

Podcast Episode #024

ENCORE: The One Myth That Stops You From Achieving Your Dreams

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Announcer: Welcome to the Lift Your Life Project with Coach Pamela.

Pamela: Welcome to the Lift Your Life Project. I'm Pamela Mitchell, also known as Coach Pamela. This is the podcast devoted to helping you meld your personal self and your professional self into an enhanced version of your best self. My goal is to help you take control of your work and your life, feel more relaxed and confident, and experience the satisfaction and fulfillment of a sustainable, successful life.

Got lots of really great stuff for you today. In today's Tales from the Coaching Front, I talk about the one myth that stops you from achieving your dreams. This comes up with pretty much every coaching client. It's a belief system that I've heard tons of people discuss. Once you know this and you know how to turn it around, it's going to make a huge difference in terms of moving forward on your reinvention. That's in store!

Also in today's Ask Coach Pamela, I answer a question from someone who is feeling dissatisfied on the inside, but everything on the outside looks great. Maybe that's you. If that's you, I've got an answer for you today. That and lots more on tap, so let's get this show started.

Announcer: And now, it's Tales from the Coaching Front.

Pamela: Recently I found myself on a coaching call having a conversation with a client that I had had numerous times with the client before. This happens actually in coaching. It's not uncommon to have the same conversation over and over again. When I say over and over again, I don't mean it's exactly the same conversation, but we come back to the same themes and the same situations that they are working through.

This particular client has a very strong mind. He's got this really strong intellect and he's very smart. His mind likes to argue about seeing the positive. That was what our conversation was about. I was standing in the positive zone and his mind was like, "No, no positivity." In his job, this is a very useful skill. What we've discussed numerous times



is that in life, it's not so much of a useful skill to always look at the negative situations and sit in that because our thoughts create our feelings.

Whatever we're thinking about, if we're continually looking at all of the negative, even when there's a lot of really good in our lives, if all we're looking at is the negative, we will create an unhappy feeling state. We've talked about how it's really important that he add the positive thoughts, the ability to look through a positive lens to his toolkit.

As we were having this discussion, he said to me, "I feel like I've had this discussion numerous times before. Haven't we been talking about this over and over again?" I said to him, "Yeah, we have had this conversation multiple times before, but it's not a problem." He said to me, "I thought I would be cured by now. This is ridiculous that we have to continually go over the same thing."

I said to him, "I want you to understand that being done with this particular thing is a myth. We are actually never done with the challenges that we face." He said, "What do you mean we're never done?" I said, "Here's the myth. Whenever we're faced with an internal shift that we need to make, a new behavior that we want to put into practice, we have to look at it from a different perspective. When we think that there's some moment that we're going to be done with this, we're looking at it from a medical perspective. We think that we have an illness, we have a problem and it's going to be cured. In reality, we have to look at it from an athletic point of view, that it requires consistent and continual practice to master a new skill."

He took a step back and he says, "Oh," because he's an athlete too. He said, "Oh, I get that. I get that." I asked him, I said, "Is there ever any moment, even the most elite athletes that we see in the world, the ones that are winning the top Olympic gold medals and taking home all the awards, that they ever not practice? Is there ever a moment where they say, "You know what? I've got this. I don't need to practice anymore." There was silence because, of course, we know that to have that level of mastery, it requires consistent, continual practice.

Now, here's the thing to understand as we apply this to our own personal lives. Every time we face a situation, every time we're challenged in that way that we want to grow and shift, it's like doing drills in athletics. If you're playing tennis, it's like that tennis ball machine is there and you're just hitting the balls over the net over and over and over again. If you're swimming, it's like you're in the lanes and you're just doing laps.

It's important to do those drills because that's how you build strength and that's how you tweak so that when you're actually in the game, all those hours of practice that you've done come to fruition. Now all of a sudden you can win because you've put in all that practice.

The same is true in life. When we practice those behavior changes, those thought pattern changes that we want to make, it's because we are doing our drills. When we're in a crunch situation, by having gone through all those drills, we'll be able to quickly



respond in a very practiced way and actually move forward in a way that might not have been available to us before.

Here's the thing that I want to let you know, my wonderful Lift Your Life listener, about this concept. When we make the shift out of looking at it from the medical point of view and expecting to be cured of whatever our coaching challenges are, whatever behavior shifts we want to make, and we realize that we need to step into this athletic point of view, we can no longer think that this problem will be solved and we won't have to face it anymore.

Instead, what you want to be looking for is improvement. It's really important. Instead of saying, "Why am I facing this again?" say "How did I do better this time?" Maybe it was faster. Maybe you made that shift faster. That was actually what was true with my client. It used to be that it would take literally the entire hour of me as the coach to encourage positivity. My role as the coach was like in an athletic game. I was there putting him through his drills. I was there hitting that ball back like, "You've got to be positive. Let's look at this. What about this stuff? Isn't that true?" "Yes, but ..." I'd go at it from another angle. We were practicing.

