

## **Be-Do-Have**

***“To be or not to be, that is the question.”***

*William Shakespeare, Hamlet.*

Most people believe in Do-Have-Be:

- If they **‘do’** a thing (write a book, take up a hobby, go overseas, buy a house, start a relationship);
- then they can finally **‘have’** a thing (more time, money, energy, whatever);
- that will allow them to **‘be’** a thing (happy, peaceful, content, in love).

It actually turns out that ‘having’ something does not produce ‘being’ - but the other way around really does. Being results in Having.

**Be-Do-Have** works like this:

- **Be:** first you ‘be’ the thing called ‘happy’ or bold, or wise, or gracious or compassionate or ...;
- **Do:** then you ‘do’ things from this state of being;
- **Have:** and soon you discover that what you are doing from who you are being brings you the things you’ve always wanted to ‘have.’

The way to set this creative process in motion is by:

- looking at what it is you want to ‘have’
- then asking yourself “Who would I be if I had that”
- then taking on that ‘being’ right now.

Human **Beings** or Human **Doings**? In life you do not have to **do** anything. It is more a matter of who you are **being**. Are you being complaining or generous, dominating or empowering, nasty or nice?

Many people think that if they have more time, more money or more energy then they would be truly happy. But they don’t get the connection between ‘not being very happy right now’ and ‘not having the time, money or energy they want.’

Have you noticed that compared with the person who is ‘being’ sad, the person who is ‘being’ happy seems to have all the time, all the money and all the energy to do important things in their life? Adopting the **Be-Do-Have** approach to living allows you to choose and generate who you are ‘being’ in the knowledge that it is who you are ‘being’ that will produce the actions and experience you genuinely seek.

***‘What you act as, if you are, you become.’***