



August - We are our own worst enemy!

Have you ever wondered where this expression comes from? I haven't and I know it's true; we are our own worst enemy.

We would rarely allow a friend or partner in our lives who:

- Insulted us
- Regularly pointed out our weaknesses to others
- Said things like "you can't do that", "you're bottom looks fat in those pants", "you don't know what you're doing" or "you're not good enough"
- Made us feel guilty for enjoying a moment to ourselves or a special treat
- Told us continuously we "should be" behaving differently than we are
- Made promises they didn't keep
- Hardly ever complimented us, or if they did it was a back-handed compliment ("yes, you look nice but you should after you've spent all my money buying those clothes for yourself")

Would you wonder why you kept this person in your life? Would you kick this person to the curb and out of your life? You know intellectually you should not have toxic people in your life to live your most healthy, productive life. Then why do we all have someone in our lives just like this? How much of that self-criticism do you do to yourself? Unfortunately, most of us do this to ourselves on a regular basis.

We all have saboteur moments, gremlins, limiting beliefs, "they" as in "they won't let me".

In coaching language we call this "the saboteur" – a group of thoughts that keep us in the status quo, stop us from living our fullest possible life, and/or stop us from moving forward in a way we want.

Pretty nasty!

I notice this in my yoga practice – my yoga teacher challenges us with a new, difficult pose and if I am too much in my head my first reaction is "no, I can't do that!" It's automatic, without thinking, unconscious. And it's not just me, it's my classmates too, as evidenced by the laughter in the studio at her suggestion. This is where I am being my own worst enemy – resisting an opportunity without even trying, defending my inability instead of embracing my potential, keeping the status quo instead of growing myself. At that point the yoga teacher says, "get out of your head, focus on your breath and just try, you'll be amazed at what is possible for you."

This is the opportunity for each of us in our daily lives – not to be our own worst enemy, instead to be our biggest cheerleader, creating more for ourselves than we can even

imagine or at the very least trying. My experience: I am always able to do more than I thought which leads me even more opportunity.

Possible Homework:

Take two four-hour periods of time and notice all your negative self-talk, write down those disempowering things you say to yourself. Notice how often your saboteur shows up. It will take you some time to really notice them; often they fly in and out of our minds with hardly any awareness. Take more time if you need it to hear the full script of your saboteur and to notice the frequency of the saboteur's visits. What are the saboteur's favourite sayings to you? When are the preferred circumstances for the saboteur to show up? Why would the saboteur say it was an important part of your life if they were interviewed on national television?

Awareness is the first step to change or new behaviours. Now that you're aware of your saboteur you can consciously choose which voice to listen to in a given situation – yours or your enemy's?

Live your potential!

Anne Taylor

***DIRECTIONS* – Coaching for Results**

www.taynac.com/directions

coachanne@taynac.com