

ACTION GUIDE: Release and Reinvention

Clearing. Letting go. Moving stuff out so something new can come in.

Here's the thing: It is so important to do some clearing when you embark on your reinvention. If you don't, you are going to block your progress.

Let's think about this in terms of a garden. Imagine that you have some new seeds, and you're going to plant them, water them and nurture them, and you hope they grow and flourish so that eventually you enjoy a truly fantastic harvest.

The same is true with reinvention. You're planting for a new beginning, and you want those seeds to yield the goal you seek whether it be a new career, a new relationship or level of health, or a new lifestyle.

Now imagine that you are going out to your garden with the new seeds of your reinvention, and the plot you plan to use is overgrown with weeds. You plant them in the available space and invest effort in helping them grow, but your new seeds are not getting nutrients as they should. They're not getting light because the weeds are blocking the sunshine, and they're starving because the weeds are drawing the nutrients out of the ground. Despite all your hard work, you'll get a minimal harvest, if any.

Well, the same applies with your reinvention. If you don't do some clearing, the energy you put in won't yield the results you seek. Your new growth will compete for internal resources, and weeds will choke your growth.

When you release old beliefs, unproductive habits, limiting circumstances and unsupportive people, the energy of your efforts can fully deliver nutrients that make your reinvention thrive.

Work through the following exercises over the course of the next 4 weeks to set your release and clearing goals.



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EXERCISE 1: Clearing Out Beliefs

What outdated ideas, myths or 'supposed to dos' am I holding on to that could block my reinvention efforts?

My 'one thing': When I release this belief, it will make everything else easier...

Expansion action #1: Ways to step outside my comfort zone in this area...

1.

2.

Expansion action #2: An outrageous idea to pursue that would truly stretch me:



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Weekly commitment: Three things I will do this week to make this shift...

1. _____
2. _____
3. _____

Not to-do list: Four things I'm *not* going to do this week (or stop doing) so I can make progress towards my goal...

1. _____
2. _____
3. _____
4. _____



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Weekly Inventory:

Check-in: What showed up this week as evidence of the changes I've made?

Celebrate: Three things I'm most proud of from my Daily Success Lists:

1.

2.

3.

Continue: Two things I commit to doing to take my progress to the next level:

1.

2.



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EXERCISE 2: Replacing Habits

What behaviors or patterns am I indulging in that don't support the results I want in my reinvention?

My 'one thing': When I release this habit, it will make everything else easier...

Expansion action #1: New behaviors to integrate that create the results I want...

1.

2.

Expansion action #2: An outrageous idea to pursue that would truly stretch me:



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EXERCISE 3: Freeing Yourself from Circumstances

What commitments have I made that are blocking me from my reinvention? What life challenges do I need to accept?

My 'one thing': When I release this commitment, it will make everything else easier...

Expansion action #1: Ways I can move forward with my reinvention despite my life challenges...

1.

2.

Expansion action #2: An outrageous idea to pursue that would truly stretch me:



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EXERCISE 4: Letting Go of People

Who is so unsupportive of my reinvention that I either need to let them go or dial back my interactions with them? And what loved one do I need to release my emotional investment in having them approve of my reinvention?

My 'one thing': When I release this person, it will make everything else easier...

Expansion action #1: Steps I can take to free myself (e.g. 'unfriend' someone, do an emotional release ritual)

1.

2.

Expansion action #2: An outrageous idea to pursue that would truly stretch me:



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