

Is this Groundhog Day?

by Jane M Powers

Do you ever feel like Bill Murray in "Groundhog Day"?

Do you ever set your goals with the best of intentions but find over and over again you run into the OH too familiar road blocks and obstacles.

I don't know about you but I get a bit tired of the same patterns that show up over and over again. I am not discounting any progress made or how much less time you might stay stuck but wouldn't it be great to give a kind glance to the patterns and quickly move on?



My friend and mentor, Mary Morrissey, used to say "many live 90 years and many live 90 years one year at a time." That is a very profound concept and TRUE. If we string enough amazing hours together we get an amazing day. And if we string enough of those amazing days together we get an amazing week, then year and then an amazing life!

How do we truly live and amazing life? Have an amazing business? Amazing everything? It is by staying laser focused on our intentions and the way we navigate fear, doubt and procrastination.

Here is a formula I have created to help move through the blocks and fears that keep us living Groundhog Day.



You just have to **S.T.O.P.**

State your preference.

Trigger Curiosity.

Open to Imagination.

Put it into Action.

State your preference. If something shows up that you don't like decide what would you prefer it to look like. For example, if you are afraid to make the sales call for fear of rejection, failure, don't know what to say, you would State your Preference. "I would rather feel confident and know that the call is really about connecting and creating a relationship, not closing the deal. And if it is just about relationship and I know I am good at that then I prefer to feel confident."

The next step is to...

Trigger Curiosity. What would it look like to feel confident when you are going to make the call or do the thing that are putting off or not sure how to do. Be curious about IF THEN.

Naturally your mind will...

Open to Imagination. Begin to imagine, vividly, what it would look like to have, be or do what you prefer.

Imagination is the quickest way to create something in your life, good or bad. My speaking coach, Glenna Salsbury, taught in her presentations this formula: Vividness x imagination = reality.



I want to enhance this formula to read:

Vividness x imagination x Emotion = Reality² (squared)

Square your results by adding emotion to the formula. Feeling the results is how we super charge the results.

Put it into Action. Doing is the fastest way to move through blocks and old paradigms. You must be in action to change the "energy" or focus of your mind. Distraction for even just a moment can re-pattern the mind to allow you to get back on course. Act on the preference and do ONE THING that is in the direction of the new thought.

So **S.T.O.P.** when you get off track and use the power of your mind to bring you back into focus. It is not always easy because we have taken a long time to develop these patterns. They seem to take on a life of their own and they don't go without a fight. This method will help you ease out of the old and into the new. Be patient, be persistent and be successful!

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