

JUST GET ON WITH IT!

**JUST GET ON
WITH IT!**

**A CARING, COMPASSIONATE
KICK UP THE ASS!**

ALL CAMPBELL



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Dedicated to the greatest coaches I've ever known ...

My mum and dad ... Thank you!

*Listen to your wisdom,
in your heart, your soul,*

*Listen to your knowing –
it's yours, you know,*

*Listen to others,
but then do what you want,*

*Listen, then just get on with it,
it's as simple as that ...*

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INTRODUCTION

This is not a book where I get to know best – this is a collection of lessons and learnings gathered together from clients, books, teachers, trainers and therapists, and of course from my own journey trying to stay ‘positive’ growing up in one of the most cynical (yet wonderfully caring) places on earth.

This is not a fluffy or typically touchy-feely type of coaching book either; this is a caring, compassionate kick up the ass. If I could build up a successful life-coaching practice in Glasgow, then I reckon I could do it anywhere! This book is the product of that journey, filled with the lessons I’ve learned from having to deliver big results with few resources. My clients don’t want or need fluff; they want real change in their lives – and that’s what I try my best to give them.

That’s what you have here: the best bits, the distilled (well, I had to get a whisky reference in somewhere!) learning and techniques that really work. However, that in itself would be a little dull, so I put it all in context for you, with stories and tales from the front line of personal development. I think I’ve seen it all, from the rock star pulling up at my front door for his session in his tour bus to a client being handcuffed and arrested right in the middle of a session ... perhaps they’d left it a little too late for ‘therapy’; certainly they made me realize I was used to ‘tough’ when I regarded coaching politicians in the Middle East as ‘getting away from it all’!

I'm sure you won't mind if I've changed a few of the details to protect the ... well, to protect me. If I hadn't, there almost certainly wouldn't be any more books following this one – and while I don't actually know if there will be any more, I would still like to have the option.

So how is it that I came to be doing what I'm doing, and how is it that I came to be doing it the way I do it? Well, to understand that you have to understand where my whole idea of what a 'coach' is came from.

WHAT IS A COACH?

To some people the word 'coach' means something like therapist, expert, mentor or supporter. To me it instinctively means the grumpy, hard taskmaster with the whistle who helped me achieve my early goals. While caffeine usually ensures that I'm not too grumpy, and I'm certainly not 'hard', I am the no-nonsense guy who asks the simple questions that may prove hard to answer – but once you do answer them, you can go beyond what's stopping you and start to really live to your full potential.

The title of this book was inspired by my athletics coach. You may have guessed he's also the guy who set my meaning of the word 'coach'. Although I've not seen him for 15 years, his words 'Just get on with it' still ring loud in my head. Probably because they were shouted at me so regularly.

This was the man who, apart from my own parents, was one of the greatest influences on my early life. He was a caring and totally committed man, loving in a very 'Scottish' way. He and his athletes had enjoyed great success on the track. Olympic and European medals hung proudly in many living rooms because of his commitment and dedication to the band of young men and women who followed his every word ... well, most of the time.

Bob's success was built on a combination of applied knowledge and hard work. It was teamwork: he applied the knowledge and we supplied the hard work.

This was the time when drugs in sport were just becoming part of the public's consciousness, mainly due to Ben Johnson's humiliation in the 1988 Olympics. Ours was a completely clean training group – well, as clean as you can be when you're up to your knees in mud from running through fields while bleeding, sweating and throwing up, all at the same time ... some of my happiest memories were spent like this. I know it sounds bloody awful, but we were achieving something, we were making our dreams come true ... one training session at a time.

Our training was tough and my protests (which were frequent) were almost always met with 'Just get on with it.' And that's what I've been doing ever since, applying knowledge and hard work and just getting on with it. Now you can, too.

JUST GET ON WITH IT

I promise I'll keep the throwing up and bleeding to a minimum, but we are going to get down and dirty as we explore the lessons that can be the short cut to finding your success. This book is designed to give you exactly what it says: a caring, compassionate kick up the ass! Ready? Good! Then let's get on with it!

