



What is the Engine for Change?

Step One:

Make space to acknowledge what is not working.

Maybe this doesn't seem so spiritually evolved. Sometimes we want to just be above petty complaints. But acknowledging what is not working can open the door to valuable insights. We don't want to hang out here forever and get stuck in blaming and complaining. But nor is it helpful to push the spiritual bypass button and say "its all good" when really, it is *not* all good:

Maybe your work is no longer feeding you the way it once did, or your financial situation is stressful but you aren't sure the way forward, or you are sorely in need of some time by yourself but can't seem to locate it in your busy schedule.

Maybe you want a more intimate connection with your partner, or to be a better parent, or to find a way to forgive and move on from an old wound. Or maybe things are already really pretty good, but you still feel like you miss more of the good moments than you catch. And you'd like to find a way to savor the beauty.

Whatever isn't working— just naming it can be a huge relief. I'm a big fan of being honest with ourselves. And if something is not lining up internally, if it consistently feels off, then we do ourselves a favor by acknowledging it. *Even if, and this is a big one, we don't think we should feel that way.* Reality is always a good place to start. And these experiences of inner dissonance are the breadcrumbs we follow out of the forest.

Step Two. Enter Gratitude

Where are the bright spots in your life?

What is working well?

What lights you up without you even having to try?

Even if only a tiny fraction of one day a week... notice it and cultivate gratitude for having that experience in your life.

For what we pay attention to grows.



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So simply notice that you light up when you spend time with a certain person, or squeeze in a yoga class, or take the time to journal or garden. Frequently our inner critic tries to shut down the process of growth before we even have a chance to explore. Critics are great at saying things like “there is no way you could make a living doing X” or “its fine that you like yoga but there isn’t really time to incorporate that in your regular routine and still get everything else done.”

It feels really good to thank the inner critic for the observation, and make space for gratitude anyway. Try it!

So to review, here is the simple formula for participating in your own growth:

**Noticing and Naming the Truth of What Isn’t Working + Gratitude =
The Engine for Change.**

Noticing what isn’t working and what lights you up may put you on the path of making some big shifts (changing jobs, ending a relationship etc). Or big changes might not be necessary. A certain activity may just need more expression in your daily or weekly rhythm to bring the other dimensions of your life in balance.

Whether you need to make big changes or small toward your happiest authentic life, being honest with yourself about friction points and grateful for the good is always the place to start.

Warmly,

Courtney

PS Social accountability is one of the most powerful tools you can employ to support yourself though times of change. Consider finding a friend and scheduling weekly checkins or contact me for a free conversation about how targeted coaching support can help you move more quickly and easily through the transition time from old patterns (which stop working as we outgrow them) to the life and work which is called out of you.



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