

Hey everyone. Welcome to another episode of the podcast. Super glad that you're here for this, what I'm thinking is going to be a nice short, sharp episode. And what I've decided to do today is give you some lessons from a muddled mind and exactly how I work through the process that I actually teach inside Ready for Change. So here's the thing, you know when we hear ourselves saying the same thing all the time, and when it kind of even gets boring to you. There's this something that you just keep saying to yourself is a particular truth, or is just the way it is. But it's not actually helping you move beyond it to keep seeing it that way. It just sort of keeps you in it and you're using language around it. So I'm going to share with you what mine was and what I needed to do to move myself beyond it.

And it was that right now, or just this past week or two, everything's started to feel really scrambled. And I actually drew a picture of this today, to explain what things feel like to me. And it's just like a toddler drawing on a piece of paper, just like just a scrambled mess. You know that feeling when there's too much happening, they're too big the things, there's too many moving parts and those parts are moving really fast. And it just feels like a scramble. Like nothing's clear in my head right now and everywhere I look it's like, blah, blah, blah, there's a missing frequency or something. I can't kind of get clear.

So it's gotten boring to me to say this. It's like, I want to move beyond this. I can accept that this is the situation. There's a few big things happening that feels like it keeps getting added to, without getting clear about the other stuff, if that makes sense. So here's what I do. And your situation might be something completely different. It might be to do with an amount of overwhelm, or you you might have found yourself going around and around and in a spin about the way you're talking to yourself about exercise or food or whatever it is.

So here's what I do. I ask myself, "Is it true? Is this really true? Is it a scramble? Is that an actual truth here?" And the truth is, there's a lot happening that needs to be worked through for sure. But when I'm asked, is it a scramble? Or if I'm really being honest with myself, is the truth that I'm approaching things as a scambly person? Has it got to do with me? Is this scramble are reflection of the way in which I am, or I'm not showing up for this in a streamlined, clear way? What part am I playing in? Is it really true?

We have to ask ourselves this all the time, is what I'm telling myself and believing an absolute truth? Because... And we can end up calling bullshit on ourselves because, well I know other people who, if they were in my situation would probably just pull out a spreadsheet or do something in a completely different way. So it's not that what's going on is scrambled, it's that perhaps maybe the way I am approaching it is scrambled. And here's the cool thing. There's always a choice and a potential different way of being. Sometimes we just have to ask ourselves questions about it. And if we come up with the fact it's not necessarily true, then it's time to call bullshit and go, okay, that story, which it is a story, if it's not a truth it's a story, that I'm telling myself, well that's not serving me.

So I'm going to choose a new story actually. Because if it's not true, that everything's scrambled... So, that's a story and that's been taking me down a certain path. Maybe I tell myself a different story that leads me closer to where I want to be, which is clear, decision making, outcomes that feel really good and aligned. What's life like beyond the scramble that I've been telling myself this is? How do I need to show up for that? We trap ourselves in the same way of being, the same talking about a certain thing. When so many times we're just being called into a new way of being, it's like, "Hey, the way that you're doing this and approaching this, is that working out for you?" If you really being honest with yourself, is this helping you?

If not, how can we flip it? How can we move ourselves beyond it? It's why I call this the Get Unstuck Method, because we're never actually stuck. It's just that we talk stuck thoughts. Like if I'm telling myself this is all a scramble, well how motivated am I, or likely am I to find solutions and a clear path forward, if I continue telling myself it's a scramble? So we choose new stories that serve us. And so for me, it's like I move in a systematic way through the issues at hand. Or I could say I get clear one issue at a time. And can you see how the power of that is, I've taken ownership. I'm now giving myself back power to move through the issues. They're still there, I'm not saying that they don't exist.

I'm saying I can keep talking to myself and telling myself a story about it being scrambled. And how far is that going to get me? Or maybe I tell myself a story that I get clear, one issue at a time. And that's what I'll start telling myself about this. Instead of telling myself it's all a big scramble. Can you see the difference there? It's simple and potently powerful. And when I say we've got choice, this is what I teach inside Ready for Change. You get to be able to learn exactly how to do this.

So you start moving towards better outcomes for yourself, what you actually desire. You don't have to be plateaued and repeating all the patterns time after time after time, but it takes awareness. And it takes a really simple framework, which is exactly what I teach inside Ready for Change. And I've given you an example of here. So right now, this is a quick podcast episode because do you know what, I move in a systematic way through the issues at hand. And there's issues at hand for me. And it was also the time to record a podcast episode. So here I am, showing you in real time, how what I teach works for me and can be applied to every single area of your life. Let me know if this was helpful. A short, sharp episode, yes please. See you in the next one.