



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 51 Transcript: The Next Inspired Thing

This week, I want to speak to the other side of the intentional, structured and disciplined action of moving toward our goals. The balance of this is also part of creating our Rhythm of Life, and brings our future planning into the present movement.

We know from our learning about the nervous system that where we place our attention determines our action. And, when we slow down we can re-wire our brain by intentional focus and awareness.

Many of us feel out of choice, but the reality is we are choosing, in each moment, what we will focus on next and therefore, what action we will take.

These aren't always big decisions, often they are quite small. But, they follow one after the other to create direction in our lives that ultimately takes us to a destination.

We naturally follow the path of least resistance. But, this is what I see holds many people back. We want a clear, ensured plan to get us where we want to go, tried and true steps to get there and a guarantee that all will work out well for us in the end. We often wait to move until we have absolute certainty in our path forward.

In that, we are making a choice. We are deciding to stay stuck. We are choosing to stay in our comfort zone. We are electing to stay busy, preoccupied and reactive in how we fill our days.

But, forward progress is empowered by the courage to discern what the next step is, even when we can't see beyond it, and the strength to take that step in faith.

I call this "choosing the next inspired thing." It sounds intuitive and mystical, and it surely is, but it's also a skill that can be developed through repetitive action.

Making small, inspired choices in the moment requires we listen. To live our life on purpose, with intention, we need to cultivate our innate capacity to pay attention to our inner voice of wisdom.



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 51 Transcript: The Next Inspired Thing

How many times have you had misgivings about something, but ignored them and said yes anyway? These experiences tend to not work out so well for us in the end.

Our intuition isn't loud. It's often a subtle feeling, a quiet thought or a physical sensation beyond words. When we get curious about this information and listen to what it has to say, it can help us discern our next step and protect us from a misstep.

Making small, inspired choices in the moment requires we trust. The inspiration we are feeling often doesn't make logical sense, nor is it always what others want us to choose. And, it's rarely the path of least resistance.

The more we trust and follow our inner leading, the louder and more clear this guidance becomes. We have to take a risk to pursue the next step that feels right to us to see where it will lead us. The more we trust, the more we will express our life mission, and the more fulfilled we will become.

Making small, inspired choices in the moment requires believing we are enough. When we let go of the fear of failure as we make in the moment decisions, we are free to play, be curious and try something on. We can step into something, see if it's a fit, and step back, around, or over it if it doesn't feel inspired.

Some of why we get stuck without an ensured plan to get us where we want to go is because our worthiness is tied to our performance. We want to do it perfectly. But, there is no such thing as perfection. Believing we are enough liberates us from the vise of shame and fear and releases us to maneuver our life with forward action.

So, here's the both/and. We must have goals that are SMART to guide and challenge us and give us clarity to focus our efforts, and we must make small, inspired choices in the moment to move us forward, little by little.

This week, I have a special audio recording of a reverse visioning process I developed to help you access some inner wisdom for the path ahead. Be sure to download the audio, and the action guide, to support this process as you share what you are learning on our group page.