



Paying homage to transparency, I must admit - there's rarely a day that goes by when I don't need to heed the advice I'm about to offer.

If you consider yourself an overachiever, I have a question for you. When do you recognize you're pushing too hard to complete something? Is it the constant challenge, the series of setbacks, or the weeks of lost sleep that get your attention?

An optimist would argue the challenge tests how bad you want "it." Randy Pauche said that brick walls were designed to test how much we wanted something, not to keep us from it.

Another optimist argument for setbacks could be the insight revealed in the development, or fine-tuning of a product was a blessing. As far the lack of sleep, the driven optimist considers it a necessary sacrifice to reach the end goal.

Whether you call it difficulty or challenge, the lack of ease presents an opportunity to reexamine what you're doing. If your project is self-serving, maybe it's time to put the ego in check. If your endeavor is community-based, then there's probably a different angle for you to explore. When you're in the zone, you'll know it.

Think of "the zone" as a space of remembering. When you follow your instinct, you are tapping into a collective energy of service designed specifically for you. Your body, heart, and spirit resonate with the vibration of what you intend to accomplish, and therefore things flow smoothly. Sound a little too "Woo Hoo" for you? Consider this; you have a mission whether you want to admit to it or not. Your life experience, education, and geographic location are all to support some area of your development to carry out your mission.

If you feel like you're paddling upstream, you are.

Does your occupation feed you? Are you making a positive impact Are you in a job that leaves you drained at the end of the day for all the wrong reasons? I'd throw you a paddle, but it won't help for long.



I invite you to think back to a time in your life when everything important to you flowed with ease. You were in the right place at the right time, met the people you needed to further your cause, and you always found the perfect parking space.

If this type of lifestyle sounds like business bliss and you want in, keep reading. The first step is becoming aware of what comes easily in your life or career and what doesn't. The ease of any accomplishment is something to pay close attention to as there is a clue about what you may be aligned with and what you'll be happiest doing. Conversely, that which leaves you drained at the end of the day is an invitation to reexamine why you're staying in that environment.

If a career change seems in order and it looks like you'll be doing an extreme pivot, rest assure there is something from your current occupation that will serve you well in your next endeavor. Once the seed of change gets planted, watch for signs of germination! Pay attention to what begins to flow and create a plan to move into what you'll feel great about doing.

Don't forget to check us out on Facebook at Healing Through Your Story. This Wednesday night we go LIVE at 6:30 pm EST. Join the conversation!



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