

## **“Livin’ the Life” in Club Management**

Club Management is a profession that can provide someone or a family with a pretty amazing life. We have coached many who are “livin’ the life” and many who have decided to “Live the Life”. We think deciding is the key. Deciding What? Deciding to live a life that has it all is a possibility. It is easy in a business where you are in service of so many and often in service of people with very high expectations to lose yourself in the mix. Do you work to live, or live to work? Is there a job in club management that is worth giving up your life for? That might sound dramatic but in subtle ways it is possible to get so focused on a job that you do give up parts of your life. When immersed in a busy time it is easy to give up on taking care of health, spending time with kids and time in relationships with friends or planning your financial future.

Time to decide? Often it is the people who are living the amazing lives that take the time to fine tune it even more. They know that when they are living their best life they can lead at their best. If you are ready to decide here are a number of ideas that can move you toward the life you want to live.

**Do, Have and Be!** To help people figure out what they want in the life they are going to design we ask them to take themselves out of their present life mentally for a few minutes and imagine the elements they would like in their live if they could design it. We ask them to think about what they would like to be doing, what they would like to have and what they would like to be. For some this can be a difficult, even scary proposition. It involves knowing that you can in the first place design what you want instead of living out what others have told you to live out. The second thing is the fear that you might not be successful in getting what you desire. The third thing is being so stuck with things the way they are that possibility is hard to see.

When you create your list of 20 or 50 or 100 things you have begun the process by setting **intention**.

**Goals:** If there are 100 intentions on your list your subconscious mind is aware of what you want and may in subtle ways be moving you toward those things. Our reality begins with a thought. We suggest that to truly move toward the life of your design you set three goals. Three not ten! Three not one! Not ten because if you were focusing on 10 the focus would be too diluted. Three not one because we challenge people to not only set goals but set them in balance. We ask that one goal be focused on happiness, the second one on health and the third one on wealth/career. If the focus was only on one of these areas it wouldn’t be as powerful.

There is a good chance that you had a lot of learning about how to set goals so I won’t go into great detail about how to do it, but I will tell you of the biggest lessons we have learned in working with people on thousands of goals. The thing people often miss is excitement. If the goal is something that others have convinced you that you should do or if you are lukewarm about achieving the goal chances are you won’t.

**Achieving Goals:** To achieve your goals and move toward the life you want I would like to give you 5 ideas that can give you success where you may have failed before.

- 1. Make Space!** One of the reasons people are not successful with their goals is that they take an already busy overwhelming life and add more things into it. If you are really serious about seeing these goals as important you may need to eliminate some of the volume of things you have put in your life. You may have to decide what is important and eliminate a lot of the unimportant.
- 2. Check your thinking and core beliefs!** Understand that you have beliefs that you have had for a while. They aren't right or wrong, good or bad they are just your beliefs. The question is do they serve you? Are they working for you or against you? If you have a belief that to be a great manager you have to sacrifice everything else or if you believe that you have to be at the club all of the time to make sure that some member will see you when they come in that believe will be running while you are working on your goals. Question your beliefs. Question how you came to believe what you believe. Decide to have beliefs that support you.
- 3. Delegate to your environments!** You create your environments and your environments create you. We teach people to look at nine environments. If you are interested in learning about all nine, contact me. In this short space I will mention two. The one most people are aware of is their physical environment. Think of your three goals and then look at the physical environments you are in during any given day. Does your office, your car, your house, your closet support you in achieving your goals. If not how could you adjust them to support you? Think of your relationship environments. Do the people you have in your life work for or against your goals? Talk to me about this subject!
- 4. Attract what you focus on!** Are you focusing on what you want or the opposite of what you don't want? Don't focus on losing weight; focus on being a certain weight. Don't focus on getting out of debt, focus on creating wealth or reserves. Don't focus on not hitting your golf ball into the pond, focus on hitting the fairway.
- 5. Create Daily Habits and Actions** When we create new daily rituals it shapes who we are and gives us new results. Don't set the goal and look at it again in three months to see how it worked out.

Club Management is a pretty special career. You deserve to have a great life while you are supporting your members and staff in having a great life.