

WWAUTS e-book

4 Pillars for Success and Balance

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Consistency. Humility. Integrity. Resilience

I. Benefits of Consistency in all areas of life: Steadiness, Regularity, Equilibrium, Stability

There is predictability in consistency that can provide a platform from which to launch. Before any project or transition, stability is essential in order to keep your balance.

What are we talking about? A consistent schedule, a consistent morning and bedtime routine, regular and healthy eating habits, creating a consistent system for accomplishing your business or home tasks, consistent exercise, and consistent days off to rest and retreat.

Consistency helps to streamline and cut out distractions. Of course there are plenty of choices that are not always in our best interests; things you could do consistently that would not elicit positive results. Let's distinguish that you have to create consistency versus falling back on old habits. If you want different results you need to make more choices that contribute more to a sense of progress towards where you would like to be, consistently.

What if you don't like to be consistent?

Creativity counts. Adaptability is key. Thinking on your feet and being able to improvise broadens the capacity we bring to life perspective and our willingness to be malleable. However, without a plan to deviate *from*, if necessary, you will likely end up with more stress, less safety, more mistakes, less prepared, and a higher risk of failure.

Most of us know that stress is the biggest contributor to illness. Deepak Chopra and other health practitioners talk a lot about how inflammation in the body is the main cause of many of the diseases people are suffering from today. A constant inflamed state of being affects our lifestyle, emotional state, and degrades our nervous system and our body's resilience.

We forget how to rest and slow down so the body can restore itself. It becomes paramount that you create places and spaces in life where you can take a break from the momentum of constant doing, to know that things are taken care of and that we are safe. Being in

a state of constant hyper vigilance can contribute to anxiety, insomnia and depression which many people live with on a regular basis. However, knowing this doesn't always change our behavior and addiction to excitement. We like to live in the moment! Knowing what's coming is helpful, but variety is the spice of life!

So why would we *choose* consistency?

Let's say you have a goal or vision for the future and it's big and broad and beautiful enough to get you into action. It fulfills your passions and has you feeling like it will make a difference for others and give you a sense of purpose and powerful contribution. Is completing this project reason enough to change a habit or way of being that no longer serves you? Is it time? Are you ready?

Change can be tragic or traumatizing if it's not by choice. It's uncomfortable, and what's on the other side is unknown and unpredictable. So why choose change? We choose it when the consequences to *not change* are more painful than the pain and fear of stepping into the unknown future of change and personal evolution.

Everything dies. Even parts of ourselves. Some would call this a rite of passage; choosing to let go or being thrown into a circumstance that has you push past your resistances and discover new parts of yourself. Parts that include a sense of expansiveness you could never have imagined from where you were previously. It's difficult and trying. It can be experienced in small and big ways. What could make it easier and not as painful? Consistency can.

Consistency can be used to make choices that support your highest and best self on a regular basis. Consistently delegating time and energy into a regular workout routine will build muscle and increase endurance. Practicing an instrument or other creative hobby will have you excel in that craft. Conversely, it can be used to make choices that constantly lead to challenging situations or results. For instance how repetitive movement or stagnancy will strain the body to the point of pain and increase potential for injury. Consistently eating the same dessert every night would most likely lead to weight gain or illness. Choosing to invest consistently in something that is important or valuable to you will produce worthwhile long term results!

II. Humility, synonym: Being humble

What do you hear when someone says to accept your humanity? Consider what limits you on a regular basis based on habits and behaviors. With the latter in mind, you can begin to explore how your humility can serve you. When you hit a wall or feel like you've "failed",

observe what emotions come up and weather it becomes a debilitating experience or if it feels like an opportunity to gain a new perspective. Meaning, our darkest hour can be our greatest asset.

Calling upon our own resourcefulness in the face of a challenge can get us out of an apathetic or auto pilot mode. Often we don't know our true power and wisdom unless a circumstance calls it out to be utilized. Sometimes we emerge hurt, deflated, in pain and feeling disrespected. Thus reminding us of our humanity. It humbles us and lets us know we aren't perfect and can never expect to get everything "right", whatever right is anyway.

Finding the gift in the loss can take minutes or decades. Some may never emerge, cursing their fate to resist what *is* and believing that things *should have been* a different way. When actually, things *turning out* can look many ways.

