

What do You Want to Take into 2015?

by

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As the New Year has begun, the question I invite you to ask yourself is, what do you want to take with you into this new year?

Visualize a suitcase – not a rollerboard – but an old time suitcase (something similar to this old world map one pictured here). In it are all of your thoughts, ideas, belief systems, everything you were taught and/or influenced by over the past. In other words, your history.

Now let's unpack that suitcase and see what's in it.

What has served you well that you want to continue to avail yourself of? Put that in the now empty suitcase.

What served you well many years ago but upon observation is no longer useful? An example that comes to mind is when we were children we were taught (or at least I was) "don't talk to strangers." This was very good advice for young ones for their safety and protection. So let's say you're still carrying that around with you, unconsciously of course until now. How does that manifest? Perhaps you're driving somewhere you've never been and you're lost. The thought never enters your mind to stop and ask for directions. Why? Because your embedded rule is 'don't talk to strangers.'

Now that it's at the level of awareness, it makes perfect sense to say, "I'm an adult, I can make my own decisions" and release that old belief. But before we toss it away, let's thank it for taking such good care of us for so long and send it to someone who can benefit from it. But this definitely does not go into your suitcase!

It's your choice what gets repacked, what gets sent onto the next person. Please know there are no 'shoulds' or 'shouldn'ts' here. There are no right or wrong answers either. You're in charge.

How to know what is in the suitcase? Sit quietly and hear the voice in your head. Write down what it says and know that you can trust that is one of the belief systems you are carrying around. Usually it's a simple statement, could be

judgmental, or could be stated as if it were a fact. It is not a fact, it is someone's opinion and might not even be your own.

There are thoughts and beliefs that need to be challenged because not only do they no longer serve you but they are not true. Maybe they were never true and someone in authority might have their own beliefs superimposed on you.

Don't throw the baby out with the bath water. There are very good thoughts, ideas, and beliefs in that suitcase. They are the very things that have gotten you to this juncture in your life.

Now you have the opportunity to reflect and choose what (and maybe who) goes forward with you into 2015.

I had a big belief that held me back for a bit. Very simply, I heard "You don't deserve fill in the blank." I would hear this one whenever I took a business risk, raised my fees, or stepped out of my comfort zone, both personally and professionally. I didn't like hearing that voice, and even disliked more that a part of me believed it. I had a choice. I could play it safe and maybe that would quell the voice, or I could shift my perception.

I chose to shift my perception and to challenge the 'deservability' with a simple. "Yes, I do deserve to have it all!" So whenever sometimes, not often anymore, when I am stretching for something I hear that voice and say, "thank you for sharing. Yes I do deserve to have this and anything else I strive for."

Some belief systems I have heard clients report include (I give you these merely as examples):

I can't make more money than my father, it would be disrespectful.

Why would anyone listen to you or buy your product or services?

Wait until they learn this one thing about you?

And then there are the 'yes buts.'

Yes, but remember what happened the last time.

Yes but you're not old enough/pretty enough/handsome enough/thin enough/tall enough/smart enough/you fill in your own blank here.

Please enjoy the process, remember to breathe while doing this, and we'd love to hear what you have packed and/or unpacked.

Happy 2015.

About the author:

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