



Right Here, Right Now /s Where You Want To Be

Every year as fall rolls around I find myself becoming very quiet and reflective. It's probably a combination of the start of a new school year, as well as the fact that my birthday occurs in the fall. As I think about the year that has just passed and start to plan for the upcoming year, I am often inspired to make big changes in my life. But I often have to remind myself that, just because I want to do something differently, that does not mean that everything I've done up to that point is worthless. (I tend to be a little all-or-nothing at times).

I have been trained by my schools, my jobs, and my society that as I go through my life I must constantly focus on what's wrong, and then figure out how to fix it. I have found for myself that that mindset caused me to go into every situation and experience in my life assuming that something was wrong, and to miss all the fantastic things around me that were actually really good. It also caused me to think that any desire for change automatically meant that everything about my life was wrong, and I must throw it all out and start all over again. (See what I mean about the all-or-nothing thing?)

Then this spring I attended training to become a Life Coach, and I was presented with an entirely new way of looking at the world. According to this model, if I took a step back and really looked at the bigger picture of my life, I would probably find that about 98% of it was working really well. But I have been so trained to focus all of my attention on that other 2% that it become huge and fills up my entire vision, and gives me an inaccurate view of my life.

So the invitation was to switch my thinking, and begin to focus on the 98% that's working well, if for no other reason than that it feels much better. But of course this new way of thinking is much more powerful than that. As I focus on all the areas in my life where I am happy, productive, and successful, it increases the resources and momentum I have to help me change that last 2%. Because when it all comes down, the only way for me to get over "there" is from "right here", and when I am focusing on my magnificent 98%, "right here" is actually a pretty nice place to be.