Letting go, surrendering to the flow, you will find yourself swept up in the course of a kind of river which becomes your truth's journey. This may be easier said than done, especially when it entails death or change that feels unfair and confusing. With fists to the sky we can feel what we are present to. We find our faces in the dirt, tear covered and grasping in anger and anguish over what was lost. Out of control, we are humbled.

How you can serve your humility:

1. Practice mindfulness and allow silence.
2. Be present with what you DO have.
3. Release your ego and ask for help.
4. Seek out and listen to the stories of others.

Valuing and honoring the humanity of others more consistently:

1. Notice when your judging and blaming (it's always about yourself)
2. Have compassion for the experiences of others or lack thereof
3. Don't make a big deal of something if it's really not a big deal.
4. Create the experience of Team for problem solving rather than defending your side.

III. Integrity

When I bring up integrity, it pertains to both *personal integrity* and the *integrity of your business or work*. If it's a trigger word for you, maybe that's because you're feeling shame around a habit you haven't kicked yet. Or possibly remembering an incident where you let someone down or disappointed yourself or others: being late, lack of follow through on your word, disorganization leading to lost things that are required for the next steps on a project or personal request.

If it's an inspiring word for you it could be that you hold integrity in light of a vision where you see yourself or an organization expanding beyond the current paradigm. If something is failing it's usually because there is a lack of integrity. When you envision integrity and uphold it for your next steps, as in a future plan, far reaching results become attainable.

The problem is that integrity is never done. It's never complete. It's never obtained in its entirety. There's always something to improve or make better. Unless... we are ok with the process and allow ourselves to *be present*. That's difficult when we are in a type of obsession with completing a thing to get to the next thing, and the next, and the next, etc.

Integrity is the foundation that we build on. What does integrity mean to you? What are we reaching for? Make a list. More money? Better health? A cleaner home? A stellar team for projects to be more productive and fun? Consider if your list is about *you* or what *other* people need to do to make things work for *you*? Is the power of your forward momentum in your hands? I would suggest making your list about YOU. How YOU can be responsible for your own integrity.

Perhaps you are feeling confronted at the never ending list of things to do to get yourself back into integrity with yourself and others. If you're having trouble getting started, consider what is distracting you or causing your energy to leak out. Leaking energy and things that distract attention can be in the form of; incomplete conversations, debts, broken agreements, broken things, etc. What does it cost you to have things in the condition they are versus taking time to check it off the list?

Getting the things on your list into integrity doesn't always have to mean checking them off the list as *done*. Make a plan. When will it be done? What is your strategy for addressing the issue? Delegate, start making payments, make promises with a tangible goal for getting things complete. Then it is in integrity.

Most of the time integrity is about how we hold ourselves. Are you beating yourself up emotionally because there's a story running in your head that things should be different than the way they are? Are you overwhelmed by the thought of how to get started or how to navigate through the steps without a clear outcome? In this state it is easy to freeze up, isolate, and dive into addictions to numb out the pain and confusion. Loss of integrity can become very destructive when unaddressed.

Determining the foundations of integrity.

Make a list of values. This can be personal, business ethics, family morals you were taught, etc. This list will reflect the essence of who you are and ideally how you would like to be seen by others and show up in the world. Things like; generosity, looking out for others, organization, promptness, follow through, creativity, presence, peace of mind, and so forth. After making your list review it regularly, keeping in mind if you are in or out of alignment with your values. Consider your schedule or recent interactions. Are you taking action and making choices that reflect your list of values?

This is not an opportunity to make yourself *wrong* as much as it is an opportunity to refine your choices and behaviors. Looking forward, how could you set yourself up for more alignment than what you have previously been doing? A good question to ask yourself is: What's missing from my schedule that would reflect my values more accurately? You may have to dig deeper. Get creative in your thinking. If you want more peace of mind, consider taking on a mediation practice. If you want to be on time more often than you have been, leave 15-30 minutes earlier than you would normally think to leave. Perhaps a 10 minute nap between tasks will give you more energy and presence for the rest of your day. Consider your well being and how much more efficient you would be if you drank more water and ate regular healthy meals. Whatever habits have been consistent for you, you may need to try on different practices to get different results. You may need to remove things that are *not* in alignment with your values to make room for things that are. *Do not* integrate things that have you seeking the approval of OTHER PEOPLE! Do nothing out of obligation that is shame driven, or feels like something you "should" be doing.

