

2 Simple Ways to Enhance Your Growth

I don't know about you, but sometimes I feel less than great. Low, grouchy, fed-up, and bored are all words you could use to describe what I'm like on those days and I'm probably not the best company. We all have days like that. Over the years, these moments have become less. But I will be the first to admit, I am not immune to them and they do occur. The thing is, days like those are part of the deal with being human – it's not an elective. As I see it, that's just part and parcel of life. There will always be off days, and that's okay.



But what happens when you get a whole string of those off-days, maybe lasting weeks or longer? Too many of us say that we're in a rut, feel stuck, fed-up, or bored and admit that we don't want things to be that way, but we don't know what to do to change. That's the problem, when you're in a rut, you may not have the energy or motivation to change things for the better, and it's tough to find the insight or resources you need to make that jump.

Let's face it. None of us like hearing "It's your choice." During those moments, it certainly doesn't feel like it's a choice. No one wants to be unhappy – at least not consciously. The truth of the matter, though, is we do have a choice. Although we may not feel it at that moment, we actually can choose to get out of it. We have the power and the ability. What we can do to help ourselves is to prepare ourselves NOW. And that means, first and foremost (while you are reading this and in the right frame of mind) accept this idea – "you have the power and the ability." Change your day to day narrative to this so that it becomes embedded in your subconscious. That will be your resource to draw from when you need it.

Here are two easy ways you can use to climb, or better yet, leap, out of the rut and start to get something better for yourself.

1. Do Something Differently

Life tends to run smoothly when we establish systems and routines for things, but the problem comes when things run too smoothly and we become blinded to any ideas or choices that sit outside of our routine. All the stuff we do every day becomes the norm, running on auto-pilot, and it becomes our whole world.

Start with making one or two simple changes to your day - be it at breakfast time, your radio station, gym routine, route to work, lunch routine, etc. Don't worry about what the changes are or whether they're right or wrong, just make a couple of simple choices that will serve you well.

Doing something differently or changing parts of your routine, instantly takes you out of the norm and allows you to shake off the things that make you feel confined. Step out of your routine and you'll be in a position where you're able to make different choices, see things differently and get a different result.

2. Use your Intuition

Your intuition is a powerful ally, and we all have it even though you might not recognize it. The dictionary says that intuition is:

- a. The act or faculty of knowing or sensing without the use of rational processes; immediate cognition.
- b. Knowledge gained by the use of this faculty; a perceptive insight.
- c. A sense of something not evident or deducible; an impression.

One of the best friends you'll ever have in life is your intuition, and tuning into it and learning to trust it is something that can have some truly remarkable effects. Accessing your intuition is a bit like working and developing a muscle, but unfortunately it can be harder to locate than a bicep or quadriceps, which tend to stay in the same place. Here are some quick tips for accessing and trusting it:

- Practice maintaining an open-minded, playful, experimental, non-judgmental attitude. This is the most fertile ground to tap into your intuition.
- Practice making wild guesses in your everyday life. Guess what a salesperson's name is, what a new person or place will look like or who's calling on the phone. Don't worry about getting it wrong, you're just working that muscle.
- Try a few simple observation exercises in your daily life. Whether you're in a restaurant, on a train, in a bar, or out shopping, practice noticing non-verbal behavior in others. Look for shifts in posture, eye movements, vocal tone or tempo, etc. Guess how they're feeling or what they're talking about.

Give it a go NOW. What is there to lose, right? Just Do It NOW.

If you need help or want to find out more about how you can help yourself, do contact us at hyponow@now4life.com or visit www.now4life.com

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