

## CHAPTER ONE

# INSIDE



We seem to have many internal voices providing us guidance: coach, critic, ego, spirit, intuition. These really boil down to only two, the fearful voice and the loving voice.

The fear voice is usually the one to speak first, possibly a bit louder and definitely longer. It's the one that holds you back, keeps you down, and wants you to stay stuck. Fear keeps you living in "wanting." It is my best critic. Fear says "Stick with me, I'll keep you safe."

The loving voice on the other hand, is your coach. It is much softer yet in complete support of you. It encourages you to move through intention into action. Love says, "You *already are* safe."

So, how do I tame and train this fear voice? As with anything in our lives, once there is awareness, change can begin.

I think about my children and the encouraging words I gave and continue to give to them. I think about the coaches they've had, the ones who have pushed them, helped them grow, succeed and excel. As a parent I loved these wonderful influences in their lives. These coaches were good, and they were tough; they coached with a higher level of awareness.

They've also had their share of coaches who mostly criticized, who blindly coached "the way they were coached." I remember watching my son Eric play baseball in elementary school. This was a turning point for me. Ultimately, Eric developed such a fear he decided to drop out. His coach meant well; however, he could only coach in the derogatory, verbally belittling way he was coached. It was unproductive to many of the

young athletes. Eric's shoulders would rise in stress and anxiety every time he got to bat. My heart went out to him.

I don't know what the voice in Eric's head said to him. I only know what my voice said to him.

And, right then and there, I received a gift.

The gift of my awareness that as I supported others, as I encouraged my children, as I spoke confidence into *their* minds, so too, I needed to do this for me! We all need to do this for ourselves. I must be my own coach, cheerleader and confidant. The world will supply me with critics.

And so the journey continues.