



PART 3:

THE RUBBER
HITS THE ROAD



So, if you've made it this far, hopefully, you've got a good focus on what particular things you want to work on or work out in your life this year.

And, you may well have something to do in all 4 key areas, love, health, wealth and time.

You did do the exercises right?

I know from working with many clients over the years that the last flow chart can seem a bit overwhelming, particularly if you're working on multiple areas or problems at once.

I find it useful to err on the side of doing less...in other words, don't try to build Rome in a day. Take your intended changes and prioritize them. What needs to be solved first to keep your life from utter ruin? What needs to be dealt with before it becomes a bigger issue? Grapple with these first. I know, it's eating the frog...pushing past the "ugly" to get to the better stuff... but the reduction in stress you'll achieve in doing this will make all the better stuff far easier to accomplish.

Reinvention should be what I think of as an aerial view. It's plotting out the "big picture" and will encompass the "forest" of things you need to cultivate - the things you need to reframe and let go of, the mindsets you'll need to adopt and draw your strength from (archetypes), the little actions you need to do repeatedly and make habit, the main indicators or activities you need to be most mindful of and track your progress with, as well as celebrate as you gain momentum, the people you need to meet and build relationships with...all tie in to create the new "you" that will make your new version of life a reality. You're painting the vision or ideal you aspire to be.

It isn't uncommon for this style of "strategy" or thinking to feel cumbersome initially. There's more than a few "moving parts" and just like when you first learn anything, you'll forget steps, or stumble. And that's TOTALLY OK! Over time, you will begin to notice you'll start flowing through this process naturally, and it will become your standard, reflexive way of approaching everything in life.

Which leads me to the next concept, for today's installment....



The Phoenix Kata

ka·ta

noun

a system of individual training exercises for practitioners of karate and other martial arts.
an individual training exercise in karate and other martial arts.

So, the individual exercises are where “the devil is in the details”...this is where your ultimate success is going to be.

OK, so, are you still “blaming” someone from your current situation? What is provoking the need for this change? If you’re holding any resistance to the change you’re about to make, it’s because at some point, you’ve made a landmark decision about your reality that resists or conflicts with what you’re aiming to achieve. This sets up an internal struggle that has the potential to keep you stuck. Let’s fix that. Landmark decisions are usually made under great stress and they are momentary “reactions” to fix a crisis. But they tend to stick.

First, who’s fault was your current situation? Don’t hold back or try to sound “right”...go with how you feel. Was it your parents? Was it a friend? Was it a spouse? A boss? The government?

What did they do?

Based on what they did, what did you decide?

What did that make you feel? How did that affect you in terms of how you view the world?

Now, if I were to ask the other person to give their account of the events that led to this, what would they say? How would they justify it? What logic did they use to decide their course of action? Would it have made sense to you that they chose that course? Would you have done the same if you were in their shoes? What were they feeling? What other considerations did they have to deal with when they made their decision? Is it possible they didn’t do it maliciously?

Be this person for a moment, and tell me why you did what you did.

Now, if I asked “God” or the “higher power” what purpose this experience had for you...what would God say? What would this do to shape your destiny? How would this make you grow?



What changes would it lead you to make?

So now, looking back on this scenario, what would you decide? What decision would you make?
How would you view the world, and the people in it?

Sit with this for a little while.

So what's the next level up?

What has to happen in you to allow that to happen? Where is it located in your body? How would it feel inside? Be there.

Stop the thinking for a minute, and get to your "feels".....

How would you describe it?

Are there words you could use to tell yourself about this feeling so you can recall it?

What are all the good things that can happen with this new decision?

How will this affect your interactions with the other important people in your life?

Now go back to what led you to your current situation. Now feel how your new decision changes things. You know it now.

Return to this process each day for the next week or two.

Now, take your current situation, and the outcome you want to produce...you remember it don't you? Pull all of that back up. If you've written it down (you did right?)...pull it out, read it over. Now, how do you feel about this current situation, and what kind of response to it, are you most typically going to give? In other words, if this happened 6 months ago instead of now, what would be the story about how you dealt with it?

OK...