CHAPTER 1

THE LIVING, THE DEAD AND THE SMALL VOICE WITHIN

Like any ability or muscle, hearing your inner wisdom is strengthened by doing it.

ROBBIE GASS

OK, for the uninitiated this is what can best be described as a 'self-help' book ... But it's a self-help book in more ways than just where you'd find it in a bookstore. This is a book about *you* helping *yourself* live the life that you've always dreamed of.

Before I go any further, I'd like to make a bold (and probably commercially quite foolhardy) statement: My hope for you is that this is the last self-help book you'll ever need!

Now, before you go off on a train of thought about the size of my ego and the claim I've apparently just made – that I've written the best, and therefore the last, self-help book you'll ever need – I haven't. What I have actually said is quite the opposite.

My goal for this book is that you come to realize that the answers you seek are not found in the pages of *any* book. The answers are *inside* you, and once you find them there you will never have to seek answers from the outside ever again.

This is not a collection of 'how to' or 'the best way to' live your life pearls of wisdom. Think of each chapter more in terms of stepping stones or building blocks that have one purpose: To guide you to the realization that seeking answers from outside you just masks the omnipotent guide already within you. All you need to do is take the time and allow yourself to listen to what you already know and what your inner wisdom is already trying to tell you.

Let me ask you a question: Why did you pick up this book? I'll bet that at least at one level it was because you hoped it might have an answer for you ... Or even that it might have THE answer for you and your particular problems. Well, the good news is that it doesn't!

It doesn't have THE answer, but it might just help you to find YOUR answer, for yourself. And the cool thing about finding it for yourself is that you get to keep it. It's not *my* answer, it's yours, and that means it fits you perfectly.

I have my own strategies and techniques and learnings, and it's my job to help you to find the source of yours for your own journey. You wouldn't ask to borrow my shoes and expect them to fit perfectly, would you? So why would you think that my answers, or anyone else's for that matter, would be exactly right for you?

The answer to that one is simple: We are conditioned to associate help and solutions with something *outside* us, something that, if only we could find it, if only we had that special missing piece, would make everything else fall into place. So of course with this belief we set out to find the keepers of such secrets, such pearls of wisdom that will make everything OK.

Can you imagine my clients' initial disappointment when I tell them that I don't have the 'magic widget' they seek? Maybe you're feeling a little of this yourself? But while I haven't got the magic widget, I think I have got a sure-fire route to helping you find it ... for yourself.

I came to this realization in the most unlikely of circumstances ... My friend Tom and I were sitting having coffee one day and generally putting the world to rights, when conversation turned to work and how we both effectively do the same thing: we help people find answers, and then comfort and happiness. The only difference is *how* we do it and what we call the 'source' of the answers our clients find.

As you know, I am a life coach, so what I do is use my skill with the techniques, therapies, metaphors and coaching I know work to help people to find their own way. I do it in my own style. I'm by no means a purist, though; more a purveyor of what I know works.

Tom, on the other hand, is a psychic – and a very good one at that. He's no normal 'fluffy' psychic, though, not one of

the ones you see randomly fishing for a bite in an audience primed to find meaning in whatever he is saying. You know the kind of thing: 'I'm getting the letter B, no, I'm hearing the name Bill ... is anyone called Bill? Has anyone lost someone called Bill? ... OK, does anyone know someone called Bill? Oh, wait ... has anyone received a bill? Or not paid a bill or is expecting a bill?'

Tom's nothing like that, he's the real deal. But, like me, he doesn't take himself too seriously and enjoys poking fun at the surreal side of life – or, in his case, the afterlife.

We enjoyed our coffee and traded funny stories of the weird and the wonderful, and even pondered the idea of putting on an event, a kind of 'Stand Up Therapy' show, when the title of this chapter popped into my head: 'The Living, the Dead and the Small Voice Within'. Then, right there in that little title, we both found some clarity of our own.

