
I Get To...

EPISODE 83

How to examine a “have to” thought pattern:

First, ask yourself: What are the things I have to do in my life? List them all out.

Look at those hard “have to’s” and find evidence for how that isn’t true. For example, some people leave their kids, who don’t pay their mortgages, who don’t obey the law.

Once you have your list, go back through, and change out the “have to” in the sentence to “get to.”

“Get to” changes it from an obligation to an opportunity. So we want to spend a minute asking, what opportunity does this present?

How to question your “I should” thoughts:

Turn your “I should” statements into “I want” statements.

This changes them from outside pressure to inside desire, from extrinsic to intrinsic and tests them to see if they are actually things you want.

Some of my favorite questions for this would be:

- How do I know I should?
- Who says?
- Do I want to believe them?

Consider the source. If you don’t trust it, like it, or even know it, bye.

How to question your "I can't" thoughts:

We want to change out the "I can't" that is about to capability with "I will" or "I am going to."

If your brain offers objections to believing this, then we want to inquire, how?

How will I figure this out?

Brainstorm some things you might try. We want to open up to the possibilities here.

You could also ask are there any examples of someone else who is doing this thing that I think I can't do?

How are they accomplishing it?

What's different about them compared to me?

Practices Makes Change

Practice is a critical component of the efficacy of any of this -- with consciousness and commitment, you practice these new sentences, these new beliefs until they feel like the only truth.

The more you practice, the more you will look for and find evidence that they are true, and the more strongly you will believe them.

Natalie Brown

IT BEGINS WITH A THOUGHT COACHING