

Fear, Shame, Guilt, Worry and other Stupid Stuff!

Do you have big goals? Do you have dreams? Are you a visionary leader who can see where your organization can go, or the incredible future in front of you? Perhaps you can see something for your children, or for members of your team that they can't yet see for themselves. Do you have a dream of something you could do, or create that would make a huge difference to the world? Do you see the possibility of a new year being very different than the previous ones?

Whatever you dream, whatever you see as possible, you need to know that you probably have what you need to make it happen! You also need to know that you probably have everything you need to make it not happen.

We have been equipped with amazing minds that have the potential to do much more than the computers we use as tools each day. They are capable of seeing a dream, creating a plan, focusing our efforts to achieve our goals and even triggering feelings of celebration when the dream comes to fruition.

But, they are also capable of running many programs that work in conflict with our vision, our dreams and our goals. If you look in the mirror and are honest with yourself you might be able to see some programs that are running in your mind that either keeps you from achieving what you want, or are at least slowing you down.

Fear can be one of those things. Fear can be useful in some extreme circumstances to keep us safe. If there is a dinosaur or a tiger lurking outside of your home when you leave for work in the morning, it is reasonable that you leave the house with a certain level of fear. The problem is we have taken this very useful thought and brought it to many parts of our lives and become a slave to it. What are you afraid of? How were you programmed to be fearful? Have you watched the news lately? Are your fears serving you, or working against you? Probably both, but I am suggesting we look at the ways it is working against our design of the life we want to live and consider letting it go. What would you do if you were not afraid? How much of your mind's computer time is spent processing fear? How profoundly are your actions and your energy impacted by those thoughts? Perhaps it is time for a fear inventory, and a small or full scale purge.

Shame and Guilt! In her book "Daring Greatly" Dr. Brene Brown makes the distinction between these two things. She describes guilt as feeling bad about something you have done. She describes shame as feeling bad about who you are. I believe we pay a high price with both of these thoughts but if nothing else they use resources of our mind that could be used for greater things. Those who had a chance to program our young minds in some way may have used shame or guilt to get us to do what they wanted us to do, but we are now adults who can do our own programming. This programming of shame that makes us feel that on some level we are not enough. This often leads of us to thoughts of being angry with others and knocking down and beating up others and ourselves. What a waste!

Worry! This isn't using our minds to feel bad about what has happened in the past or what is happening right now, it is using our minds to dream up what might happen in the future. To some, **worry is considered to be a prayer for what you don't want.** How is that for a poor use of your mind's resources? If worry is a prayer for what you don't want, then you may want to be careful about what you are wishing for.

In the title, I mentioned **other Stupid Stuff.** Here's more! Dr. Phillip McGraw says that of all of the emotions we have in our human repertoire of emotions, **hate, anger and resentment** are amongst the most powerful and **self-destructive.** This is so important to understand. When we are holding on to these emotions we may feel like we are doing something to someone else but we are really hurting, minimizing and in a small way destroying ourselves. It is like drinking poison to harm someone else.

Enough!

Some people are not able to dream big. Setting goals and dreaming of things being different than they are right now could be a painful and scary place if their minds are so occupied with the kinds of things I have described.

Most people can dream and set goals but are slowed down by unproductive and inefficient thinking.

A smaller percentage of people see this stuff for what it is. They see it as a distraction from what is important and they do their best to spend as little time as possible employing their minds in such a way.

What would it be like if you, or a team or a board of directors, or politicians could let go of all of this stuff and employ their minds for solutions to problems, creativity and innovation that could take lives, organizations and society to new heights? Of course as your coach, I would have to remind you that it starts with you. It is time today, to decide how the resources of your mind will be used. I believe that your mind is unbelievably powerful! It can construct and destruct. It can be extraordinary or mediocre. It can dream of what can be or use its power to prove what can't be.

Please use it wisely!