

Lessons from the Journey... “The Inside Job”

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Good Day Good People!

Backstory:

I believe that just about everyone knew 2020 was going to be an important year. Many of us started the year motivated by our goals, the things we wanted to accomplish and the things we wanted to gain. We also knew that there would be WORK involved in this level of change. Many of us expected to leave some behaviors, habits and even people behind. Collectively, we placed a high level of expectation in the universe through our prayers, wishes, hope, actions and affirmations. I would like for us to set aside for a moment the conspiracy theories and the health crisis that we are facing and to pause and consider.

Most of us can acknowledge that this time is riddled with challenges and changes that we are forced to face. Let us also recognize that our challenges often test our values, integrity, resolve, courage, faith, creativity and even our judgment. Every day it may feel like we are stretched and/or stressed beyond human reason. But it is the act of stretching and stressing that may ultimately force a new paradigm. Paradigms are essentially a shift in your present course of activities, lifestyle, relationships, habits and/or business. Often by force or a series of events creates a level of change that becomes the new normal. In this time, we are forced to reduce our busy schedules, social interactions, even to reroute our education and draw inward. The question is now that we are directed to shelter in place or more specifically, go inside what do we do?

Intention of Action:

With so much loss, fear and grief surrounding us, many may question if there is any good that could come from such crisis. This crisis has subdued our entertainment and social interactions impacting many of the consumer (seemingly) non-essential aspects of our lives (sports, bars, cosmetics, church, concerts, hair-places) that often distract us from our goals. The opportunity presented to us is still in “the work” we started the year ready and willing to do and the time needed to get it done!

We did not get hours added to the day or months to the year but we did get a lot of obstacles to how we use our time removed. We were mandated to go inside and stay inside. If your goals were a closer relationship with God, more time with your children, work on your marriage, prepare for healthy relationships, start or expand a business, carve out a new career pathway, change your habits, release and addiction, end unhealthy commitments, clean your house, read more or write the book, mend old hurts, keep promises to call family, friends and loved ones, lose weight or get in shape, show your capacity of love and compassion, volunteer, really get to know yourself and your whys --- this is YOUR time and it boils down to being an INSIDE JOB.

Solutions for Consideration:

The “inside job” is the work that is done on the inside of you. It is no more easy to face the hardships of this time than it is to face ourselves. But we have been given time to do so. It is time to find and live your purpose. It is time to be and become who you were meant to be. It is time to live your greatest dream. There are thousands of places to start most are free or low cost. My suggestion is to go back to the goals you set for this year (2020)! Pull out the journals, the notes, the vision boards, and/or write down the promises that you made to yourself and others and look to the resources available to gather “new” information. Instead of searching for 5G videos on YouTube, counting the number of losses on Facebook, or overdose on pornography, video games, movie marathons, and/or the free concerts by stars do your SELF-WORK! Many of the same tools you use for entertainment can be used for edutainment. Colleges are offering free courses, spiritual teachers give lessons on self-love and a closer walk with God, addiction

prevention and support groups are in full affect, mental health counselors and therapists are available to help overcome past hurts and build bridges to families and relationship ties, business groups share marketing, start up, expansion recommendations, read the self-help books you never finished or started and connect with a mentor, life and personal coaches offering one-on-one and/or small group sessions and online workshops. Time is the one thing that once it is spent you can never get back, use it wisely.

Resources:

If you need a place to start, share my “lesson for the journey” through one of my lessons for the journey books (Amazon), view YouTube videos, and/or My Secret Chamber podcasts by visiting yourinspiredjourney.com.