People come to me for answers, or to get a different perspective, to see things from the outside ... and people go to see Tom for answers from 'the other side'. But what we both do – and rather brilliantly, if I may say so – is to help people find their own meaning, find their own guide on the inside. Tom might call it guiding them to connect with spirit, while I might call it coaching. But whatever you call it, the key to long-lasting change and living a happy and fulfilled life lies in following your own path and sticking with it even when what you think you 'should' be doing is trying to pull you out of shape and off track.

Easier said than done, you might think, but here in this book I'm going to help you to do just that in as many ways as I can find. Not so you finish this book and go away smarter or with a clever new technique; I'd love for you to finish this book and go away 'different', thinking differently and with the insight to hear and the confidence to follow your own inner wisdom ... or, as Reinhold Niebuhr put it:

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

And, I if may add my own summation:

*Grant me the insight to know my own knowing;
And then let it guide me down my own path so that I
may enjoy my own journey.*

Think of this chapter like the trailer of a movie: it helps you to know what's coming and gets you curious about what's next, but it's not the same as the full experience. The real answers you seek are not in me, in this book or in any of the numerous places people go to seek it.

THE ANSWER IS ALREADY IN YOU

Have you ever had a lightbulb moment, a sudden moment of clarity when everything made sense and you knew exactly what to do? So what happened? What was it that was different in that moment that allowed the clarity to come

through? And why can't you do it at will? After all, if you can do or have something once, why can't you have it all the time?

Well, the answer could be as simple as 'because you don't let it'. Have you ever thought that you might be trying too hard?

How often do you find yourself in your head talking to yourself in a really negative way, even beating yourself up? 'What should I do? What's the right thing to do? Why am I so stupid I can't think of what to do? Argh!' The thoughts can be so loud they're deafening, and the more you seek answers the more confused you get, and the more urgent finding a solution feels. Sound familiar?

Sometimes we can't find the answers for looking for them. The problem here is simple: you're listening to the *wrong* voice.

Now, before you get worried, I don't think you're really hearing voices! We all talk to ourselves in our heads; the problem is that those thoughts can be so loud that you can't hear the voice of your inner knowing. Those moments of insight come when the conscious chattering thoughts are quiet for long enough to let the small voice within come through and be heard. But wouldn't it be nice not only to be able to call upon those moments of insight at will, but actually to have that inner voice as your natural setting? How cool would it be if you were always able to navigate by your own inner knowing, and enjoy the guidance of your own wisdom whether it consciously made sense at the time or not?

INSIGHT

How about making the exception the new rule and enjoying having insight whenever you need it? I like the word in-sight. 'In' and 'sight' – looking inward for the answer. It's amazing how accurate language can be when we really listen to it.

I'd like you to think for just a second. Think of a time when you knew exactly what was best for you and yet did something completely different. I'm sure you'll have a few examples. I'd like you to take just a second and think back to a time when you had the insight to see the right way but not the wisdom or courage to follow it. How did things turn out? Now, I'm going to go out on a bit of a limb here and say I'll bet not too well, eh?

We all have an inner knowing and we've all heard it from time to time, but what stops us from following it *all* the time?

Well, we are all taught and conditioned over time that we have to be able to explain our actions, to be able to make *logical* sense of things and justify them in terms of logic, sound reasoning and understanding. And all too often that's exactly what we do. We make choices in terms of what we think we 'should' do rather than what we know we 'want' to do or what we are guided to do.

I'd like it very much if you could, even just for the rest of this chapter, please just suspend your logical side and accept that sometimes we can't explain our knowing, and that in those

moments we might just be making the wisest choices ever, even if we can't logically explain them to anyone else (or even to ourselves).

I know this might sound a bit 'fluffy', but believe me when I say that your inner wisdom is just as reliable, in fact more so, than any other measure you have – and I'm here to give you a kick up the ass to really listen to it for a change!