Your list of actions and new behaviors is meant to elicit joy and vitality rather than an attitude of "have to", as in some life you would be living *if* you were a good person or nothing was wrong with you. You are right where you need to be to begin. There is nothing wrong and you are perfectly capable of taking the first steps towards a life that works for you. This is the way that you begin to remember who you are in your fullest expression. There may be a broad or short distance between now and where you'd like to be. Be willing to discover what that journey entails.

IV. Resilience.

The object of the game of life is not about avoiding all setbacks or failures. It's about the time it takes you to recover from them and get back on track with your goals and feeling good about yourself and your contributions.

You know what you need to thrive. Or maybe you've forgotten. Keep track of what makes you laugh, feel lighthearted, energized and joyful. When you have an experience you wish you were having more often, write it down. How can you replicate it on a regular basis?

Most people thrive on experiencing 5 basic things:

1. Being in connection with others and part of a community.
2. A sense of contribution and making a positive difference.
3. Being seen and witnessed for who they uniquely are.
4. Feeling safe and grounded in body and emotionally.
5. Being respected, loved and appreciated.

Knowing how to get these things is not an easy path for most. There is usually a lot of trying, pushing, pulling, forcing, blaming and shaming yourself or others or both. Giving yourself what you know you need can be a maze of traumas, stories and beliefs that hinder you and prevent you from receiving and prioritizing yourself. Most of the time, though it seems like it's outside circumstances or other people that keep us from progressing. The bottom line is that our own choices are in our own hands. As you progress and recognize positive changes and results, the next big question is...HOW GOOD CAN YOU STAND IT?

Self sabotage is normal. Getting uncomfortable with things going your way is predictable. You may be used to experiencing unconscious motives to return to some familiar state of complaining, feeling victimized, blaming, judging and living in the story that life is hard. What would your life look like if you were to set yourself up for success?

Plan ahead. Put it in your calendar. Set alarms. Take action *even when you don't feel like it*. To get out of your normal groove, you will need to get uncomfortable so be ready for it. Do what you know how to do to thrive and stay in a place where you are feeling good and content with yourself. Notice the tendency for your mind to wander toward something that is wrong or obsess over something insignificant.

What if you were thriving and joyful? What will other people think? Will they be jealous or judgmental? Will you set yourself apart from your friends, family or community? Is it more important for you to belong or be healthy and happy? Transitions are tricky. Many people would

rather stay in unhealthy familiar situations and states than grow and expand into unknown territory. Fear of the unknown future is human nature.

Are you ready to evolve? You have the tools to create a sustainable platform for yourself. You are the best and wisest guide for yourself because you know yourself best. Implementing can be the biggest hurdle. Maintaining your vision and inspiration for implementing new practices is the challenge that comes after.

Two good questions to keep yourself in check:

1. What does it cost you not to change?
2. What would be different if you were to access your full potential?

Keep in mind that this is an ongoing journey and practice. *Process* not *product* means *living a lifestyle you enjoy*, not just aiming for the end result! By building your resilience, you get to thrive and move forward under variable circumstances whether the people and environment around you are supportive or not. Ideally, you can expand and practice new habits within supportive conditions and communities. Just like anything you do often, you will get better until it becomes your normal.

You will see other people making choices and taking actions that are not in alignment with yours. Some of them may want to make you wrong, judge, belittle, confront and argue with you. This is usually because you are reminding them that they could be making different more positive choices for themselves but for some reason they feel stuck. Unless people are ready to change, it's not your responsibility to change them.

Put your energy and attention where it will be best received. Align yourself with community and in relationships that reflect your value and values. Reassess on a regular basis, perhaps even weekly. Do what feeds your soul. Notice the discomfort and take the next steps in the face of the unknown future. Make a plan then change it if you need to be adaptable. Don't compromise the things that are most important to you. Recognize when you are making decisions from a place of fear and what you can do to get to a place of confidence and feeling grounded again. Then make your decision.

Having a great life is not about deserving as much as it is about just living. Remove the elements that are not in your best interest, including many of the thoughts that run through your mind on a regular basis. Identify what you want to keep and build more muscle in the areas you want to distill into every cell of your BEING. "Be the change you want to see in the world" and you will inspire others to do the same. Imagine what kind of world we can create... <3