



Susan Loraine Barker, Certified Empowerment Coach 847-566-5884

susan@themandalacoach.com

www.themandalacoach.com

## **12 Practices to Get Out of Your Own Way**

1. **Quiet your mind.** You can't hear your own inner guidance if your mind is chattering away. How can you quiet your mind? Be present. Some suggestions: Meditation, yoga, walking or sitting with nature, watching water move, practicing the presence of God, listening to music, moving your body in dance, making your own music, making art, making a mandala, having a bath and being tenderly aware of your body, looking in your pets eyes, holding or watching your child, noticing every nuance of a friend, partner or stranger. Just breathe.
2. **Listen to your gut,** your inner guidance. It knows the way. It always knows the way. The way is the one that feels good. Always move toward joy, and excitement, heightened energy, away from fear, guilt, and heavy energy. Move toward peace, relief, rightness and away from drama and desperation. Move toward *want to* and away from *should*. Trust your gut. It knows, has always known, has never steered you wrong. It's all the thoughts that you let talk you out of what you knew in your gut that caused you pain. Trust your gut!
3. **Create.** You are a creative being. Yes you are! We all are. You create your world. It is your nature to create. Creativity is what gets you unstuck, out of the box, out of your own way. What could be more important? Imagination is the power that lets you see what *can* be. Create a vision. How? Write, draw, paint, dance, make music, craft, build, plant, visualize, and create a vision board. Just Create.
4. **Feed and nourish your positive thinking,** your higher self. We all have a positive and a negative side. Which one are you feeding and therefore making stronger? Do you read the paper, turn on the news, listen to the radio in your car? How much negativity are you taking in? Do you catch up on the gossip, have a friend that constantly dumps on you, tell your story repeatedly and to people who can't hear you or use it against you? Now how much are you feeding your positive side? A bit lopsided?! Surround yourself with color, music, and positive messages that resonate with you. Use affirmations, read uplifting books, and watch movies that feel good. Say yes to experiences that give you a new perspective. Say no to what doesn't. Tell a different story. Choose positive people to hang out with. Laugh.
5. **Make a plan** and break it down to doable steps. Go for the gold. Make an outrageous plan that you love. Now, instead of deciding all the reasons it will never work, break it down to all the steps and take the first one. See that wasn't so hard. Celebrate!



Susan Loraine Barker, Certified Empowerment Coach 847-566-5884

susan@themandalacoach.com

www.themandalacoach.com

- 6. Walk through your Fear.** If you are on your right path, the one your gut directed you towards, you might still have fear. There is also excitement, rightness and joy, but still, some fear. This is absolutely normal. You are stretching, moving outside of your comfort zone. Good for you. Your fear is your warning system and it is saying you are leaving the comfort zone. It's doing what it is supposed to do. Yay. Now acknowledge it. Connect with knowing that you can handle this, that it is the way you need to go to keep growing and **do it anyway!**
- 7. Get support.** Hire a coach! Coaches keep your agenda, and *know* you can do it. You do too, but you have all those other voices in your head. Your coach doesn't, at least not about you 😊. Your coach also will not *should* you because she holds *your* agenda. A coach can hear your limiting beliefs and help you to change them. Who doesn't need a coach to bring out your best?!
- 8. Invest** in your growth. Buy the book, take the class, go to the conference, take the trip, start your business, hire a web designer, hire a coach. If you are not willing to believe in or invest in yourself, no one else will.
- 9. Have Fun.** Energize yourself. All work and no play makes you a dull and unhappy person. Fun and play are way underrated by our culture. We barely let our children play, much less ourselves. Play is where creativity lives. Play relieves stress, gets the juices flowing, opens your mind and heart, **and gets you out of your own way!** Enough said?
- 10. Believe!** This is the magic ingredient to making it all happen. You can stare at a vision board all day, chant your mantras and plead with the Universe until your knees are bruised, but if *you* don't believe you can and will make it happen, no one else will either. If you think you can, you can. If you think not, then not it is. The benevolent Universe will always make you right. Find the truth, the worth, the love in what it is you are trying to create and hold on to that belief. It is the power that will make it happen.
- 11. Do it anyway!** This is a lot like #6. Here's the thing, it takes faith. Faith in yourself. Faith in what you choose to call that which is larger than yourself. Faith in a benevolent Universe. At some point you have to just go for it, take the leap and know that whatever happens, it is for your highest good. Staying stuck, staying small is not for the highest good! You are not fulfilling who you are and what you came to do...LIVE.
- 12. Celebrate!** Celebrate often and with gusto. It all starts with you. Whatever energy you put into the world comes back to you. How about putting out joy, love, those feel good vibes. How about doing it NOW! You got up today and notice that you are still breathing...Wahoo! You have a roof over your head and a bed and food in your fridge...Happy dance. Feel the abundance of your situation. Revel in gratitude. You walked through your fear and made that call, or spent money on yourself...YES! Feel your magnificence. You can do it. Now choose to.