It would take the entire hour when we first started. As time wore on, the shifts started happening much more quickly. By the time we had that conversation, it was really only about ten minutes before the shift actually happened. It's like, "Oh yeah, you know what? You're right. This stuff is happening and that good feeling could come in much sooner and it was much stronger."

What you want to look for, Lift Your Life listener, is that improvement. You want to look and say "Was I more aware of this?" Even if you made a mistake, even if it didn't work this time, were you aware? That's huge too. I had a client who was a golfer and he would talk about being in the sand trap and having to learn how to get out of that sand trap. Sometimes we make those mistakes and we have to be aware in order to learn how to get out of those difficult situations.

We want to look for improvement. We want to look for how we're more aware. Is it easier than it was in the beginning? It's important to really notice the improvements, notice the context, notice the shifts, but not expect that you won't have to do the work, that you won't have to go through the drills or that there's some magical moment where it will stop happening.

That's the takeaway that I want to leave with you: the practice never stops. There's always effort; however, what I can promise you is that it will become easier and that when you look at it from that perspective, you can step into the real true joy of mastery.

That's it for Tales from the Coaching Front. Now onto our next segment.



Announcer: Got a question? She's got your answer. It's time for Ask Coach Pamela.

Pamela: Today's Ask Coach Pamela question came from a talk that I recently gave. One of the people in the audience asked the question about how you get the impetus to actually change when everyone else around you is asking you, "Why are you making a change?" This gentleman said that everything in his life was looking great, but he felt inside that he just wanted to do something different, that it was time to do something different. The people around him were saying, "Why? Your life looks great."

He was wondering how you actually make that change when everyone around you is asking why. Here's what I say in situations like this. People around us can oftentimes mirror our own doubts and fears. Oftentimes when we hear people saying things to us, it's because we ourselves are wondering those things, otherwise it wouldn't bother us. We blow it off.

When something lands on us and we feel maybe they have a point, it's because our head has doubts and we're wondering, "Maybe I should be listening to this." When this happens, it's usually because there's this conflict that's going on between your head and your heart. Your head is oftentimes saying one thing and that's evidenced by what the people outside are saying. Makes a lot of sense. That's intellectually, but your heart is saying something different. That's why it ends up being such an internal challenge. Your heart keeps saying, keeps whispering, but your head is drowning it out and other people are drowning it out.

The first thing to really understand about this is that even though on the outside everything may look fine, no one else is inside us. Only we know our own personal truths. People don't sit inside our hearts. They don't really know. What may look to be like a completely organized, fun, fine life on the outside doesn't necessarily mean on the inside that it feels satisfying and fulfilling.

I've actually had that disconnect myself where I was having a great, great job. Everybody was like, "You have this great life in New York City. Why would you ever leave?" My heart said something different.

It's important to understand that just because your life looks good on the outside, and just because people say your life looks good, just because you think in your head, "Yeah, I should feel this way," doesn't mean that your heart has to come along for the ride. When there is a conflict between what your head says and what your heart says, it's important to remember that your head is trying to be in the driver's seat and drag your heart along. Your heart doesn't want to be dragged along.

The real order of how it should be is that your heart should be in the driver's seat and your head should come along for the ride. That's a radical thought because our head tells us, "Oh well, if I just follow my heart, everything's going to fall apart or I'm just going to run off and join the circus" and all of those things. But here's the thing: if joining the circus is your thing, great. The real organization, the way that we create in our world, is



to tap into our heart because that's what tells us where we feel most passionate and fulfilled. Then we use our head to execute our dreams in a practical, sustainable manner.

It's not that just because you follow your heart that you completely ignore your head. They actually have to work in partnership. Your head can't say, "This makes sense. Let me just ignore my heart." Your heart can't just say, "Let me just follow it and ignore what my head says." They have to work together. Your heart is going to tell you the truth about what you find to be satisfying. Your head, the intellectual part of you, can come to the table and start to craft it in a way that makes sense for your life.

That's the lesson here. That's what I said to him. I said, "If it doesn't feel fulfilling, go with that and then start to explore that. See what you find to be fulfilling and then use your head to start to rearrange your life. It doesn't mean it's going to be a big, radical shift right off the bat, but follow your heart because that's going to be your guide.

Here's the thing that I left him with and I want to leave you with: in the end, do you want to live the life that others think you should be living or do you want to live the life that fulfills you? That's the real question.

That's it for this segment of the Lift Your Life Project. Be sure to visit our website, liftyourlifeproject.com/podcast where you can download a transcript of today's episode. If you have a question for Ask Coach Pamela, visit liftyourlifeproject.com/question and you can leave me a voice mail there. If I answer it on a future episode, I will send you a deck of reinvention cards as a gift.

You can also connect with me on Twitter, Facebook and Instagram @TheCoachPamela. If you enjoyed today's episode, please leave a review for the show on iTunes. Your feedback really does make a difference.

Today's Lift Your Life Inspiration comes from Franklin D. Roosevelt who says, "Happiness lies in the joy of achievement and in the thrill of creative effort." Thank you so much for listening today. 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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