



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 11 Transcript: New Action

Today, we focus on the different action or response segment of practicing the pivot in the Pause & Pivot method, and take a more expanded look at discovering our core motivations to choose a new behavior.

You all have been doing an amazing job creating response flexibility by increasing your window of tolerance. Through intentional focus and practice, you've increased the space between what's happening to you and your reaction to it.

You've identified some of your patterns of behaving that override the uncomfortable emotions and sensations you experience and taken a moment to find your feet and find your breath. Now what?

It takes a lot of discipline to break old habits and create something new, but we've been clear from the start that white-knuckling it doesn't work. Moving toward what we want to do and who we want to become, despite the challenge or sacrifice it requires, remains an uncomfortable daily choice.

This is why I am deeply drawn to the truth that David Campbell expresses in his quote, "Discipline is remembering what you want."

Though discipline is absolutely required to change our habits and behaviors, we have to connect to the deeper truth of what we want on a regular basis, or our days become cluttered with tasks that lack meaning.

What I love about this concept is although discipline for disciplines' sake may be a virtue, it has no staying power. It can turn us into high-strung, over worked, exhausted individuals. It can squeeze us in its vise and cause our knuckles to turn white from striving.

When we push ourselves forward we may eventually stall out, burn out or give up. However, when we clarify our hearts' deepest desire, and stay resolute to that vision, we find strength for the long haul.



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 11 Transcript: New Action

When we connect to the compelling motivation in each of our endeavors, we find a deeper, more solid sense of purpose. One way to do this is to simply ask yourself, “What’s the different action or response I want to cultivate?” and then follow up the answer with a series of “so that” until you hit the rock solid bottom of your core desire.

This can be done for any new habit or behavior you want to create, but let’s start with the new one you are pivoting toward on your Pause & Pivot worksheet.

Here’s an example: The different action or response I choose is: To take time to exercise and prepare healthy meals when I feel stressed and pressed for time...

So that...I can feel good in my body

So that...I can have the energy I need to do all that I want to do

So that...I can experience a sense of accomplishment and know that my life is productive

So that...I can move forward and become all I was created to be

So that...I can carry out my higher purpose in life

So that...I can experience fulfillment

Can you see that exercise and healthy eating isn’t actually what I want? **I deeply desire to fulfill my higher purpose.** The discipline of these choices is the behavior that supports this deeper motivation.



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 11 Transcript: New Action

So, when I'm tempted to hit snooze as my alarm goes off each morning the truth I keep at the top of my awareness is "for the sake of fulfilling my purpose" as opposed to "for the sake of getting to the gym on time." I have to practice reconnecting to my purpose SO THAT I don't lose heart.

We can push toward something for a time, but will eventually burn out or fail. But, if we are pulled toward what we want we will be sustained over time.

Download the action guide so you can try this exercise this week and share with us the new perspectives that you discover on our group page. Have an awesome week.