

Doorway

HOW DO YOU WANT TO SHOW UP?

It's a simple question. How do you want to show up?

On the inside it's crystal clear. You know what the best of you looks like and you know what additional qualities you aspire to.

Things like kind, understanding, non-judgmental, confident, a good listener, loyal, funny etc... come up often when I ask people what they look like when they're at their best.

When I ask people what percentage of time they believe they're actually *showing up* as all of those things their faces invariably fall.

We're so busy reacting (by default) to everything in our environment that we forget that we have a choice about how to respond to it.

When we respond as our best selves rather than reacting from our default, things tend to go better, we feel better and, in the end, we're just happier.

The Practice:

1. Take some time to jot down all of the qualities that you believe you possess when you're at your best. It's ok if you throw in one or two that you aspire to like patient or confident.
2. Close your eyes and picture yourself fully embodying all of those traits and qualities. Notice how this version of you speaks, sounds, laughs, smiles, listens, gestures, moves. Notice the way you *feel* as this version of yourself.
3. Every time you step through a threshold (real – like a doorway, or imagined like a conversation), ask yourself the question “How do I want to show up?” and bring up the image and feeling that you conjured in step 2.
4. Interact with your environment as that version of you.
5. Note the different responses you get in return.

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