



“Women wander
because they
don’t know who
they are or
what they want”

– Bestselling
Author – Wander
Woman – Dr. Marcia
Reynolds

"Standing at the Junction – How to Become your 'Next' Self"

Discover the assumptions you are living by and how they set you up
for the inevitable disillusion you experience...

Living Our Personal Calling *(even if we sometimes suffer)*

“I REMEMBER RECEIVING A LETTER FROM THE AMERICAN PUBLISHER Harper Collins that said that: “reading *The Alchemist* was like getting up at dawn and seeing the sun rise while the rest of the world still slept.” I went outside, looked up at the sky, and thought to myself: “So, the book is going to be published in English!” At the time I was struggling to establish myself as a writer and to follow my path despite all the voices telling me it was impossible.

And little by little, my dream was becoming reality. Ten, a hundred, a thousand, a million copies sold in America. One day, a Brazilian journalist phoned to say that President Clinton had been photographed reading the book. Some time later, when I was in Turkey, I opened a magazine *Vanity Fair* and there was Julia Roberts declaring that she adored the book. Walking alone down a street in Miami, I heard a girl telling her mother: “You must read *The Alchemist*!”

The book has been translated into fifty-six languages, has sold more than twenty million copies, and people are beginning to ask: What’s the secret behind such a huge success?

The only honest response is: I don’t know. All I know is we all need to be aware of our personal calling.” *Adapted from the Introduction to the Alchemist by Paulo Coelho*

The thing is we usually get stuck somewhere along the way because many of us don’t have the courage to confront our dreams. We grow up with the idea of impossibility planted sometime during childhood and as we grow we just keep adding layers of fear and guilt until our personal calling is so deeply buried that it is almost invisible. But it’s there.

Next we know what we want to do but are so afraid of hurting those around us by abandoning everything in order to pursue our dreams. Then we fear the defeats that we MIGHT encounter along our path.

Once we can overcome these defeats we are filled by a greater sense of euphoria and confidence.

In the silence of our hearts, we know that we have found the answer to continue our journey -that this is in fact - the right path for us.

The 3 Assumptions that could cloud your ability to see exactly where you are on your journey

1. There is a right answer and it is mine
2. Everything is up to me
3. I will always be disappointed

A Wake Up Call...

Many hotels have a wonderful tool that allows you to sleep without interruption. It's called the 'Do Not Disturb' sign. All you have to do is hang this outside your door and you will be left alone for as long as you desire.

Dr. Emmet Fox, a well known Thought Leader from the early 1930's said "some people appear to have hung 'Do Not Disturb' signs on their brains; they deeply resent anything like a new idea, or even a new and better way of considering familiar things."

Change is very uncomfortable. In learned and patterned behaviours it's difficult to move from one way of doing something to another without a fight.

I am the glue that holds everything together...

Ever heard yourself say these words: ***"In order for it to be done properly I need to do the job myself?"*** or perhaps you've used this version: ***"If I have to tell you everything to do every step of the way, it's best I do it myself."***

Then you are perhaps making the assumption that

"Everything is up to me (this place is full of idiots).

It implies that the world and the things you are responsible for will practically spin out of control or fail if you don't hold it all together.

Because you are an accomplished high achiever, the assumption that everything is up to you may be reinforced by your manager. Your colleagues and your team may also skirt the truth if you ask them directly for feedback. Don't assume you aren't too controlling, self-righteous, or condescending because no one has told you that you aren't.

This assumption at a crossroad...

You overwork, take on too many projects, and resist sharing your work with anyone else. You avoid the word "no" for fear of disappointing yourself. You believe you can do it all and you love proving you can, so saying no betrays who you THINK you are.

You find it difficult being part of the team and not being the leader. When you can't lead you have trouble feeling engaged unless the leader tactfully gives you a goal you can control on your own. Unless the team is made up of all "A" players, sharing responsibilities with your colleagues will be a stretch for you.

You prefer to do your work while they do theirs.

**“Growth is the
only evidence
of life”**
John Henry Newman

At your lowest point when you are really unhappy, your stress becomes your badge of honor. You will complain about the idiots you work with and compete with your colleagues over who had the craziest day.

When someone asks you how you are doing, you give the obligatory “fine” and add a sigh, a roll of the eyes, and a smile that ends in a frown.

You deny yourself rare moments of peace with tasks from your to-do lists. You might even develop a pattern of being late to meetings because you have to read one more email or check off one more task.

Because everything is UP TO YOU and your work is EXTREMELY important, you have a right to be late.

You know you’re attached to being disappointed when...

You never feel a complete sense of connection with your team, which makes it easier for you to write them off.

You have a few colleagues you bond with, but you quickly surmise who is worthy of being in your small tribe.

According to Robert W. Fuller, most humans unconsciously separate

people into the categories of Somebodies and Nobodies. However, Fuller says most people use titles and status as their criteria for discrimination. Somebodies are your allies and people who admire you. Nobodies don’t “get you” or your perspective. You might try to convince Nobodies to see the light. Eventually you write them off.

