



The Next Level of Performance, LLC

Make that Change

I'm Gonna Make A Change,
For Once In My Life
It's Gonna Feel Real Good,
Gonna Make A Difference
Gonna Make It Right . . .

These are the words from the beginning of the song Man in the Mirror by Michael Jackson. The key word to the start here is the word "I'm". Change has to start with you and should be for you. A lot of people make change because it is what someone else wants for them or what they think others want. The other key word here is in MY life. You have 100% control over the decisions that you make for yourself and the change in your life.

Life is about choices and we need to make sure it feels good and that it is right for US. How many times have you started a sentence with, "I wish I could"? Or If only.... It's time to finish the sentence but your words need to denote action and not just nice words that just feel good. The change needs to make a difference in your life and feel right for you.

Sometimes when we think about the change we want to make we are down on ourselves about how tough times are and that the time isn't right. When things are tough, we have to get tougher. When I hear the words "I'm Starting with the Man in The Mirror" it clarifies where true change has to start. This is a great time in our lives for us to align ourselves with the right people, put a plan together and MAKE THAT CHANGE.

No Message Could Have Been Any Clearer If You Wanna Make (the world)yourself better then make a commitment to yourself that it's time for you to be true to the person in the mirror first and foremost.

For more information, please contact us at contact@coachthenextlevel.com or www.coachthenextlevel.com.