

Coach Judith Duhl's

Top 10 Ways to Avoid Commitment to Your Life's Work (otherwise known as *The Gremlin/Inner Critic Handbook*)

1. **TRUST YOUR FEARS.**
Imagine everything that can go wrong. Dream up your worst case scenarios – don't dream small here.
2. **SAY YES TO EVERYTHING.**
Fill your life with distraction and drama. Make sure you don't have any time to reflect. Go for frenzy!
3. **BELIEVE THAT THERE IS NO CONNECTION BETWEEN MENTAL AND PHYSICAL WELL-BEING.**
Eat poorly and don't get exercise. Check out these reality TV shows and late night reruns.
4. **SEEK OUT RELATIONSHIPS THAT ARE DEMEANING TO SELF-ESTEEM.**
Cultivate critical, stuck, depressed friends and authority figures.
5. **STRENGTHEN YOUR "YES, BUT" MUSCLE.**
Start small here. Determine the lack of feasibility in anything that you are interested or excited by. For example: "I want to write, but I don't have a good pen." Or how about: "I'd love to be a singer, but I don't have a good enough voice."
6. **STICK WITH THE THREE CS: COMPARE, COMPARE, COMPARE.** Compare yourself to others. Be relentless here. Allow the expertise of others to undermine your unique vision and credibility.
7. **PRACTICE THE SAFE STEP METHOD.**
Don't risk anything. This is simple. If it's not a sure thing, then don't waste your time. And besides, risk is way over-rated.
8. **LOOK BACKWARDS.**
Determine goals and outcomes based on what has happened in your life in the past. A new motto to repeat when you get a tad visionary: If it hasn't happened yet, it ain't going to.
9. **SEE ONLY TWO CHOICES IN EVERY SITUATION.**
Create two equally unattractive options. For example, "I can make good money in a job I hate, or do what I love and starve." And if you get tired of this, see your options as dependent on some future success: "I can do my life's work when I win the lottery."
10. **COMMIT AND MOVE BACK.**
As soon as you commit, immediately decide you need to do something different, like work at a dead-end job. At that point, go back to #1: Trust your fears.



InwardBound coaching is a powerful way to move past these perspectives, and say 'Yes' to your life's work. Call Cathy Perry, PCC at (404) 869 1550 or visit www.InwardBoundPrograms.com

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