

STEP FOURTEEN



BELIEVING

STARTING FROM SCRATCH

14

BELIEVING

Perseverance is commonly seen as taking linear steps on a singular path on a focused mission until we reach our perceived destination. But in life, things happen. Crisis happens. Life happens. Yup! It turns out life is not a linear path nor is our path up our Possibility Mountaintops. It is a winding spiral more like a twisting maze we must navigate to figure out. Each step along the way we are thrown Curve Balls, forcing us to stop and change. We must reevaluate our plans. We must grow. We must adjust. In order to do so we need tools. The greatest weapon in finding possibility in change is the Belief that you can.

Belief is the first step in the 4 Steps of Allowing. One must believe one can to be able to do. Doing is often merely adjusting our focus, changing our plans, re-evaluating our missions, and making new goals. But doing is the second step. The most important step is the first step: Believing we can. Turns out, we don't naturally believe we can! That is a skill we must learn.

Change is not easy. We have to be able to have a vision that the path forward is possible. Without that Belief, we will stop ourselves from taking the next steps and moving forward. We will not move onto step two. We will not do. We will become paralyzed in grief and insecurity and depression. Without Believing we can, we never do. Believe is the most important step of all.

Life will throw you Curve Balls when you least expect it. Knowing that no matter what happens in life, you can handle it is an incredibly powerful tool in your perseverance toolbox! Knowing you can face what life hands you is not only the key to survival but to success. It all begins with the Belief you can. Sometimes that means you have to Start from Scratch.

STARTING FROM SCRATCH

Sarah was a successful reporter. She had been in the business since high school when she was an editor on her school's newspaper. She was efficient. She was skilled. She knew how to ask questions that would reveal the secrets others were trying to hide. She had an, "Eye for a story." her editors would say. She could smell out a story from 50 feet away. She made her deadlines early and the front page often. News reporting was her life.

Then one day she got laid off. The newspaper business wasn't what it used to be and even the best were losing their jobs. To Sarah it was devastating. Reporting was all she had known. She was a master in her field, the top dog. Life had thrown her a Curve Ball and now she would have to Start from Scratch. She and her husband decided to do just that. They decided to open a bakery.

It was a total change for Sarah. She had never owned or run a business before. She barely knew how to bake. But whenever she was traveling, no matter what country, city, or state, the warm smells from a bakery café would comfort her immediately and give her the feeling of home. She had lost everything. Her whole life had changed. What she wanted now was to feel home more than ever. So open a bakery they did.

With a little research and a little savings, they were off to a good start. Her friends, family, and acquaintances supported her. The grand opening was a roaring success! Money was coming in. The reports were good. The customers were happy. They were busy! Sarah was happy.

Then reality set in. The months went by. Machines broke and needed to be repaired. Staff fought, left, or got fired. The cookies were not as fresh as they once were. The coffee was a bit more stale. It was on the verge of collapse. She found herself with her head in her hands wondering what happened. That is when Sarah had an idea. She took a pause, stopped doing, and started thinking. She wanted to know what it was that made a successful business, a place that people wanted to come to eat, a place that people wanted to work at, and a boss they wanted to work for. She put on her reporter hat and went to work. She Started from Scratch again.

She asked friends. She asked family. She asked her vendors and random people on the street. "Be brutally honest," she said.

What she discovered surprised her. People didn't care as much about whether you had the best scones or the nicest setting. Price was not even that much of a consideration. What they wanted, what they needed, was the same thing that Sarah was looking for when she opened the bakery. They were looking for a feeling.

Sarah now realized that the fresh food, the smells wafting from the kitchen, the warm greeting at the door welcoming customers in, the cleanliness, the friendliness, and the hospitality is what people were looking for. It was a place to call home away from home. It was a place to feel welcomed, to feel comforted, to feel just as comfy as they did at their own homes.

Once she had discovered that she felt invigorated and began to work on getting that feeling back, not only for her customers but for herself as well. She focused on clean, friendly, homey feelings. She put check lists and systems in place to make sure the coffee was fresh and the scones were made on days people liked to buy scones! She dug deep and did the work over and over, asking people what they liked and didn't like, including her own employees and her family. Most importantly, she asked for honesty and was open when given the feedback. Her Perseverance Personality of pushing head strong into things that was her Downside she turned into an Upside, investigating herself and learning how to run a business properly. She started over with the Belief she could.

Her bakery now has lines around the block on a Sunday morning. She is in the process of opening two more stores. She and her husband have never been happier. She has made the successful transition from reporter to bakery owner.

This story could have gone much different. Let's say Sarah did not use her Perseverance Personality skills as a former investigative reporter to help her transition to her totally new life as a bakery owner. Let's say she lost complete Belief in herself and the ability to change. Let's say she listened to the fear shadows Caution Walls and beat herself up for not being good enough to handle the stress of such change. Let's say she berated herself with comments like *What the hell do you think you are trying to do? What were you thinking?*

Let's say she got lost in the crisis and never Pressed Play. She never faced her fears, never dug deep enough to find the answers within, to find the Gem of Insights that gave her the vision she needed to move forward confidently. Let's say she gave up. She left Belief behind and succumbed to the limits of fear. Her beautiful bakery business dream would have failed. Her marriage may have fallen apart. She would have ended up looking for another place to call home.