To justify your behavior, you create standards that are difficult for anyone to meet. As soon as you feel a person or group is not on your side, you throw up your shield by using these standards to quickly find fault with what they are saying and doing.

Your behavior matches your assumption that **“I will always be disappointed (nothing or no one measures up).**

From this point on they will rarely measure up. You treat them like people who don’t know anything and either avoid them or brush them off by saying things like “I don’t have time for this,” or “This makes no sense,” or the definitive statement, “...because I said so.”

This assumption at a crossroad...

When you are attached to being disappointed with your job, your boss, or your company, you don’t ever have to make a commitment to staying or working through

**“The Promised
Land always
lies on the
other side of
the
wilderness”**
Havelock Ellis

problems. You will conveniently find reasons to leave. You will give everything you have to your job up front, demonstrating that you should be treasured. Then you will feel let down the moment you aren't recognized for your good work or you aren't given the best assignment.

No matter how excited you were when you took the job, you knew it would only be a matter of time before the wind would blow and you would have to move on.

When your point of view is challenged...

...do you immediately get on the defensive and consider the other person or their point of view wrong?

This is the assumption called:

“There is a right answer and it is mine - (what are you blind?)”

Once someone disagrees with us we think that we can no longer trust them and begin putting some distance in the relationship. To bolster our 'rightness' we talk behind their backs and get others to see our point of view to prove how wrong 'they' are.

This assumption at a crossroad...

We resent all new ideas and close our minds off to anything that goes against our grain. We assume that we know what's best and right for

us. We close ourselves off to the potential of possibility. This keeps us stuck doing the same things and never moving from where we are to where we say we want to go.

There is more than one right answer...

When your mind is full of judgment it is using the mental resources you need to see opportunities.

Therefore, the more strongly you hold onto these three assumptions, the more you will use your brain to find what is wrong about situations, leaving you less capable of finding opportunities for growth and pleasure.

While you are busy being critical, you miss the help your boss tries to give you because it isn't what you want to hear. When you are pushing your point of view, you overlook an opportunity to align with a colleague. When you are busy being angry for not getting to work on the project you proposed, you do not see other doors opening for you.

Even if your judgment is justified in the moment, it doesn't serve you in the long run.

What Clients are saying

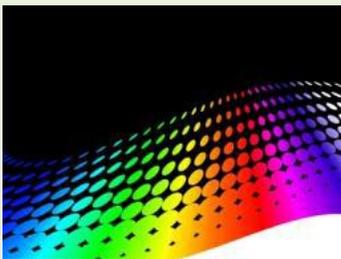
"This is an experience that no one should live without if you really desire CLARITY in your life. I've always been able to articulate what was holding me back. I felt I just needed to stop procrastinating and do what I needed to. The thing is this conclusion was missing the information that Judy's process revealed which allowed me to squeeze past the "I know what's wrong" of my ego to really hear the voice of my soul - my authentic self. Now I have information that is going to take me swiftly to my intended purpose and propel me forward with energy I've never known before...."

Giselle Hudson, Chief Inspiration Officer - Purple Marketing Limited

Honestly, this is the first programme I have experienced that really helps someone to understand their shortcomings in a real sense. I will recommend the programme to anyone who is really interested in getting their lives back in order.

Peter Pierre, Football Coach

www.MeredithMcSween.com



**Meredith McSween
International, Ltd**

*Individual & Organizational
Development*

So what are your options?

There is a common thread of discontent that many of us are unconsciously engaged in – an internal battle for control of direction.

Immediately when we consider change of any kind, thoughts like these begin to emerge:

I'd have to quit my job to get what I really want and I can't do that...I'd starve.

Every time I try to go after what I want, I drop the ball and I don't know why

I want something I shouldn't want...it's trivial and unworthy I've tried so many things and nothing does it for me

I don't have a clue what I should do next

There are many answers to complex problems. There are many ways to interpret a situation.

You have to find a way to quiet your critical mind, to see yourself and the world in a new light.

The key to shifting out of your "imprisoning" assumptions...

Barbara Sher author of *Wishcraft: How to Get What You Really Want*, teaches that in order "to create the life you want, you don't need mantras, self-hypnosis, a character-building program, or new toothpaste. You do need practical techniques for problem-solving, and planning and commonsense strategies for coping with human

feelings and foibles that aren't going to go away, like fear, depression and laziness...and you need ways of riding out the temporary emotional storms your life changes can cause in your closest relationships-while getting the extra emotional support you need for risk-taking."

There is a way to reframe your present way of "thinking", overriding your lightning fast rationalizations and defining a new point of reference to guide your future choices and decisions.

It's called the Frameworks® Coaching Process

What you can expect...

Be prepared for this process to bring clarity to your life – to take you from vagueness to authenticity where you will work with transformation tools of great power and you will find that your life will alter beyond measure.

Your Next Step...

Call Judy Joseph McSween on 389 8416 or 684 9827 to find out more about the Frameworks® Coaching Process.

Remember the world needs dreamers and the world needs doers. But above all the world needs dreamers who do. Don't just entrust your hopes and wishes to chance. Become aware of what you need to enable you to reach them.

Call Judy NOW!