

## MIND MATTERS: MOVING TOWARDS

I read a lot of articles, and this week I came across the topic of “moving towards”, and it really struck a chord. So often in my coaching—and my own life—I encounter people who know very well what they DON’T want, but have no clue as to what they DO want.

They don’t want a long commute. They don’t want this job. They don’t want *him* to do *that*.

I’m just as guilty. I don’t want solicitous phone calls. I don’t want interruptions while writing.

We’re all pretty clear on our don’ts, but when do we sit down to consider what we really want? Are we afraid of asking for it, for fear that we might not get it...or that we might get it and discover what we worked for isn’t really what we wanted after all?

When we’re stuck in this “torn between” paradox, we’re allowing our fears of what might be get in the way of taking action. I just saw this with a new client. She recently began a new career after taking a few years off to care for her only child. She had a pretty clear idea of what the high-earning possibilities were, and she claimed it was what she really wanted.

Yet, when pressed for how she saw herself living this lifestyle, her eyes glazed over, and she began talking about how making that much money would probably make her so busy she’d lose her child’s love, her husband’s faith, everything she holds dear. The fear of this remote possibility kept her from making phone calls and otherwise doing what she needs to do to make it work.

Instead of focusing on the negative aspects, however, I encouraged her to consider not what she wants to move away from, but what she wants to move toward. How does she see herself living in 1-5-10 years? What, specifically, does she want to be doing every day? How is her time divided? I wanted her to DREAM about her future and to trust that she maintains control while her business grows.

The paradox of conflicting wants will always be there. But, instead of moving away from what you dread, how about deciding what you really want for a change?

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