That's not to say that I am going to encourage you to listen to *all* the thoughts in your head – quite the opposite: I am going to encourage you to listen to your wisdom but not necessarily your internal dialogue. Over time you will get to know the difference between the voice of knowing and the voice of the 'know-it-all' storyteller in your head. Stories are powerful, and since time began great storytellers have wielded great power with their ability to engage with their audience and change emotions. In ancient times the storytellers would tell tales and invent theories in order to give meaning to the events of the day: 'This happened because it was the will of the gods' or 'That happened because you didn't do the right thing.' Stories stretch back almost as far as humanity itself; ever since people began to communicate with words we have been taking events and giving them meaning by, well, by making it up. Homer's great epics were first written down around 700 BC. They became the textbooks in the schools of Greece and the cornerstone of Western literature as we know it. Whole civilizations have been built and shaped by the stories that were told and the beliefs that were formed.

It's exactly the same with the storyteller in your head. The problem with our internal storyteller is that not only does it tend to be there all the time, it tends to be very compelling *and* to think it's right ... This in itself is not a problem; the problem is that we believe it.

Think of your inner knowing as the quiet but powerfully wise (if not always obvious) part of you, the voice of your true knowing. The problem is that it's struggling to be heard above the incessant chatter of the loud and rather pushy storyteller. Sure, you might catch little moments of it when the storyteller pauses for breath, but if you're seeking that sort of clarity for good, then that's where I come in and it's exactly what I hope you'll get from this book.

WHO DO YOU THINK YOU'RE TALKING TO?

You already know (even if you're not consciously aware of it yet) that the words you use to describe your world have a massive effect on your experience of it. The words you use and the way you use them on the inside shapes your experience on the outside. We all think in words, and we all talk to ourselves in our heads.

The full impact of words was really brought home to me during a conversation I had a couple of years ago. I was in Abu Dhabi, and had been invited to dinner with some eminent literary people – not at all my natural habitat. As I sat listening to conversations about books I'd never heard of, let alone had an opinion on which language they translated into

best, trying to look as intelligent as I could between yawns (it was the jet lag, honest!), my brain went whirring off to try to find some common ground so that I could actually contribute to the conversation.

I joined up parts of the conversation and got to thinking, if a book is translated into another language, how can someone have a preference for one over the other? Surely you would just prefer the one written in your native tongue, because you would understand that one best, right?

When I put that to the group, they all (and at great length) explained that indeed this was *not* the case. Some languages are far more descriptive than others, they said, so when a book is translated from an expressive language such as English or French into a less 'flexible' or expressive language such as Arabic, some of the subtleties will be lost. Certain languages just don't have the scope and breadth of expression necessary to convey the full scope of experience, they said. The opposite is also true: some translations add more description and enrich the original text with greater depth of emotion and feeling, albeit usually influenced a little by the personal linguistic preference of the translator.

I had taken for granted how deep and descriptive the English language really is. It's the only language I speak fluently (although some would doubtless disagree!). Just as the Inuit people have many different words for snow, in Scotland we have just as many, if not more, for rain.

So, if the flexibility and scope of a language affect the emotional experience of reading books written in it, is this also true of the people who speak a language and their experience of the world around them? When we read a book, we sound the words out in our heads, just as we do with our thoughts, so you could say that reading is a guided thought process.

I hope you're beginning to see my point, because you already know that a book, especially fiction, can be very powerful. The words we read and sound out in our internal dialogue create pictures and then powerful feelings within us, in ways far more powerful than we experience even at the cinema. How many times have you gone to see a movie and been disappointed because it wasn't as good as the book? That's because when you read, your internal thoughts and experience create your own reality – and you know it can feel very, very powerful and 'real'.

This is why I'm urging you to stop engaging with the stories you are making up about your life. I know they can feel very 'real', but I assure you the only power they have is the power you have given them. Every time you engage with a thought, a story you've made up, something that's not real – in fact, what could be called a figment of your imagination – can become very real when you treat it as being so. It's not. It's just a thought until you make it otherwise.

