

5 Hot Tips for Overcoming Obstacles and your Inner Critic

It's all about mindset:

- what you say when you talk to yourself [Shad Helmsetzer's best-selling book]
- why you give the imposter syndrome permission to control your life
- whether you are prepared to act as if, even fake it till you make it
- that's not what I meant (Deborah Tannen's seminal work)
- how much you indulge your gremlins, those inner critics

Susan Jeffers wrote a whole book on 'Feel the fear and do it anyway'. FEAR = False Evidence Appearing Real. It is essentially about the choices we make. What if you choose to replace fear with another, stronger emotional driver than that of core confidence? Choosing to be controlled by your inner critic is very exhausting and destructive as is the imposter syndrome. Experiment using Appreciative Inquiry's approach which is so simple and might need practice: appreciate what is working well and what could work even better which circumvents anything negative.

Consider carefully when you say **yes** to your inner critic and enquire what you are saying **no** to. And consider when you say **no** to your inner critic what you are saying **yes** to. Ask yourself what is the pay off?

"I'd wake up in the morning before going off to a shoot and think, I can't do this; I'm a fraud." - Kate Winslet, Academy Award-winning actress

"I have written eleven books, but each time I think, 'Uh oh, they're going to find out now. I've run a game on everybody, and they're going to find me out.'" - Maya Angelou, Pulitzer Prize-nominated poet and author

"I am always looking over my shoulder, wondering if I measure up." - Sonia Sotomayor, first Hispanic U.S. Supreme Court Justice

In an obstacle race the objective is to get over the obstacles. Great metaphor with an inbuilt obstacle as it provides a linear approach to overcoming obstacles. What if the metaphor was expanded?

What if, whenever an obstacle appears or arrives in your life, instead of getting despondent, being stopped, letting it get bigger and bigger, feeling it's not fair or giving up you made different choices?

What if Google Translate interpreted 'obstacle' as a challenge to be solved? How might that approach influence your mindset? What inspired solutions might emerge?

5 Hot Tips (with thanks to Abraham)

1. Tell a better-feeling story about the things that are important to you.
2. Don't write your story like a factual documentary, weighing all the pros and cons of your experience
3. Instead tell the uplifting, fanciful, magical story of the wonder of your own life
4. Watch what happens as you make different choices
5. It'll feel like magic as your life begins to transform right before your eyes

Whatever you think you can, you can, and whatever you think you can't, you actually make that happen. Henry Ford shone this spotlight on the power of your thinking to create your reality.

What will you choose?

To let that inner critic rule your life, to listen to those outer critics too?

OR will you choose to reboot your mind FROM one set in concrete maybe even jelly or quagmire?

TO a flexible, agile, resilient, can do, positive, open to possibilities?