

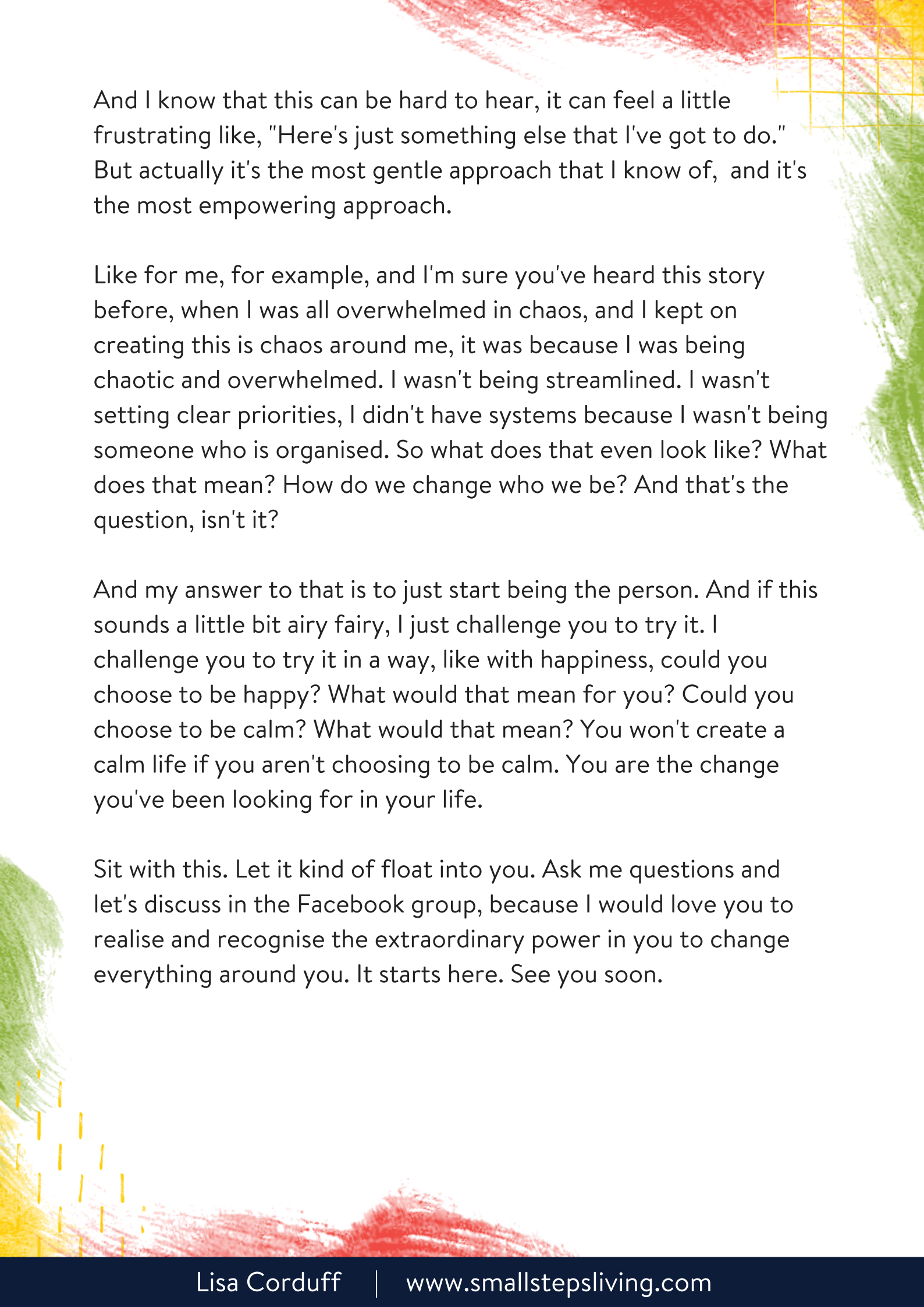
WHEN NOTHING IS CHANGING

Oh man, this is a juicy, juicy topic. Nothing changes if nothing changes. I really used to hate reading that because I used to wonder what that first domino was. Like what is the domino that I could set off and have everything change? And I was like, "Oh, it will be when the kids get to school." Or even, "It will be once we're living back in Melbourne." Or blah, blah, blah. I was so off track and I didn't even know it. Because the thing that needed to change wasn't anything in my external world, it was me.

And it wasn't even me doing things differently, you guys, it was me being different. And I know that you might have come across this before, is that concept of being different and then you end up doing different things and you have a different result. So if you look at that saying, "Nothing changes if nothing changes", it's actually a call to you to step into a new way of being. So how are you being that continues to get this repeated result in your life, this repeated overwhelm, this repeated dissatisfaction, this repeated anger or frustration.

Who are you being to continue that path, and who do you need to be to jump off it? Nothing changes if you don't. And it's not about you committing to a new diet, or committing to a new system or doing anything like that. It's you choosing to be different. So think about what you want to change in your external world. Think about something that you're like, "I want this to be different.

But then how do you need to show up differently in order to have that? Because it starts with you.



And I know that this can be hard to hear, it can feel a little frustrating like, "Here's just something else that I've got to do." But actually it's the most gentle approach that I know of, and it's the most empowering approach.

Like for me, for example, and I'm sure you've heard this story before, when I was all overwhelmed in chaos, and I kept on creating this chaos around me, it was because I was being chaotic and overwhelmed. I wasn't being streamlined. I wasn't setting clear priorities, I didn't have systems because I wasn't being someone who is organised. So what does that even look like? What does that mean? How do we change who we be? And that's the question, isn't it?

And my answer to that is to just start being the person. And if this sounds a little bit airy fairy, I just challenge you to try it. I challenge you to try it in a way, like with happiness, could you choose to be happy? What would that mean for you? Could you choose to be calm? What would that mean? You won't create a calm life if you aren't choosing to be calm. You are the change you've been looking for in your life.

Sit with this. Let it kind of float into you. Ask me questions and let's discuss in the Facebook group, because I would love you to realise and recognise the extraordinary power in you to change everything around you. It starts here. See you soon.