Back to my group of scholars, I asked them a very simple question: Does the scope of a language affect the behaviour and actions of the people who speak it? It seemed an obvious

question to me, but apparently not so to my learned friends. As a coach I'm used to asking questions that have not been asked before, in order to get answers that my clients might never have explored before – and it appeared that on this evening I had managed just that.

The scholars allowed themselves to think, really think, not refer to some other source or textbook, or quote someone so obscure that no one dared show their ignorance by asking who on earth that person was (can you tell how out of place I felt?). As they thought – and remember these were some of the finest academic and literary brains in the world – one by one they concluded that the daft Scotsman might actually have a point. If the language we use affects our experience of a book, then surely it also affects our experience of the world around us.

If we have only extreme words to describe things, then we have scope for only extreme ways to feel about them.

Put simply, if we have only 'good' or 'bad', then we can have only good or bad feelings ... Does that make sense? If we have only 'anger' or 'peace', we can feel only either angry or peaceful. Of course we have far more scope in our vocabulary than that but you must realize that the words we choose and the way we talk to ourselves massively affect the way we feel and the way we experience the world around us, and therefore the assumptions we make and the conclusions we form about both. Let me show you.

A CARING KICK – IN THE RIGHT DIRECTION

Turn your awareness inwards (even just for the next few minutes, or even better an hour if you can manage it) and just notice how you speak to yourself in your head. Think about some of the words you use in your internal dialogue, and try to pay particular attention to the words that come up again and again. We all have them – and normally they're just not very helpful.

Now I want you to imagine that everyone around you can hear your thinking. Imagine that everyone can hear your every thought ... How different would you be if that were really true and you were that conscious of the effect your thoughts could have? Stop and imagine what that might be like. How much trouble would you get yourself into? How differently would people view you?

Most of us would be horrified and want to die of embarrassment if others could actually hear our thoughts. But why are we often so different on the inside from the person we pretend to be on the outside? Are you tired of the inner conflict? Tired of acting and reacting in ways that you don't want and probably don't even understand? Let me show you the inevitable sequence of events, and how a little thought, which may *appear* real, once engaged with can shape your life and become *very* real.

- **Thoughts, when engaged with, create feelings**
- **Feelings lead to actions**
- **Actions shape our lives and are what we are judged by**

JUST GET ON WITH IT

One way or another, those thoughts you are trying so hard to hide will find their way out into the world, and have an effect. People might as well be able to hear your thoughts, because your actions are going to reveal them soon enough anyway.

However, you should also realize that ... *just because you thought it, doesn't make it true.*

We all make the mistake of blindly believing our thoughts, but it's definitely not smart. And it looks even less smart when you realize that the only person attributing pleasure or pain to a thing is YOU. It's only the stories you are telling yourself that keep you where you are, and it's only the stories you've told yourself that have got you there in the first place.

You know the kind of thing: 'This job stresses me out and I'm really not enjoying it. But it's a good job, one I'd always wanted and I've done well to get here.' Have you really done well if you find yourself in a stressful job? Hmmm, perhaps you should be more careful who you listen to.

THE PATH THAT'S RIGHT FOR YOU

Can you see now that the stories you tell yourself and the things you make up about them are maybe not the best way to navigate your way through life? I'm going to try to help you to come back to the path that's right for you.

Now, I'm not saying you have to give up on the things on the outside. It's just that when you're OK on the inside, then

you can be OK in yourself *and* have all those external things around you. But you're not OK *because* of those things.

It's amazing what people will do in the pursuit of pleasure or the avoidance of pain, even when they know they're the one doling out both. Who beats you up if you miss your favourite soap because the traffic was bad? Who makes themselves angry if they miss their golf game because of a deadline? Who says that you must stay in a relationship because you're nothing without the other person? Who decides that the source of your well-being is outside you? You do! And you can change that right now ... *and* it can be simpler than you could ever imagine.

Let me ask you a question: Which seems easier to have control over: the traffic, the deadline, the actions of your partner *or* the thoughts about those things in your head? Now, unless you're the control freak dominatrix boss of the town planning department (in which case this book is a very odd choice of reading material), then I'm guessing you opted for your thoughts.

