



How to Prepare for a Difficult Situation

I know that this is a difficult time for many of us, maybe even most of us. Living through a pandemic and some of the protests is affecting our lives. It may be that your business is not doing well. You may be afraid about money. You may have a situation that you are trying to find your way through.

Today, I'm going to just offer you a quick video. I'm going to offer a tool that you can use to help yourself move through any difficult situation with more ease. And I'm going to place a document for you to download with the practice I'm going to offer you now.

When you're facing a difficult situation whether it be a difficult conversation with a loved one or a colleague or your boss or you want to have your voice out there in the world, to try to bring some light, and it's a little bit scary, maybe a lot scary. I want to offer you this little practice that you can do at any time, to help yourself move forward with a little more ease and a little more flow.

I offer you a series of questions that you can journal about. Questions are often just a beautiful way to open your heart and open your mind to what could be possible for you. So, never underestimate the power of a good question. It's what coaching is all about. It's what I do with my clients. I ask them deep and powerful questions that actually open them to understanding things in ways that they haven't considered before. That's the brilliance of coaching and good therapy.

So here are the questions that you can ask anytime you are facing a difficult situation just to get more clarity and to find your way through with more ease and flow. Here you go.

When you think of the situation ask yourself, Who do you want to be? Who do you want to be in this situation? Secondly, it's really important to connect our minds and our hearts together. There's so much power in both, but one without the other can be much less effective, much less powerful. So, how do you want to feel in the midst of this difficult situation? Three. What is your desired internal outcome, how do you want to feel when you walk away from this situation? Once you've found your way through, how do you want to feel? What is your ideal internal outcome? And finally, what's the best-case scenario? What's the best-case outcome?

Go ahead and visualize the outcome you desire. There's a lot of power in visualizing what it is you want because it gives your system, your mind and your heart a direction to look. It kind of wakes up our brains and hearts in a way that they start to look for ways to make that happen. Our brain actually starts to look for ways to make that desired outcome actually happen. And



again, and I know you may be tired of hearing this, but our brain does have a negativity bias and we do have to intentionally override that. One of the ways we can do that is to imagine an ideal outcome for situations and that will open our brain's perspective to take in more and to see opportunities that maybe we couldn't see before.

This is a powerful tool that you can use. You can download it below and play with this and see how it is for you. It's a very powerful tool and I think you'll find it helpful.