



What to Do When You've Really Messed Up

I want to tell you what happened this morning. Over the last few weeks, I've been creating a training for my clients. I offer various trainings in my coaching programs and I was creating a new training for my clients. I had almost completed it and it's due today. I am a fly by the seat of my pants kind of a person. I always have been. I'm a kind of a last-minute person. I love to race the clock. It actually gives me energy to race the clock. So, you could say that I'm a procrastinator, although I've learned how to use that in support of myself to create the energy I need at the end to get things done.

This weekend I pushed through and I was almost complete with the training. The training is broken up into 15 different lessons, video lessons. This morning, I decided I needed to go through and listen to them in order which I had not done. I had been creating them but I had not actually listened to them in order. So, this morning, I decided I needed to listen to these videos in order which would take me a couple of hours. I just wanted to make certain everything's okay. Well, I got to the second video, the second video of 15, and I had really screwed up. I don't even know how I did it, but somehow, I had screwed up and I just went into panic mode because in my mind, I was like oh my gosh, I'm going to have to go back and tweak every video after this second video. I'm going to have to re-record every video. I'm going to have to re upload every single video and it's going to take me hours to do this. My whole head filled up with racing thought. I was completely caught up in a thought storm and I couldn't see clearly. All of a sudden, I was completely overwhelmed. I was consumed with, oh my god, oh my god, oh my god, how am I going to get this done today because I have a very busy day.

And then I remembered my own inner resourcefulness, my own inner resilience, and I realized that I just had to stop and breathe. I just had to settle myself down. You know, I think I've given you the example in other videos of a snow globe. It's got a beautiful scene in it, and then you shake that snow globe up, and you can't see that scene. And sometimes, we believe if we just keep shaking it we'll find our way to clarity. When the truth is that we need to put the snow globe down and let it settle so that we can see clearly.

It's the same with your mind when you catch yourself in a thought storm. And that's what I did this morning, I woke up to the fact that I was in a thought storm. I woke up, that was the first step, I woke up. I caught myself, shaking my mind up so much that I couldn't see clearly. And that was my alarm clock, if you will, to stop. That was my alarm clock to just put down the videos, put down my phone where I was watching the videos, and take a few deep breaths and center myself. So that's the second thing I did. I stopped and I got still and I waited. I breathed. I waited, I reminded myself that I'm smart. I reminded myself that I'm a fast processor. I reminded myself of my resilience and resourcefulness. And I reminded myself that I could find



my way through this. And it literally took about five minutes of doing that when I realized a way that I could come at this in the backdoor and fix the situation in a relatively short period of time.

I went to my computer and I fixed that thing and then I resumed watching my videos. And then sure enough, about halfway through the videos, I found another pretty big mistake that I had made. And again, I just settled myself. I reminded myself that I had found my way a few minutes ago, I can find your way again. I settled down my mind by taking a few deep breaths, just letting myself be still for a minute and stepping outside under the trees and just sort of breathing them in and settling my nervous system. And then I found my way through again, and within an hour I had solved the problem, a problem that I believed was going to take me multiple hours if not multiple days. And listen, it could have been the other way it could have been that I did have to redo everything again. But if I had let myself continue to get more and more revved up, it would have taken me double the time, even if I had had to go through everything again.

When I can remind myself to get back to ground, get myself calmed down, then I'm going to find my way through much more easily and with more flow. So, I just wanted to tell you that little story today because I want to remind you that you can catch yourself when you're really revved up, you can wake up to your thought storm. That's the first step. And the second step then is just to take a step back, and to breathe and to settle your mind down until you can find your clarity again, and I promise that you can. I promise that you can and, if you wait, you're actually going to save time.