



# Stop getting in your own way

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*“When it comes to being my best self, I will stop getting in my own way”.* This is one of my new mantras for 2013. In short, here is what I have learned over the years and want to share with you. I believe there are 7 habits we could develop in order to get to that desirable state (however you define it).

- 1) When you get new information, don't let the *self-analysis paralysis* of your inner voice stop you from even listening to the new information.
- 2) Learn how to challenge your thinking by challenging your assumptions. Why do you believe what you believe and is what you believe still relevant or useful? Why or why not? What has changed that could or should impact what you hold to be “truth”? Do you need to modify anything in your thinking?
- 3) Be curious. I say this a LOT! It is okay to ask questions to get clarity and understanding versus flatly dismissing information you do not understand or are not familiar with right now.
- 4) Realize you can learn from anyone ... even if what you learn is how you do NOT want to be.
- 5) When new information comes your way, don't “shoot the messenger”. Focus instead on the message with the understanding you don't have to agree with everything you hear ... it is important to listen.
- 6) Don't be afraid to allow “chaos” to evolve into order. So many of us have such high control needs that when we get new information or are asked to do something we are not as comfortable doing, we immediately try to “control” outcomes and actions ... STOP IT! Sometimes we need to let go and allow chaos to emerge into new order which we may find enormously beneficial to our growth.
- 7) Stop getting in your own way ... if you really want something you have never had, realize you are going to have to do something you have never done. STOP GETTING IN YOUR OWN WAY!!!

I realize all this is easier said than done ... but we have got to try. Don't give up ... let's make 2013 our best year yet!

Successfully yours,

Dr. B

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