

We spoke about how fear and ego affect our ability to change.

Jim Kwik said, "If you argue for your limitations, you get to keep them. But if you argue for your possibilities, you get to create them."

We all do this (argue for our limitations) to some extent, whether we know it or not.

We catch ourselves in long-winded explanations on WHY we can't do something.

Why do we do this?

It's a defense mechanism first and foremost, and to do something different would require...wait for it...CHANGE!

And that change means you're wrong, and honestly, most people don't like to admit they're wrong, let alone take responsibility for the results they are getting (or not getting) in their lives.

I believe that's the heart of the why - and it can get pretty elaborate and detailed, this arguing for our limitations.

Tons of energy is wasted explaining why you can't do something - why you have no time, no money, no support, no know-how, no babysitter, no fill-in-the-blank.

Guess what is truly going on?

Fear AND ego!

Doing something other than what we've always done is fully embracing the unknown.

The unknown is scary!

It means if you let go of what you've always known, you need to replace it with something else.

We fear, too, that we don't have the capacity or capability for such change - especially if it's a big change that requires more from us than we think we have.

Then there's the EGO...

Your ego is going to take a hit - you have to admit, even to yourself, that something is off, not working, and time's up - the turkey's popper has popped out!

BUT - still - the ego can stand in your way. Here's how:

1. You're still going to think it's BS. 🤨
2. You're going to say it's just a bunch of platitudes and positive woo-woo.
3. You're going to say it's too much work.
4. You're going to over-intellectualize it or look down your nose at it.
5. You're going to say, "Maybe it's not that bad or such a big deal."
6. You're not going to get it - you're either thinking what's the use or maybe you're saying that to ME...I don't know what I am talking about.

Watch for these 6 signs - they're signs that MAYBE, you're arguing for your limitations and fear is fueling the fire, while ego is doing its thing too.

Obviously, which way you go with everything is based on choice, and all choices are, are actual decisions.

So, what will you decide?

To argue for your limitations or argue for your possibilities?

That's the deciding factor in all of this.