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**Be-Longing:** The wonder and journey of being human

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Rikki Fowler, Professional Certified Coach

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Please share **Be-Longing**, in its entirety, with others curious about the wonders of being human and the journey that is life or who will appreciate reading it.

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**1. Note from Rikki**

Many blessings to you for the new year.

This essay isn't what I set out to write at all. Odd, I kept wanting to go in one direction about decisions, and kept going in another. I wanted to make the point that the process of deciding doesn't start when you believe in it. It's happening right now. We are constantly deciding, every minute making decisions. That boggles some part of my mind.....

Stop the presses. Since writing this article AND before sending it out, I listened to Barry Schwartz, author of "The Paradox of Choice." He says we're overwhelmed with choices. I agree and changed my essay title from "Deciding" to "A Fundamental Choice." Barry's suggestions for simplifying choice are: 1) choose when to choose; 2) be satisfied with good enough; and 3) be more grateful for and regret less the decisions you make. My decision falls into the first category.

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**2. Essay from the Heart: A Fundamental Decision**

Last winter, I realized I wasn't getting where I want to go and I knew I needed to make a different decision. One I had put off making. I chose to decide that I was lovable. You may think that would be an easy decision to make AND it was very difficult. As a child, I obviously had made a decision to think I was unlovable, perhaps in order to make sense of my world. At some point, I started looking for evidence of my unlovableness and rejected all the positive evidence of my lovability.

We all do this (accept and reject evidence) about our beliefs. I just put all the evidence I didn't want into a pile and let it sit there. Over time it caused lots of

difficulties, but that's another story.

In the spring, I decided to accept that I was lovable. I decided to accept different information about myself. This was new behavior; I was turning my world upside down. I began to accept what I had once rejected and tossed out what I had gathered as evidence for my belief. Previously, if someone said something positive about me, I thought, "if they only knew the real me." I discounted your opinion. Now I attempt to see things through a lovable lens.

Since spring, I have listened for good things, noticed joyful experiences, allowed myself to laugh at things I'd have ignored before. I focus on what works or is going right, what's good about others, and what I like. I put my heart on my sleeve and appreciate the beauty around me.

Many days, I feel like I'm in love with Life and catch myself trying to make something external be the source of my love, rather than remembering that I am a source of love. And then there are all those moments when I totally forget my lovable decision and find myself being critical - well I'm working on it.

Last week, I started a program that asked me to decide whether I want to succeed in my business. It asked me to examine my beliefs about why I thought I could succeed. Not examining just one time, but three times, going deeper each time. It's been a challenging exercise; I've looked at all the ways that I am or have been successful. It's a long list (the instructions were to make an exhaustive list) and I had to stop before I got a swelled head (just kidding, that's what somebody told me would happen.) My list was thorough and informative.

What I learned from the exercise is that I decide. No one does it for me and no one makes me. Deciding comes first; I make a decision and then I act. Whether it's a conscious decision or an unconscious one. Deciding is important. And I'm deciding all the time.

Holy cow! I'm deciding all the time. The process is happening whether I'm aware or not. Wake up! [Go read Barry Schwartz' book before I drive myself nuts trying to decide about every single thing in my life.]

While driving home yesterday, feeling happy, for no particular reason. The thought, that my decision of last spring was maybe the most important decision of my life, popped into my head. I had decided to love myself and Life, to be happy, to look at things positively, to thrive rather than just exist. I put on rose colored glasses and I like the view, how I think, and how I feel.

This one decision has led to many new perceptions and awarenesses. It's amazing the impact that one fundamental decision can have on your life.

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### **3. Inquiries for Fuller Living**

What decisions have you made for this year?

What decision has had the most impact on your life?

Make an exhaustive list of the reasons you think you can accomplish what you decide.

What beliefs do you have about yourself that allow you to thrive?

Please share your thoughts with me:  
mailto:rikki@on-purpose-coaching.com

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#### 4. Resources

The current book I'm reading is excellent: "The Beethoven Factor" by Paul Pearsall. It's about the new positive psychology of hardiness, happiness, healing and hope. I'll be weaving ideas from it into this newsletter. Check it out at:  
<http://www.amazon.com/exec/obidos/ASIN/1571743979/onpurposeco05-20>

Barry Schwartz' book is titled "The Paradox of Choice: Why More is Less." Check it out at:  
<http://www.amazon.com/exec/obidos/ASIN/0060005688/onpurposeco05-20>

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#### 5. My Offer to You

You may think a difficult situation is the worse thing that could happen to you. The truth is that it's an opportunity to reassemble your life in a way that really works for who you are now.

I guide you through the terrain of where you-no-longer-are-what-you-were, and-aren't-yet-what-you-want-to-be. I help you find real security, the feeling that you are okay no matter what, and to get back onto solid footing, ready to dive into the wonder of Life again.

Schedule a 45-minute complimentary coaching conversation today,  
mailto:rikki@on-purpose-coaching.com or call 505-265-5033.

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#### 6. The Fine Print

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