

January 2010

## **Get Out of Your Head to Create What You Want**

Does your head sometimes get in the way? Mine does. I'll be inspired to try something new, take a risk, go for a dream, and then I get stuck, paralyzed and can't move forward. The temptation is to push harder and make myself do it to make something happen. If I pay attention, I hear self-critical thoughts like, "*You have/should/need to do this,*" and "*If you don't do this, you'll fail.*" Sure, maybe I finally accomplish what I wanted, but it takes a lot of effort and struggle.

Other times it's the opposite reaction where I discount the idea, get sidetracked on unrelated tasks, and talk myself out of doing it with thoughts like, "*I can't do this*" or "*I'm afraid of making a mistake.*" The tension builds because I know underneath that it's what I really want to do, and the longer I avoid it, the more frustrated I get.

I see similar things happen to people regarding their jobs or careers. They have ideas or dreams about what they'd really be inspired to do or how they could make their work situation better, then something happens internally. They either struggle to make it happen or settle for less than what they want.

Either way, it's our wonderful, brilliant minds getting in the way. When we try to force a solution just from our heads, it doesn't work so well because we block the flow of visioning, creativity, opportunities, and ability to take action. We create what we want most effectively when we're fully in our bodies and feeling good about ourselves.

Want to create work you love with less struggle and more ease and joy?

First it's important to recognize when you're in your head and disconnected from your body. How? Notice stressful thoughts and reactions like the ones I mentioned above. Then, you want to be able to get back in your body to feel grounded and centered. How?

### 3 Things You Can You Do

**Get moving-- now.** Stop trying to figure things out just in your head. Take a short break and get outside if you can. Look around and notice what's around you. What do you see, hear, smell, and feel? This expands your perception and reconnects your head with your body.

**Connect with someone who makes you feel good about yourself.** Having someone listen, provide some perspective, mirror the good in you, and perhaps inject a little humor can pull you out of a dark place.

**Find the joy.** Do something that delights you every day. Stop putting it off until you catch up on your "to do" list, get a job, make the money you want, etc. When you're happy and feeling good, you re-open the flow of inspiration and energy to move forward and accomplish what you need to get done with more ease and joy.

Once you're back in your body, then clarify what you really want to experience regarding work. Need a refresher? [Click here](#) to read how to use your mind and heart to focus on what's most important to you right now, or check out the list of upcoming classes.

Live well,

Christine  
MBA, Doctor of Naturopathy