Cool – Remember what I said earlier: stop making it up, stop telling yourself stories and believing them to be true.

I know this might be a big step for you, so, as a stepping stone to setting yourself free, first notice this: if you are going to engage with the random thoughts in your head, at least pay attention to the stories you're telling yourself and the way you tell them. They are just stories. Unfortunately you are in the habit of believing them. Be aware that your thoughts

and the meanings you give them *could* be true but are not *definitely* true.

In this book I'm going to guide you away from those old habits and help you to live from a clean and relaxed space where you do not have to actively do anything in order to be OK, you do not have to suppress your thoughts or wage an internal battle every day. If you're striving to be OK, you're going about it in entirely the wrong way. There simply doesn't have to be a battle to win and every day can be easy, even the ones when effort is required. In fact the 'effort' days can be the most 'effortless' of all ...

EFFORTLESS EFFORT ...

Effortless effort is the state where nothing is too much trouble. I'm sure you can think of many times when you've actually been doing exactly what you want to do and, even though the effort has been huge, it has felt, well, effortless.

By contrast I know that some days I find that just emptying the dishwasher is too much effort, let alone actually washing the dishes. But on other days I'd happily travel halfway round the world if it's for something I really want to do.

Come to think of it, if I really, really want to do something, nothing is too much 'effort'. The magical part here is that when you are following the path of 'want' rather than 'should', nothing is ever too much trouble and everything just feels much easier.

When your motivation comes from the inside instead of the outside, you are propelled towards your goal with seemingly effortless ease. This is something I'm going to keep bringing you back to again and again, because the path that's right for you will be the one where you are in flow, where you can relax and enjoy steering your own course, rather than feeling like you're paddling upstream and getting nowhere fast.

Do you remember a time when nothing was too much trouble? Maybe it was in the first flush of a wonderful romance, going the extra mile to get the job of your dreams or studying to pass that exam. I'm sure you can think of a time in your own life. Think back to that time now. Are you surprised at the lengths you went to? But didn't it feel like no effort at all?

How cool would it be to live from that place all the time?

It's really easy – in fact it can feel as if something far bigger than you is propelling you forward. What's not so easy at first (at least it wasn't for me) is keeping yourself in the right frame of mind, where effortless effort happens naturally every day. The good news is you can benefit from my doing the groundwork for you: I've learned lots of tricks and tips that I'll share with you.

This book is about helping you make the changes on the inside so that you stop working so hard and just enjoy steering yourself on your journey. Keeping on track might not

always be easy, but the more you do it the easier it becomes. Soon it'll be second nature.

First, though, we need to get you on the right journey in the first place. In order to start, we need to find out where you are now. Are you currently on an uphill struggle or an easy ride?

AN EMOTIONAL HEALTH AUDIT

What I'd like you to do is plot the energy you're using (that you are giving out or that's being drained from you) against the recharging energy of effortless effort (things that nurture you every day).

This is how my past five days work out: for example, today I've written this chapter and also done some filing and sorted out my diary for the rest of the month, dealt with some stuff I've been putting off and not got too stressed about hitting my word count and the looming deadline to finish this book so I'm going to give myself a 6 for 'energy out'.

