

**Episode 3: Tool 2 - A Will to Work
But what happens if you don't have one?**



Inspire & Illuminate LLC.
Unlock Your
Unlimited Potential

Highest Possibility States Tool 2:

2. A Will that Wants to Learn & Work

Accessing Highest Possibility States is a lot like learning about (and being able to perform) anything new. First one needs to know about the tools and the vocabulary associated along with how to use those tools. Next, that person needs to start with the basics, practice, and master one level at a time before he or she can move onto the next. This also means that success won't happen the first time a person tries. It means doing the task incorrectly, awkwardly, clumsily, and frustratingly, all while still having willingness, desire, and persistence to keep going until success is finally achieved. Success is not a one and done shot. It is a journey that requires constant adjustment of the sails. And yes for some people accessing these states will be more easy than for others; but as a teacher of twenty years, I can tell you that anyone in any class can learn any material. The only difference between those who succeed, and those who fail are this: One--they have a genuine interest in wanting to learn the material. Two--they practice doing so over and over and over again. Three--they try to figure out how to overcome stumbling blocks that are standing in their way, rather than sitting down in front of them in defeat. **The only question a person needs to ask themselves when they feel like surrendering is, *how badly do I want to move from where I currently am to where I would much rather like to be?*** I am not going to lie to you. Accessing Personal Best States does take work.

Ask yourself: On a scale of 0-5 ask yourself: How motivated do I feel to want to change or work? Zero, Not at, three kind of, and five being very motivated.

But what if I don't have a will that wants to work for anything or doesn't know what to work for?

I'm not going to lie to you. There were times in my life, especially during the darkest moments of my cancer treatment where I had no will to do much of anything, and had no clue over what I was even working towards anymore. What I can say is that, from my experience, there are five areas that got me to move from where I was towards a place I would much rather be.

When I am at stage zero...

I found that using one of the tools that we will be discussing coming up was developing positive daily schedules and habits and sticking to them the most helpful. There were days when after twenty rounds of chemo therapy I just didn't even feel like I could get out of bed, but I would force myself to put one foot on the floor (or even my knees if I had to crawl) and move my way towards the bathroom to take my shower and begin my day. In every situation, no matter how difficult, I found that by at least accomplishing some sort of "normalcy" mentally I began to feel better. And on the days I couldn't do that, I forgave myself, let go of guilt and just let my body and my mind rest.

When I am at stage one...

I would gather things around me that made me feel better: funny TV shows or movies, good books, and my favorite tools, quotes and mantras. My top three favorite quotes when I was going through cancer were:

(on the days I didn't want to get out of bed):

“If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.”

— **Martin Luther King Jr.**

“Just keep swimming, just keep swimming,
swimming, swimming, swimming.”

-- **Dory, Finding Nemo**

And finally:

“Let me tell you something you already know. The world ain't all sunshine and rainbows. It's a very mean and nasty place, and I don't care how tough you are, it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't about how hard you hit. It's about how hard you can get hit and keep moving forward; how much you can take and keep moving forward. That's how winning is done!”

-- **From the movie Rocky Balboa by**

Sylvester Stallone

When I am at stage two...

I needed help from others. We live in a world that tells us we need to be independent and to do and go and get things out there on our own. And while part of that is true, we also live in a world of juxtaposition where we often can't do things on our own without the help of others. There were days where I wasn't able to do things for myself physically, or I couldn't remember how to hold my own happiness and light. On those days, others had to do it for me until I could do it again on my own. But it also meant I had to do my part of getting myself to get back to the point where I could do it on my own through following through with my daily habits and schedules as well as finding those positive, motivational quotes that would then become a coach's voice inside my head.

I believe we are energetic beings, similar to Tinker Bell, or Santa Clause or any imaginary character. The more we see and believe in them, the more real they feel and come alive for us. In this manner, the more people who see and believe in us, the more alive we become.

Yet, the opposite is true--the more people ignore or put us down, the more our energy begins to fade and so do we until we are at the point of feeling sick and tired, and maybe even wanting to "go home." Sickness forces people around us to see that we are still here and that we matter, not just because we "do things for them," but for who and what we really are. And as that attention is given, then we come slowly back to life. The key then becomes how to maintain positive attention once the attention from the sickness is gone, which leads me into my next piece of advice...

When I'm at stage three ...

finding a new interest, and using that interest to connect with others. In addition, making my interest valuable to others (which was determined by feedback of that value from others) gave me a drive and desire to want to continue and improve the value they received. There is nothing like connecting with people around a passionate hobby or interests, which also creates a sustainable current of positive energy where each member feels seen, valued, and appreciated.

When I'm at stage four...

I began to live in understanding that I had total control of my life and choice and how I saw, felt, perceived, and experienced. I could use my visualization techniques to turn my thoughts perspectives around as well as delete old outdated voices in my head and replace them with updated more functional models and go after and finally go out and be worthy of those dreams and desires I had in my mind. But at one point I began to realize, I didn't even need to run after them any more, which led me to stage five.

When I reached stage five...

I realized that I lived in a world of juxtaposition. While on one hand I had complete control, on the other hand I was "at the mercy" (if you will) to the flow of the Universe. But there was a huge difference at stage five than when I was at a lower stage. At the lower stages I felt as though the flow was more like me trying to walk up the down escalator or run while wearing a weighted jacket. It just seemed to be tiring and a lot of work! But once I changed the view of the flow in my mind from "going out and getting it" or "paddling upstream." to "all I need flows to

me” and “the Universe takes me easily to where I need and want to be.” Then the world became synchronistic and surreal--almost magical.

It didn't mean that while I am at this stage that I never have bad days or challenging times, I most certainly do. The Universe is always showing us what's getting in the way from us being in flow, but (more often than not) it wasn't as dramatic or traumatic and the lessons learned and ability to recover occurred much more quickly and (more often than not) painlessly.