There are no rights or wrongs to this story. There are simply lessons, lessons we can take with us as we face changes in our reality. Whether we chose change or, as in Sarah's case, or it is chosen for us, life will throw us Curve Balls. We will have to Start from Scratch. We will have to believe we can. We will have to prove to ourselves we can do it, over, and over again.

Whether the mountain we climb is job related, love, children, making dreams come true or even aging, we will have to start again. And when we do, the most important tool we can have is the Belief we can. In Believing we begin the process of rebuilding. We give ourselves alternative possibilities for our lives and create stepping stones to the future.

BY BELIEVING WE CAN START AGAIN.

Jon was a solider. Three tours of duty and he had never had an injury. He was military for life. Moving up in the ranks each year he had set aside a home and place for retirement for him and his family. It would be a good life. He had one more tour to go before he'd be reassigned to a desk duty stateside. All was going according to plan. Then an I.E.D. roadside bomb took his legs away.

He had resources at his disposal via the VA and his family. Doctors and nurses were there to help. But it was his attitude and beliefs that would matter most. He had a choice. He could find a new way to live that would lift him up and bring him through or he could allow the fear and disbelief in a new way of life drive him into despair and depression away from new possibilities. His journey was not linear. Every day he had to Start from Scratch and Believe he could.

Some days he did. Some days he needed more help or was in too much pain to believe in possible. Some days he grieved and mourned the loss of the life he had. Each day was a new day facing the trauma he had endured. But each day, he kept going, because he knew that tomorrow was going to be another day to start again. His Belief in tomorrow helped him get through each and every day. Every day he had a chance to Start from Scratch.

Geanna was a young girl with big dreams. She had gone to LA to become an actress, getting her first part serendipitously within her first mouth of auditions. She had two movie roles under her belt and Oscar buzz talk. She was on her way when an earthquake struck. A stray chuck of concrete flew off hitting her on the head as she was walking into the building

for an audition, invoking memory loss. The lines she needed to memorize as an actress were unable to stick. She had to begin a new dream, a new life. She now would have to find a new way, a new dream, after mourning the loss of the one she had. She had to Start from Scratch.

Her Perseverance Personality had always been Story. She used stories to tell her life and master her craft. Now Story it would have to be there to help her find her future. The Stories she chose would dictate her possibilities and her future life. Is she a heroine in this Story and this is her origin tale? Does she get Stuck in the Story of victim, "Why me?" and never Press Play? Who she is and what makes Geanna Geanna will come into play on the day she gets hit in the head.

Perhaps she gets assignments from the movie company she auditioned for out of caring and works her way up to producer. Perhaps she puts her scientist curious hat on and develops new ways to detect earthquakes, or becomes an architect who uses her experience to create earthquake proof concrete buildings, revolutionizing the safely for all. Maybe she decides she is done with Hollywood and moves back to her home state, meets someone and becomes a Mom to wonderful kids and has a great fulfilling life, telling the tale of how it was a knock in the head that brought her back home to live the life of her dreams. Whatever her story, whatever her future, it all starts with the Belief she can. She can survive this! She can have a new, fulfilling life. She can find new a new Path to Possibility.

PIVOT TO POSSIBILITY

There are many possibilities on our paths. Each day we get thrown Curve Balls that test our very fortitude in life and we must use our Perseverance Personality to find our way through. But to do this, we must Believe we can. We must Pivot to Possibility and find new ways to find a new way!

Life happens. Whether it's a car accident, a shooting, a death, a birth, a fire, a change of careers, or a change of heart, life happens.

How all these people, how we, cope with it, deal with it, and react to the changes shape the course of our lives forever. Using the Four Steps of Allowing in our lives starts with Believing we can. Proving you can by taking the steps is the second. Believing again by busting those blocks is the third. Proving it again is the fourth, which leads to more than Believing! It leads to a knowing, an experience set in stone, a new path in your brain, body, and soul! It creates a confidence that only experience can create.

This is why experience is so important. This is why kids fall down so they can prove they can get back up! This is why new allows us to build our muscles of resiliency and creates confidence in the face of change. To Believe we must do. To do we must Believe. They go hand in hand, a dance to prove we can.

TO BELIEVE WE MUST PERSEVERE

Little by little, day by day, we must set up those tracks again, those patterns that show us it is possible tomorrow because we created it today. Little by little, over and over again, facing the fear shadows Caution Walls and busting the blocks. Little by little, over and over, we create a whole new world for not only ourselves, but for others to see the way. Little by little, day by day, it is a process that never ends. It is the fun in life! It is the challenge in life! It is the thrill of life!

To Believe we must persevere. To persevere we must Believe. The dance continues. So, how do we Believe? We open our minds. We open our hearts. We use our detective skills to Pivot to Possibility and find new ways to go, new opportunities, and a new life Beyond what we thought was even possible in the first place! We move through by grieving what we have lost and Pressing Play to find out what a new day has in store for us. We Bust Our Blocks and find our Gems.

Believing starts here. It starts now. You can do this! You can! You are doing it right now!

What we do with our lives is up to us. We cannot control the weather, the circumstances, or change , but we can control how we face them and what we believe is possible. We can prove to ourselves little by little, day by day, that this new life, this new dream is a possibility waiting for us to make real, one step at a time. To do this, we must let go of our old Belief blocks and habits.

“How do we do that?” you ask? We ride a train. And that? Is next.

STEP 14
TIME TO START FROM SCRATCH.

When have you had to Start from Scratch?

What or who helped you Pivot to Possibility and Believe you could?
