

Power for Success

It's not my fault - could these 4 little words be causing you the biggest headache?

How would you know?

I have created an awareness exercise to help identify if you are experiencing "said" headache and then to reveal your thoughts around it in a way that is revealing and helpful.

You could unknowingly be able to achieve more than you currently realise you don't need to be as obvious as Rose in the "It's not my fault" story, but you could be disempowering yourself by believing there's nothing you can do. And let's face it, it's not a space we enjoy, it limits our vision of what is possible and snuffs out our sense of hope.

So enjoy the process and let me know what it reveals to you.

List everything you have going on in your life that you do not enjoy in column A. Come on be honest..... this is between us and not a single other soul. I already know you are going to move through this because you are reading this right now, so I know you are interested in growing yourself.

Create list here

<p>A</p> <p>What's not your fault? What are you not enjoying in your work or personal life, be specific</p>	<p>B</p> <p>Why is (A) not true I know you do believe (A) to be true but work with me here....why is (A) not true</p>	<p>C</p> <p>What action could you take to change your situation (A)</p>	<p>D</p> <p>What fears or limiting thoughts show up when you think of taking action (C)</p>	<p>E</p> <p>Why would taking action (D) be perfect for your life?</p>
<p>Eg, I cant get promoted.</p>	<p>Because I could go to another company for the job I want</p>	<p>Look for roles in other companies that feed my appetite for career growth</p>	<p>What if my current boss is right & I am not ready, what if I don't get anywhere</p>	<p>Because I need to push myself, be stimulated, I'll stop complaining to my partner & i'll stop resenting my colleagues</p>

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Now what has this process highlighted to you.....?

What action do you want to take.....?

When do you want to take it?

Just know you are never stuck there are always other possibilities available to you.