Now, think of movies or stories you really love. Think of your favorite characters. Who is your favorite hero or heroine? Who is your favorite wizard, priestess or magician? Who is your favorite “ruler”...King, Queen, CEO...? Who is your favorite Inventor? Who is your favorite ‘loser’...you know, the tragic character who makes you laugh in a dark comedy...? Who is your favorite care-giver?

And how would each of them react to your current situation, if it were a scene in the story you know them from? What would they do? How would they respond? Imagine you are each of them, in your present real life story. And let them act out the scene.

For your habits, you’re going to need a “trigger,” the action, and a reward.

If you think about how you naturally develop habits, they’re usually all about patterns that evolve naturally over time (for better or worse). I like to give examples of this.

Your favorite restaurant closes down. And, so you still need to eat (your hunger is a “trigger”). So you look around the immediate area near your favorite restaurant, which now has a “Sorry, we’ve one out of business.” sign hanging in the door. You look across the parking lot..”eww, no, not going to eat there.” You look across the street. “No, no, no.” Then you drive a bit further, “Hmm, ok, I guess I’ll try this place.” So...you eat there and the food isn’t good. You try another place the next day. And you’ll do this until you find a place that is at the very least acceptable, or, even better, you actually like. And before you know it, after a few meals there, it’s your new “favorite place.” You develop this habit because you have a trigger, your hunger...and your old option doesn’t exist anymore. Then you look as close as you can for a replacement, and when you do, that’s where you go. Reward? A full stomach and it’s fairly near everything else in your routine.

The same thing is true when you meet a new friend, particularly if you’ve lost a friend or you’ve been bored socially. We tend to repeat what we enjoy most given the range of options.

So, what were those habits you need to develop or change?

How can you place them right in your current daily routine? Where do they fit? How can you set them up to make them seem like the obvious choice? What will be the trigger? What will be the reward?

Write these down.

Now, let's look at the key indicators of success or failure in your present situation. What are the tangible, measurable outcomes that would be ideal? Write down what would indicate great progress in your situation. What would be fairly good progress or results in dealing with what you're going for? Make a list with good, better, best...like a "report card."

And what will determine getting those results? In other words, let's say you had to write a paper for English class. What would get a C? What would get a B? What would get an A+? Now apply this kind of criteria to your outcome. Maybe you need to pay attention to how many new interviews you get each week. Or perhaps you need to see the weight on the scale go down a pound. Perhaps you need to see your bank account grow. Or maybe you need to have a nice private moment with that someone special each week. What's the good, better, best outcome? And what creates that? What are the most vital things that you have to make happen to get those results? Write them down. These are the priorities you need to focus on.

Finally, who do you need to meet and build relationships with? How will you go about meeting them? Will you call and schedule a consultation? Will you ask someone you know to make an introduction? Do you have to look up potential candidates on the web to even determine who you'll target to meet? Make a list. Put their contact info on it. Decide how you'll reach out, and then write a due by date on it.

Honestly, I wish everyone would spend a day or two each year, shutting off the phones, the computers, and just sitting alone charting these things out. You see, I know, for a FACT that doing this, investing this much forethought and planning in your life can make some radical, almost magical changes to your experience of the world.

It's intense. I know it is. It can be very emotional. It can seem huge. It can even be a bit scary. But breaking things down in this way makes life so much more clear and obvious. And if you do this work, you'll have it together in ways that only doing it can demonstrate for you.

I've seen clients completely transform their lives with it. Whether that's going from being a closet poet to being read by over 30,000 people globally, or walking out of a bad marriage and finding the best relationship that completely outshines anything prior, or dropping 100 pounds and becoming a marathon runner...I have seen this work time and again. And I wanted to share this process with you, in hopes that you'll use it and someday remember when you decided to actually get real with yourself and make your life HAPPEN.

I may not know you personally...chances are at this point I don't. And perhaps we'll change

that. But whether or not we do, I did give this to you because I know you're worth it. I love and respect you as a fellow human being that deserves more than you've experienced yet. And I want you to succeed.

AND, THAT'S THE END OF LESSON 3. DO THE EXERCISES, CHANGE YOUR LIFE...

NOW, I have a simple request. Write me, tell me how you liked it. Tell me if you're implementing this. And PLEASE, PLEASE DO tell me when your life starts getting better as a result. There is nothing I love more than hearing about your success.

All the best!

~Bill