

7 Steps to take you from Powerless to Possibility to Freedom

Step 1: Recognize your trapped perspective.

Some signals that may indicate you are operating in a trapped perspective: are you feeling overwhelmed, stuck, paralyzed? When you say "that's just the way it is" or "it's out of my control" it sounds like you are helpless and there's no escape. Is that true?

Step 2: Identify some other perspectives.

Imagine 5 ways to handle the situation or problem, without being attached to any of them. For example, if you can't find the time to exercise consider the following:

- Hire a live-in trainer
- Find a workout partner
- Get up an hour earlier in the morning
- Quit your job
- Say NO to TV 3 nights a week

It's important to break the walls of "can't" and stretch the boundary of possibilities to include ideas that were once outside the wall. When listing other perspectives remember it doesn't have to be reasonable and you don't have to choose it – we're just building a list of possibilities. Start with 5 and then ask yourself "What's another one?"

Step 3: Get inside the different perspective.

The key to having more choices is to actually look at the world through the lens of that choice. Try on each perspective you have listed and take a look around. What would it be like to operate from this perspective? What do you have to say No to? What do you have to say Yes to? What might you gain?

Step 4: Choose the perspective.

Now it's time to choose one perspective as a pathway to action. This doesn't mean you can't go back to another perspective. It simply means let's try one for now. A final question is to ask yourself if this choice honours your values (see Jan/09 Coach's Corner). You are now taking the first step to becoming Un-Stuck.

Step 5: Create a plan.

By creating a plan of action for your new perspective you start to reclaim your power. Up until now it was just a lens to look through but with the planning step, we set the foundation and start building. You will want to consider the resources available to make this happen. What will it cost in time and money? How will important relationships be affected? You may want to enlist the help of a trusted friend, or coach, to help you brainstorm through this creative process.

Step 6: Commit to the plan – seriously.

Plans live in the brain. In order for you to truly *live* this perspective it's imperative that you commit. This is a perfect time for your Gremlin to show up "You can't do this" "Who do you think you are?" "You're too lazy". Remember to respond with words like "I will", "I can", and "I choose to". In order to commit I believe you must do more than just say it in your head. You must cement it into your muscle, your bone, and your heart. I suggest that you draw a line on the ground (real or imaginary) and ask yourself "Will I commit to this plan and take action?" and when you are ready to say YES, cross the line. You have now bravely entered into new territory that will change your life.

Step 7: Take action.

By now, taking action should seem like a relief. The hard part was finding new ways of looking at the world. The challenge was living the different perspectives, choosing one and then making a commitment with no turning back. There will be much learning in taking action. Will there be failure and backsliding? Of course, but there will be learning in that as well. Congratulations, you are now driving your own life. You are living your Purpose (stay tuned for upcoming Coach's Corner to learn what your Purpose is).

I now realize I am not powerless to the stress of shopping at Big Box Retail. I have taken on a new perspective; I have broken free from the chains that kept me imprisoned inside my Cranky-self. I will wear my new perspective proud and strong as I drag my poor husband to Costco this weekend to buy more stuff we really don't need.