

Five Steps to Conquering the Pit

Rich Campe, CEO of ProAdvisorCoach

Author Anthony J. D'Angelo hit the nail on the head when he said, "Listen to your intuition. It will tell you everything you need to know." This is especially true when responding to stressful situations such as making tough business decisions and dealing with our current economic crisis. This type of situation is far reaching; impacting our businesses, jobs, personal lives, loved ones, friends and neighbors.

Talk about wreaking havoc on the pit of our stomachs.

You know that feeling in your stomach when something is not right – the nagging feelings of discontent that causes lack of sleep, a short temper, increased anxiety, and difficulty clearing your thoughts. The root cause of these feelings could be from a poor relationship, lack of finances, job uncertainty or bad health.

So, what really causes the "pit" feeling? The bottom line is you are acting or feeling "in the effect."

The *American Heritage Dictionary* defines the word effect as, "the power to produce an outcome or achieve a result; something being brought about by a cause or agent." Your feelings are not what cause the turmoil. They are in turmoil because you are reacting to situations and circumstances (effects) in which you did not choose or have a hand in the desired outcome.

So how do you get rid of "the pit"? Be proactive and become part of the cause. That "pit-in-your-stomach" feeling is a warning sign – your intuition. Listen to your gut and use this red flag to your advantage instead of becoming victim to it.

Take a moment and think of a time when you distinctly remember having that "pit" feeling. What was happening? What circumstance were you dealing with? Now, ask yourself, were you being part of the cause or dealing in the effect? In all likelihood, you answered, "Effect." The key anytime you feel this type of anxiety is that you need to move quickly from the effect to the cause.

For example, let's say you go to work and find out you lost your job. How would you feel inside? Angry, scared, nervous, disoriented? What is the cause and effect of this situation? The "cause" is losing your job. The "effect" is all those negative feelings. Now, how would you feel about going out on interviews, brushing up on your resume, landing an even better job? You would feel great, right? You would be part of the cause. You would be taking action and taking control of the situation. You would be choosing and having a hand in your desired outcome.

This simple five step process will conquer the "pit":

Step 1: State your desired outcome.

Step 2: Write down what you are currently doing to deserve this outcome. Ask yourself how you are being the cause.

Step 3: What more could you be doing to feel more deserving of this desired outcome?

Step 4: What could you replace from what you are currently doing that would lead you to be more deserving?

Step 5: Based on the list above, what are you going to do now? Remember to stop dealing with the effects and focus on the cause.

We've heard the saying, "Life is a journey, not a destination," so get out there and enjoy the journey, create your own map, and be the cause!

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Rich Campe is founder and CEO of Rich Campe International, LLC, which provides consultative coaching solutions for Financial Advisors. ProAdvisorCoach can be reached at 704-752-7760 or info@proadvisorcoach.com. Also visit www.ProAdvisorCoach.com