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**‘Reinventing Myself’ Plan**

There will always be times in your life when you may need to learn how to reinvent yourself. This could come when you experience a big change, such as leaving your job, moving on from a relationship, transferring to a new home, or losing a loved one. If you are going through a major shift in your life, you may have to find new ways of thinking or doing things, or risk failing to reach your full potential. Many people who dared to leave their old unhappy lives enabled themselves to pursue their passions and find a renewed zest for living. You can also achieve the same if you take a leap of faith and make things happen for yourself.

To help you always be at your best wherever you may be in your life, here are some practical tips on how to reinvent yourself:

* Plan: How do you want to reinvent yourself? To live your ideal life? What needs to be done? What weaknesses do you need to work on? Strengths to build on?
* Muster the courage: Do things out of your comfort zone to reach your potential
* Accept previous failure and resume your journey
* Try things out
* Manage your finances well
* Remind yourself of your everyday commitment
* Use your support system

**Activity: Brainstorm/Write a list of how you are going to reinvent yourself in the following areas:**

1. Physically
2. Emotionally
3. Spiritually
4. Socially
5. Financially
6. Intellectually