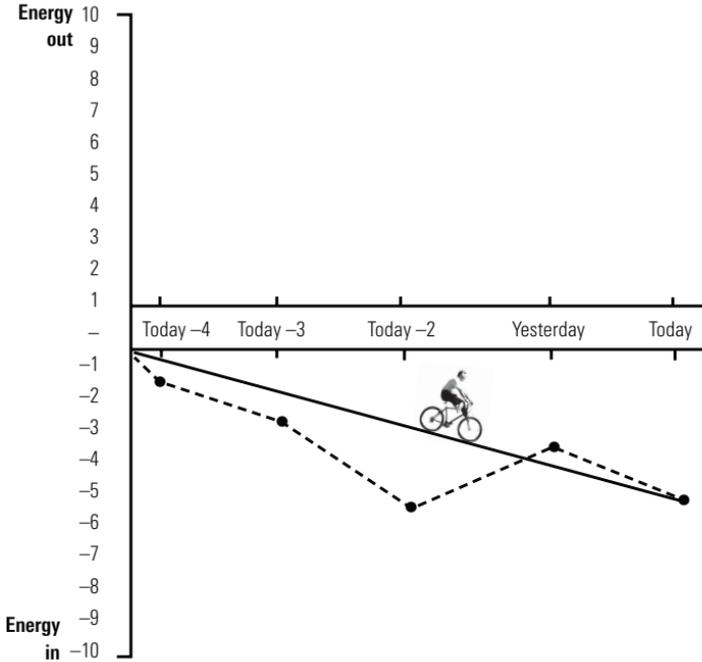
On the other hand, I have exercised for an hour and really enjoyed it, I've had lots of fresh air in my house as it's a nice day and I've had the windows open wide, I've spent time relaxing and doing some stretches and have eaten good healthy food all day – so all in all I'll give myself a –8 for 'energy in'.

	Today -4	Today -3	Today -2	Yesterday	Today	Total
Energy out	7	6	4	8	6	31
Energy in	-8	-8	-7	-6	-8	-37
Total	-1	-2 (-3)	-3 (-6)	+2 (-4)	-2 (-6)	-6

Figures in (brackets) are the cumulative total. You only really need the final total, but plotting each day will help to show you the flow of ups and downs as well as the overall trend. The bigger the negative number the better. Remember, the path to your success is an easy downhill ride ... the steeper the downward gradient, the easier your path through life will be.

Now it's your turn: Have a think back over the last five days. An 8 out of 10 in the 'energy out' row would be a tough day, but if it's balanced by -9 for energy in, then you are on the right track.

HOW STEEP IS YOUR LIFE?



Please come back and revisit this as often as you like, to check in with how you are doing. What I have found is that it doesn't matter how big the numbers are in the 'energy out' so long as they are balanced by the 'energy in' numbers; that's the key.

The path that's the right one for you will be the one where you can effortlessly enjoy the journey, going as hard and fast as you like but with energy expenditure being effortlessly balanced by what's nurturing you. That's what it's all about and if you're up for the challenge it will be my honour to guide you for as long as you need me.

YOUR SUCCESS IS ALREADY WITHIN YOU

Let me end this chapter with this thought – Your success is already within you. Your job over the course of this book is to use what you already know and already have, then get it out into the world to make the difference you want.

Following your path is simple – but not necessarily easy. That’s what I’m here for.

Fears will come up for you; you may have to challenge some beliefs you have held for a very long time – but when you do and come out the other side with a new way of being, the world you emerge into will be a very different place.

The rest of this book is not just about learning and getting smarter, it’s about changing and being different. You can enjoy a new way of being in the world, and the really cool part is that once the ideas here have become obvious for you, they can never be hidden again. It’s a bit like those pictures you may remember from school: if you look at it one way you see an old lady, but then when you adjust your perspective even just a little bit, you see a young woman instead. Once you have seen the new way, you can never un-see it again.

You can begin to look forward to looking at the world very differently ... are you ready? Good, let’s get on with it!

Oh – but before we do, just keep in mind the following as you enjoy soaking up the rest: it will all become clear as you

read on, but let's get a bit clever here and set the scene and allow you to know what you're going to be absorbing in the chapters to follow ... please read through the list below two or three times just now. Don't worry, I will explain everything and guide you through it, but for now I just want you to allow part of your brain to get an insight into where you're heading as you read.

GETTING THE MOST FROM THIS BOOK

- 1** Frame in the positive
- 2** Listen to your instincts and keep checking in with them
- 3** Challenge what you think you know
- 4** Don't just believe your thoughts
- 5** Take action
- 6** Make more of a difference
- 7** Stay emotionally positive
- 8** Make your effort effortless
- 9** Get curious: what might you be missing because you're focused on something that you think is more important?
- 10** Make being the authentic you your daily goal