



Wellness Spotlight

Your Big But...

Do you remember when you were eight and your whole world was about lunchboxes, playing with friends, and you never thought beyond the next moment? I hope you have similar warm, comforting memories from your childhood.

Do you remember the first time you were rejected, embarrassed or failed at something miserably? Now how do you feel? More than likely, you've gone from feeling warm fuzzies about those fond memories, to feeling badly about those negative memories, right? What changed? In reality, nothing changed... except your thoughts.

If I were to ask you to point to yourself, where would you point? Typically, it is somewhere in your chest near your heart. Why don't we point to our heads where our thoughts reside? Our minds can be both our best friend and our worst enemy. It can be full of what I call 'mind trash' giving us a million reasons why we can't achieve something or it can be full of positive affirmations supporting our wildest dream.

At what moment do we lose our childhood dreams, freedom and awe of the world and become adults with jobs, families, responsibilities, life imbalances and impossible schedules? I'm not sure there is any magic moment when this shift occurs. It happens over time with each disappointment, each challenge we overcome and each success we experience. We are rewarded for our 'secure' responsible behavior and society teaches us that behavior outside of 'security' is highly risky and full of so called 'failures'. Or so our thoughts tell us.

What are your dreams? What would you do if you were guaranteed success? Imagine if you had no

barriers at all---what would you be doing different than you are doing today?

For some of you the answer may be NOTHING, and I applaud you. This is validation that you are living the life of your dreams.

For others, take a few minutes to think about those things and write them down. Remember-----no barriers are allowed to be taken into consideration. Write down the dream and don't worry about the barriers just yet.

After you have the vision of what your dream is, now you can look at the perceived barriers. Is it money, time, family responsibilities, children, your job? What is it exactly? Is it true that you cannot overcome it? What is your big BUT?

I challenge my coaching clients to really examine their big BUT, and determine if it really is that big. Can they do one small thing to point them in the direction of their dream without letting their big BUT get in the way? I have them write their dream on a bright colored foam star about the size of their hand. I want them to envision their dreams as high as possible, as high as a star in the sky. I also have them envision what is holding that dream down and I plop a palm sized polished rock with B-U-T in bold letters emblazoned on its face on top of the star. It's their big BUT.

Big BUT's are typically driven by fears. Fear of failure, fear of what others will think, fear of embarrassment, and the list goes on. Actually, I think our deepest fear is that we have the power to move that big BUT any time we want.



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