

Podcast Episode #027

Three quick tips to unlock the power of flexibility

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Coach Pamela: Hello, everybody. It's Coach Pamela here, and I am with you today unedited, unmixed, raw, and unfiltered. That's because the topic is flexibility. My sound engineer told me a day ago that he is going on a ten-day vacation, so guess what? I had to practice some flexibility. I am here with you just as is, and I hope you enjoy this episode. For that person who wrote in saying they didn't like my music and could I get straight to it, this episode is for you! Don't get used to it, because I like my music. It's my podcast, my vision. That's a topic for another episode. Anyway, today's topic is flexibility. I'm going to, by the way, apologize to you in advance if you hear a lot of so's and and's. Again, that's all the nice little editing that happens on the back end, all the magic that my engineer does to make me sound fabulous. Today, you're just going to get me talking straight to you.

As I said, the topic is flexibility. This is a key part of goals that no one really talks about. Everybody tells you to pick a goal and focus, and just go and drive hard towards it. You know what they say in our society about all this. Truthfully, the path to accomplishment isn't linear. There are many twists and turns, especially when this is a long-term goal that you're looking to accomplish. We have to remember that on that path to accomplishing that goal, life will throw us curveballs. Sometimes our goal needs to shift. Things don't happen in the way that we expect them to happen, so all of these things require flexibility. It's essential that you develop this power of flexibility if you really want to get as far as you desire in your life.

There are three steps that we can talk about today to unlock the power of flexibility. The first one is to accept the curveballs with grace. Now, resistance is what causes unhappiness. Sometimes we have this picture in our head like, "This is how I want it to be," and the situation just isn't that way. Therefore, when we resist, we're unhappy. Let's use a very silly example: you go into a store, you've got an idea in your head about this belt that you really want to get, and you've decided that you want this particular belt. But when you get to the store, and the belt is sold out. Therefore, you've had it in your head, you're like, "I want this exact belt." They call around, and there's no availability, and you're just really, really unhappy. Even though there are a bunch of other belts there,



you want that belt.

Therefore, lack of flexibility is what causes unhappiness. It's not available, and if you don't accept that, then you're unhappy. When you accept the curveballs with grace, then you can make a different choice. You can buy a different belt and maybe it goes with more things in your closet. You don't know, but nonetheless, accepting the curveballs with grace is a key piece of flexibility.

The second key is to have a plan B. What that means is pre-planning your pivot. Now, in the best of all possible worlds, we would get exactly what it is that we're looking to accomplish. Whatever our big goal is, that's what we want, whether it's the college that we want to get into, whether it's the job that we want, or the company we want to work for. We've got it in our heads. That's our goal. But sometimes life doesn't have that in the cards for us for a constellation of reasons.

What you want to do is find out for yourself or do some interior exploration and say, "What else would be an acceptable goal?" Have that in your head in advance. Keep these ideas in your back pocket, so if the situation arises where you don't get your original goal, you're not stuck. You're not sitting there saying, "Now what?" and then putting yourself back into a spin because the idea that you had originally didn't pan out. Pre-plan your pivot, and have a plan B in advance.

The third key is to step into the natural flow and timing of a goal and to be willing to use its gifts. Now, everything may need to feel like it needs to happen right now. We all know that sense of urgency, but there are very few things that are truly urgent in this moment.

When we apply that feeling of urgency, like it has to happen right now, and we start pushing, we're resisting the natural flow and timing of goals. There is this saying, "Don't try to push the river upstream." There's much more power when you go with the flow. You get farther faster than if you're trying to resist and push. Remember that there's a space, there are things that happen in that flow. You may get another idea. You may learn something new. Or, if you're trying to push, you may waste effort. Something else may come in or there might be a little tributary, if we use the river analogy here, that you didn't even plan to explore that unlocks a whole new exciting idea for you.

You want to go with that flow. Step into the natural flow and timing and let life help you accomplish your goals. These are the powers of flexibility. These are the things that it can bring to you. The next time you find yourself wanting things the way you want them or lamenting the need to shift, think of this quote from Albert Einstein, "The measure of intelligence is the ability to change." That's it for this episode, and thank you so much for listening. Remember, why settle for good when great is waiting? Take one small step this week to lift your life. Bye for now.

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