

## **7 Proven Strategies Successful people use to identify & overcome that “One Big Thing” still in their way.**

By Wendy Mackowski, MA, CPCC, EFT

**It keeps popping up and interferes with your feeling happy, or peaceful or productive.** It's like a pebble in your shoe or a boulder on your path...maybe it keeps shape shifting and returning in different forms to make your life miserable. What would your life look like if it went away?

**Even the most successful people have something still in their way.** It could be an old pattern that keeps resurfacing, an outdated voice in your head that repeats old negative self-talk, or a vague sense of being an imposter.

**For many it's a feeling of being stuck and confused**—wanting change but unclear on how to start. Maybe it is a vague wish to be more aligned with your purpose (even if you aren't sure what that purpose is).

**It could also be disabling insecurities, lack of confidence in new situations,** or feelings of frustration over not making the goals you keep setting for yourself—lose weight, exercise more, eat better, stop smoking, etc.

**The list goes on, but in the meantime you aren't connected to** your happiness, your joy, your motivation, or your peace of mind.

**Once you finish this article you will have a better idea** of why the things you've tried up till now have not been as effective as you like.

**I will also lay out for you the 7 proven strategies** which I call *The Inspired Life System* for recapturing your inspiration and motivation, the two necessary ingredients to make the changes you want. From this you will feel successful from the inside out, and your actions will have more meaning and purpose.

## How is this different from other things you've tried?

### Reason 1: A Paradigm shift in how you view motivation & success:

**The old model is based on fear.** *The Inspired Life System* defies the traditional model of how we get motivated and achieve success in our culture. It is generally felt that struggling, working very hard, pushing and putting pressure on yourself, beating yourself up, forcing and otherwise making yourself do things are a necessary ingredient to reaching your goals or making change.

**This may work for some people, but for the majority of us,** and what I have found with my clients, it is mostly demotivating. It makes us feel guilty, inadequate, and like failures when we don't succeed.

**Each time we start again, we feel worse for not achieving** our goals. We lay on more guilt and negative self talk and feel discouraged—AND that “big thing” continues to hang over us and won't let us alone.

**This approach assumes humans are not naturally motivated** and are lazy and undisciplined by nature unless pushed and punished and made to feel bad. It also sends the subconscious message that we cannot trust ourselves to do the right thing that will achieve what we want.

**This approach is unforgiving and even the slightest error activates a fear of failure.** This fear-based model is FALSE. You may get results, but at what price? The price many times is usually resentment, anger, and a bad sense of self.

**The new model is based on love.** *The Inspired Life System* assumes that people ARE highly motivated naturally. It's premise assumes that when people are inspired and passionate they are relentless in their will to succeed.

**If you want to observe this in action just watch a toddler who is learning to walk.** Their sense of curiosity is on high gear, their learning and creativity is at it's peak, and they are driven to succeed no matter how many tries it takes—even with everyone around

them telling them not to touch things, to be careful, and to stay put. It takes a lot to discourage a toddler!

**So when people feel unmotivated, discouraged, apathetic, disheartened, or depressed—something is wrong!** If you procrastinate, go in circles, feel stuck, anxious or fearful—then something is blocking your natural state of being.

**It could be past events or circumstances, old beliefs** you've picked up in life or stories you tell yourself, or even outside expectations you feel you need to meet. But whatever it is, you are out of alignment with your authentic self, your passion, your purpose.

**Once you are truly connected to that core self**, aligned with your values and dreams, you will see more clearly what is holding you back from getting there. *The Inspired Life System* helps you identify and eliminate those blocks so you will be **pulled** not pushed towards your most inspired life.

**Reason 2: An integrated holistic approach.**

**This system takes into account the whole person**, not just their business desire, their relationship desires, their financial desires, or their health desires. We do not live in a vacuum. All parts of us are integrated in body, mind and spirit.

**The advantage to you is an individualized and customized process** utilizing tools and strategies such as professional coaching, EFT “tapping”, hypnotherapy and the power of intention; as well as goals setting, accountability, and ongoing support. These are integrated in a way that addresses your own individual needs.

## **The 7 Proven Strategies**

**This Inspired Life System is a method where you** define your unique definition of authentic success and identify and overcome what's in your way of living it right now.

**Because people aren't linear robots, but creative spiritual beings**, the length and the order in which they move through their own unique process may be a bit different for everyone. However,

the *Inspired Life System* is a results-oriented process and does have a structure around it.

**The goal is for you to always hold your bigger vision** (your Inspired Life) as the container. This provides a safe and unique space in which you are allowed the freedom to explore, reflect, let go of and create in your own unique way, but always being guided to that end result.

### **Strategy One: Know what you REALLY want!**

**Spend time getting to know your values** and what is really important to you. Take quiet reflective time to get to know your authentic self (that wiser higher self). This is the part of you where your real passions and dreams live. It is where your gifts and their purpose can inspire you without the influence of outside demands and expectations.

**This can have very unexpected results!** One client of mine who worked as a doctor discovered her authentic self to be someone she called “Bright Star”. She had been dissatisfied with her current hectic lifestyle and longed to have more fulfilling relationships. Once she started running everything by “Bright Star” she actually began making different choices: finding friends and relationships that were more aligned with her values. Eventually she did meet the man of her dreams and moved to another state.

