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## How To Reinvent Yourself and Change Your Life



### Are you serious about transformation?

**Are you willing reset the button? - A reinvention that changes the game. That means an overhaul in what you believe and what you want to be.**

Major life changes are never easy, because your instincts and the urgent matters of the day work against you. But when you learn to focus on your future self, you'll be surprised at what you can achieve.

Many of us dream of a future that's very different from our present. But getting from here to there is hard, largely because some powerful psychological forces align against reinvention.

"We have to modify our identities as we go through life," says Ravenna Helson, a professor of psychology at the University of California, Berkeley. Examining traits, social influence, and personal development and proving in the process that it's never too late to reinvent yourself. "Even at 60," Helson says, "people can resolve to make themselves more the people they would like to become."

But of course it's wise to get an earlier start. "You have to give yourself enough time to actually accomplish your goal,"

If you don't have long-term goals, it can leave you feeling restless and unfulfilled. "It's the big picture things that give life meaning,"

How do you know what you should be striving for? "Project yourself deep into the future and ask: What will I regret not having done?"

Before you can reinvent yourself, you have to know who you currently are. People need to understand their strengths, their weaknesses, their passions, and their own story.

That's why it's crucial to be brutally honest as you assess yourself and the effort needed to achieve the reinvention you seek. Discuss your dreams with people who care about you and know you well, and whom you trust to be honest with you about your strengths and weaknesses. They can help you gauge your skills and pinpoint your true passions.

Before you can reshape your future, you need to be brutally honest about your present. How much will you need to change to achieve the reinvention you desire? Do you have it in you? Consider these crucial questions from the experts before you move ahead:

- Does your goal match your values?
- Does it conflict with other priorities in your life?
- Will you be able to pursue it long-term, and for the right reasons?
- Can you gain satisfaction from each step?
- Are you sure you want it?
- Is achieving it within your control?

Experts in reinvention say we need to find concordance between what really matters to us and the goals we chase. But too often our future plans are overly influenced by other people's input. These external pressures can detach us from our core values. "If you don't go through a process of self-discovery, but just accept others' decisions, 10 years later you might find yourself saying, 'I don't think that's me,'"

To ward off these pitfalls as you launch your own reinvention, seek out people who have already achieved the dream to which you aspire. Associate with the right people. Joining like-minded individuals can help, too. Also, those other people are great sources of knowledge.

Set Yourself Up for Success Be honest – with yourself and others.

Your reinvention will likely require creating new positive and constructive habits to take you out of routines you've been following for years. In the process, you'll establish new reflexes and internal reminders of what you are supposed to do in given situations.

When you break down a reinvention plan into actions you can do every day, you will integrate long-term goals into your present. "If you don't work on them a little bit every few days, you're probably going to lose them.

To stay positive and motivated, seek ways to track your accomplishments as you go. Studies have shown that if you write down a goal, you are more likely to achieve it.

And, of course, you have to expect obstacles. "Life has a habit of throwing curveballs," it's a mistake to believe we have so much control. The best laid plans can go awry, and we need to be prepared for that.

When you can recognise who you want to be and envision a setting in which that future self will be happier than your present self has become, reinvention becomes logical and, ideally, inevitable.

When we successfully reinvent ourselves, we feel pride, accomplishment, and a sense of satisfaction and then you can celebrate your success.



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