of ourselves.

When we have that clearly spelled out, we can address the next mistake.

(A wonderful side-effect of creating this compelling vision is that when we do get to life-planning and goal-setting we do so in a bigger, better context. Yes, it's great to have clarity and direction – it's better to have done that from a *better place*.)

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## II – The Power of Clarity

The next mistake mid-lifers make when trying to change is not having clarity on what they want and, its (kinda evil) twin, not having a system they trust to guide them in the process.

One of the key abilities in life is being present to the current moment and doing the next best thing.

If either of those things are missing, one will keep making sh!tty choices.

[Presence, or one might say, mindfulness, is outside the scope of this report, but being able to do the *next-best-thing* is not.]

The fact is, when you have a clear and comprehensive (and authentic) plan for what you want in life, a plan you regularly review and iterate, you bring clarity to each moment.

You, through this authentic clarity, can make good – tiny – choices because you know (and like and trust) the big picture.

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### **III – Slow Your Roll . . .**

Finally, people make the mistake of trying to do too much, too soon.

We have a psychological immunity system and its primary function is to keep us safe.

Anything that threatens that safety is attacked and eliminated.

All I need to say on this is: New Year's Resolutions.

The solution is nano-changes, and later, micro-changes.

There is a way to slip change past the psychological immune system, but it must be quiet and small, tiny even.

Kinda like how one would walk down the stairs at night while sneaking out to meet your friends when you were grounded.

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## Wrap Up & What's Next

So there you have it: the three hidden mistakes of mid-life change.

DO: Get Clear on Who You Want to *BE* in Five Years.

DO: Create Clarity and Get Support you Trust.

DO: Start Super-Small and Build, Slowly, from There.

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Keep an eye on your Inbox for e-mails where I go deeper into each mistake and DOs above.

If you have any questions in the meantime, please call 860.264.4356 or e-mail me at [matthew@matthewhawley.com](mailto:matthew@matthewhawley.com).