

Why 2 worlds won't collide

I was fortunate enough to visit the beautiful township of Broome. As I stood awestruck on cable beach as sand spread as far as the eye could see in either direction and all I could see in front of me was the ocean, I realised how limitless the world is. The question begged to be asked, if all this is possible, what limitations do we impose *on ourselves*?

How can it be that there are some people who just seem to be lucky? Everything they touch turns to gold, opportunities seem to just fall into their laps and to top it off, they are happy? Whilst there are other people who have to really struggle to achieve, life is an upward battle and nothing is easy. The answer is simple. As detailed by Christopher Howard in his many training programmes, it is the limitations that *we* place on ourselves. It is caused by the boundary conditions of our thinking.

In the 1970's, who would have thought that nowadays desktop computers would be on every desk in the western world? Steve Job's would. Job's is the co-founder of Apple Inc. and it was his vision that desktop computers would be as popular as they are today. What was the difference between Job's and every other computer technician in the 1970's? It was his vision coupled with the fact that he was capable of stretching the boundary conditions of his thinking and thinking outside the square.

It is my belief and the belief of many that at some level (be that consciously or unconsciously) we choose how we are going to react to a given situation, whether that be by becoming angry and dismissive, cautious, negative or happy and grateful,

The World of 'Apathy'

Those people who live in this world will tend to believe that a situation has happened to them and frequently ask "why me?" They have the belief that life is hard and that you have to work at things to see results. They are laden with feelings of fear, blame, shame and self doubt and constantly have "just in case" plans. Their language is plagued by words such as "I can't...", "I'll try...", "I have to" or my personal favourite "that's just the way it is...."

The World of 'Apathy' is the world of reasons and excuses. It is the world of "buts." It is the world where people believe that they have to have in order to be. They must have a new car in order to be happy. Whatever happened to making yourself happy first?

As you spend longer and longer in this world, every little thing seems to be hard work, and nothing seems to be going the way it *should*. Eventually after years (or in some cases a lifetime) in this world you move to a state of apathy. You don't even try anymore. You give up on life.

The World of 'Abundance'

The world of abundance on the other hand is the exact opposite. It is a world of responsibility and commitment. It is a world of unlimited opportunity. It is a world of results. It is the world of "how?"

In this world, if you get knocked back, you stand up and ask, "How can I do it better next time?" It is the world of learning from your mistakes and using these learnings to create and fulfil your dreams. People who reside in this world have a purpose in life; they know where they want to be and will try all options to get there. They are excited by new opportunities and see life as the *journey* towards their purpose.

People who live in this world are known for their realistic optimism. They know what the limitations and obstacles are and will do everything they can to overcome or steer around these them, rather than just give up. Their language is dominated by words and phrases such as "I am...", "I can..", "I will..."

How can I make the move from apathy to abundance?

This is simple. It is by making the choice to move. Too often we get comfy where we are and their thought of movement is too hard. This is exactly where the residents of The World of 'Apathy' are.

Once you have decided and committed to making the move, think about where you want to be? What do you want to see in

your life? What do you want to have?
How do you want to feel?

Buy yourself a goals book and write all these things down. Write at least 5. Once you have your goals written down, for each goal, ask yourself "For what purpose?" Why do I want to achieve this? What will this mean for me and those around me?

How do you move from Apathy to Abundance?

1. **Commit**
2. **Write out your goals**
3. **For what purpose?**
4. **Your purpose**
5. **Take action!**

Chunk up for all of your goals and see if there are any similarities. The chances are that you will see a trend emerging. This is your life goal in life, now all you need to do is take action, enjoy the journey and if you every feel stuck instead of asking 'Why' ask 'How?'

The question that begs to be asked is which world would you rather spend most of your time in?

For more information on goal setting, methods of overcoming the obstacles of life and the benefits of life coaching, contact Jennifer from Incite Coaching for your free introductory coaching session.

Reference:

Research from Christopher Howard's Training Programmes. See www.chrishoward.com