

I was listening to a podcast by my friend Sean Croxton, and he said something that stung a little. Someone once told him; "Sean, the reason you don't have what you want is because you aren't committed to it." OUCH!

He started to put a filter system on the way that he does life, and he started to talk about it from the perspective of his future self.

Would my future self eat that?

Would my future self spend their time binge-watching Netflix? (Again!)

Would my future self hit the snooze button instead of the gym?

There comes a tipping point where if we want the transformation that we talk about, we have to actually do the work.

Years ago, I told my therapist that I was done with crumbs. I want to stop taking the crumbs of other people's expectations, and hoping that someone is going to throw me a bone. I want to stop feeling less than worthy. I want to sit at the head of the table and enjoy the bountiful feast.

My mindset flipped when I started to see myself through a future lens. Would someone sitting at the head of the table be content with leftover crumbs? I think not...

Lisa Nichols calls it the dash. If you look at a gravestone, you see a birth and death date, separated by...you guessed it... a dash. How are you spending your dash?

Bruce Lipton says that 95% of people live in their subconscious minds. We have to stop wasting time and start living our lives. When we step up to our goals, we step up to our life; and when we step up to our life we start to find our purpose.

Now, if you want to clean your toilet on automatic pilot-go for it, but the rest of your life needs to be intentional. You are the creator of your life, and you get to decide what comes next. You need to sit at the head of the table and decide what it is that you want. Vibrancy doesn't come knocking, it comes from planning, consistency, and hard work. You don't accidentally get the life or results that you want. Go to the root cause of what is holding you back, and make the necessary changes to get you to where you want to be.

AND YOUR ALIGNMENT ASSIGNMENT...

Take some time to think, pray, meditate, and journal about your future self. What does she look like? What is she eating; doing with her time; how does she feel?

Complete this sentence, and then share it with your community:

I am willing to do [...] in order to do [...] for my future self.