### **Strategy Two: Revisit your vision, intended goals and outcomes from this perspective.**

**You may discover that your previous vision or goals don't match up** with your new sense of self. Realign with your passion, revisit and revise dreams, goals, and what you want now. Define and develop a vision of what your inspired life would look like with a new personalized vision for future.

**One example of this is a client who hired me** because she was discouraged with herself for not achieving the success she wanted in her new MaryKay business. She was a retired executive from a fortune 500 company and could not believe she was not putting the same effort into this business to succeed.

**Upon examining her values and passions** she discovered she really wanted to spend her retirement years doing volunteer work and having time to finally tend her garden. The idea of building a business from scratch was not in alignment with her new sense of self.

### **Strategy Three: Identify and track your negative patterns and behaviors.**

**Once you are more grounded in your authentic self** and have a clear vision and goals more aligned with that part of yourself, it will also become more obvious what is in your way of moving forward. You will then notice when your behaviors don't match what you intend to do.

**You will also begin to notice the “gremlin” or negative self talk** that appears in your head. Noticing these things is good, because then you know where the work is that needs to be done in order to undo some of these patterns and beliefs.

**Everyone has some form of inner obstacles in their way**, even the most accomplished and externally successful people.

**I worked with a client who was a top professor** at a large University. She was well respected and had many credentials. She came to me to see if I could help her get rid of a terrible sense she had of being an impostor. Somewhere inside, despite all her accomplishments, she still felt not good enough.

**Once we identified the “gremlins”** and analyzed what they were saying to her, she was able to see them as separate from her—old outdated tapes. We replaced them with what was really true about her and her work and she began to feel more confident and aligned. Sometimes just becoming consciously aware can help dissipate them.

### **Strategy Four: Clear away the top obstacles in your way.**

**Self-defeating behaviors, negative emotions,** limited beliefs, and old patterns—such as frustrations, disappointments, resentments, or disturbing events can all be improved.

**If self-help techniques aren't working for you,** you may need the help of a professional who can use such integrative techniques as coaching, EFT, personalized hypnosis or guided meditations.

**For instance, I had a client who had been trying to stop smoking** for years. She had used the patch and taken Wellbutrin, but always fell back into the habit. We sourced out the root cause to be anxiety and after several sessions of “tapping’ with EFT, along with a personalized hypnosis session she could listen to at night, she was able to successfully stop smoking and has remained so for over 5 years.

### **Strategy Five: Practice gratitude, acceptance, and self-forgiveness.**

**As previously said, it is much easier to be pulled** towards what you want than to push away what you don't want. If you can develop the habit of noticing what you are grateful for it will help you feel more inspired. Acceptance of “what is” in the moment is necessary in order to move forward towards what you want.

**Many times people get stuck in a negative loop** of discouragement when something doesn't go as planned. Moving towards self-acceptance and forgiveness will help you rebound faster and get back towards making the choices you want to make. If you continue to clear out the negative self talk, and develop true statements to replace them with, you will develop a habit of having a positive perspective.

**A single professional came to me frustrated and angry** with herself for not being able to meet her goals of losing weight. She was a high achiever at work and felt frustrated that at home she just sabotaged herself.

**Through some of the techniques mentioned above,** we discovered that her ‘inner rebel’ was rebelling to her highly

stressful and relentless self discipline at work by overeating and sitting around playing games on her phone.

**She learned to be more compassionate and forgiving** of her rebel and instead of making more demands on herself, she trusted herself more to make better conscious choices. As she was able to stop believing the gremlins and move to her own side and support herself more, she began to effortlessly reach her personal goals.

### **Strategy Six: Create new structures, strategies and accountabilities**

**Whenever you begin something new**, you need a structure and a plan of action. Any new habit takes at least 20 days to become solid. In order to continue to gain clarity you need a path laid out step by step to achieve this new vision.

**Along that path you need strategies, accountabilities** and benchmarks to keep you moving in the right direction. In order to set goals three components are necessary: The bigger vision, the steps it takes to get to that vision, and then all the daily, weekly and monthly tasks and projects to attain those steps. Without a plan it is easy to lose sight of the bigger picture when you get mired down in the details.

**Having a coach is very helpful** for helping you lay out a system that is workable and create the accountabilities you need with benchmarks and deadlines to keep you on task.

### **Strategy Seven: Identify commitment and support needed to accomplish this vision.**

**Great things are never accomplished alone.** You need your “team” in order to succeed. This could be anything from a group of like-minded individuals who can support you in your vision to a company full of employees.

**It’s important to find others that have the same sense of commitment and a similar mindset to yours** so they reinforce your sense of purpose and support your goals.

**Another aspect of this is to identify your own level of commitment.** I had a client who made a list of “10 Commitments to Self” that she read when falling asleep at night. It was a way of re-committing to what was really important to her.

## Summary

**The Inspired Life System is a process for reconnecting** to that part of you where your purpose, motivation and inspiration are patiently waiting for you!

**You will have a better sense of what “success” means to you** personally—more aligned with your own values and what you want your life or business to look like. You will feel confident, clear, focused, and passionate about your life and work. You will have more calm, peace, and balance in your life.

**There are two ways to get something done:** Struggle, coerce, shame, threaten, and push your way out through fear or be pulled out by inspiration, encouragement, hope, love, belief and purpose. Which sounds better to you?



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Wendy is happy to schedule a phone conversation to discuss your personal situation and how she might help, as well as recommend the best package for you. You may contact her at 559-797-4082 or sent her a note at [wendy@innernorth.com](mailto:wendy@innernorth.com)

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