



Thinking Big in Work and Life

By Kate Monroe, CEO

Do you feel like your life is mediocre? Are you less than happy with your current state of affairs? **Perhaps your goals are too small.** Have you ever considered that maybe you could be and do much more than you're currently demonstrating?

Thinking big is your ticket to a new life!

Consider these ideas:

1. **Avoid contentment.** Have you ever noticed that when your life takes a dip below what you consider acceptable, you'll work like crazy to restore the normal balance of your life?
 - For example, you'll do plenty to replace your lost salary if you lose your job. However, you won't work nearly as hard to double your salary.
 - Avoiding contentment isn't the same as being constantly dissatisfied. That wouldn't be an enjoyable way to live. However, if you want to achieve something more, it's important that you strive to be more.
2. **Big goals are exciting.** Going camping at the state park for the 10th year in a row is fine, but odds are you won't be that excited about doing it again. Your first trip to Rome might be another story. **Few things feel better than excitement and anticipation.** Big goals can provide you with both.
 - If your goals aren't exciting to you, try aiming a little higher.
3. **Big goals require real change and growth.** Dropping five pounds or earning an extra \$500 this year require little change and growth on your part. Losing 60 pounds or tripling your salary will force you to make some major changes.
 - If you want to become all you can be, you don't have to join the military. You can just set and achieve big goals.

4. **Thinking big reduces the number of distractions in your life.** If you have something big that you're trying to accomplish, **you don't have time to worry about the little stuff.** You become more focused and mentally relaxed.
 - Having a significant objective in your life makes life simpler, and in many ways, easier.
5. **Thinking big expands your world.** Thinking big forces you to identify your strengths and weaknesses. It forces you to do things you're not comfortable doing. Your world expands when you become comfortable with things that used to make you feel uncomfortable.
6. **Big thinking can also expand your belief of what is possible. You can challenge limits.** You need to view the world in a new way to accomplish big objectives.
 - Imagine the change of thinking required to develop the first airplane or to run a sub 4-minute mile.
 - Your goals might not be as grand, but your thinking will have to evolve in some way.
7. **You'll view common challenges in life as much smaller.** When you're trying to make your first billion dollars, a leaky faucet seems like small potatoes. When your plan for the evening is to watch Seinfeld reruns, a leaky faucet can make you think, "I just can't catch a break."

Thinking big does a lot for your enthusiasm, creativity, and ultimately your confidence.

It can also do wonders for your social life. Imagine telling a date that you're working on a plan to dig water wells in Africa. That's a little more intriguing than talking about the 240-game you bowled last weekend.

Thinking big is claiming your right to have an exciting and meaningful life. You can do whatever you set your mind to. You just need to set a big goal and persevere. Raise your thinking and your life experience will follow.