

## ***Ordinary Distractions Transformation Tool***

**The purpose of this document is to support you transforming everything that keeps you from success.**

### **Instructions:**

1. Complete the **Ordinary Distractions List** by filling in all the excuses, limiting beliefs, habits that take you nowhere, unmet expectations, resentments and blames, and complaints.
2. Each week, complete the **Ordinary Distraction Weekly Worksheet**, which will allow you to transform one Ordinary Distraction into power. One each week. No more, no less.
3. Whenever you come across a new Ordinary Distraction

### **What Are Ordinary Distractions?**

Believe it or not, Ordinary Distractions are the **ONLY** thing standing between you and success. Truly. And the cool thing is that **YOU** have the power to transform every single one of them yourself.

There are six types of Ordinary Distractions:

1. Excuses
2. Self-Imposed Limiting Beliefs
3. Habits That Take Me Nowhere
4. Unmet Expectations
5. Resentments and Blames
6. Complaints

Following are examples of each. As you go through the examples, you may want to start collecting your own list in the Ordinary Distractions List.

#### ***Excuses***

These are the reasons you tell yourself why you can't have what you want.

Examples:

- I don't have enough time, money, information
- I'm too busy
- I don't know how
- I can't do it until...(whatever)
- I don't have a choice because... (whatever)

#### ***Self-Imposed Limiting Beliefs***

These are a specific type of excuse. They are thoughts that impose limitations on yourself or the world around you.

Examples:

- About yourself
  - I am not smart enough
  - I can't do marketing
  - I'm terrible at selling
  - I am not talented enough
  - I can't do it alone
  - I don't have enough information
  - I don't have the right credentials
  - I don't have the knowledge
- About the world
  - There's already too many people out there doing what I do
  - Most businesses fail
  - No one will like me or accept me the way I am
  - You can't start a business in a struggling economy
  - People will think my ideas are woo woo
  - You can't make money doing "X"
  - My product or service *has to be* this way
  - The only way I can be successful is if I...

### *Habits That Take Me Nowhere*

These are actions you take that often fill up your day, but rarely if ever garner the results you desire. By indulging excessively (or at all) in these action takes you on a path away from success, rather than towards it.

Examples:

- Filling your day with email and web browsing
- Needing to make things so perfect, you never finish anything
- Being in such a rush, your quality suffers
- Not calling prospects back or following up
- Failing to follow a budget
- Spending unconsciously
- Reading self-help books continuously but never really following through
- Not following your plan
- Wanting things to come to you, rather than you proactively reaching out into the world
- Trying too hard
- Forcing things
- Getting stressed out
- Not learning self-care
- Over-working
- Being a martyr
- Not allowing others to help you
- Waiting for someone else to do it for you

### *Unmet Expectations*

These are the list of "shoulds" that keep us tethered to the past and distant from today's reality. It's our expectation of how things "should" be rather than how they actually are. By putting focus again and again on unmet expectations, it keeps you from honoring what is. Manifestation occurs in the now, not in the past. Manifestation cannot begin until you honor what's there and start from what's real.

- I should be generating more money than I am
- “Mike” always comes to meetings late and it makes me so angry
- My always husband leaves his clothing on the floor and it drives me nuts
- My boss should give me more praise
- My clients should be willing to spend more money
- I should have written a book by now
- I should have gotten a masters degree
- I should be thinner

## *Resentments and Blames*

These are also a specific type of excuse. In this case the excuse holds some other person or situation responsible for why you can't have what you want. Resentments and blames keep you tied to the past.

Examples:

- My father always said I was stupid, so I have trouble doing things for the first time
- I was brought up in a house where there wasn't good communication, so it's not my style to address circumstances head on
- It's my mother's fault I have such a hard time marketing myself, because she always told me I was average
- I am angry at my children for being ungrateful

## *Complaints*

This is a specific type of habit that takes you nowhere. It's a way of expressing dissatisfaction and focusing on what's wrong. Complaining makes you feel stuck and victimized. The very act of complaining somehow makes the situation permanent and immovable. It makes you believe there's nothing you can do other than be in the undesirable situation.

- I don't have enough money
- I hate it when my mother-in-law comes to visit
- My house is too small
- My teeth are too crooked
- George Bush is an idiot
- I hate marketing and selling
- I hate working on my website
- I hate all the administration and paperwork I have to do

## **Ordinary Distractions Are Seeped In Denial**

All ordinary distractions are wrapped in deep denial – we rationalize and convince ourselves that that what ever we are doing, or how ever we are thinking is okay...

- “I really don't have enough time.”
- “I really don't have enough money.”
- “But I really do deserve to just rest.”
- “I've already had such a hard day, I'll just wait 'til tomorrow to start my business plan.”
- “I'll just do it this way one more time.”
- “I don't care anyway.”

Ordinary Distractions keep us from the bigger Truth about who we are and what we bring to the world.

Another way to identify ordinary distractions in your life is by noticing yourself going down a familiar and unsuccessful road – when you are doing something that in the past has not served you, and yet you allow yourself to do it this way again – this is an ordinary distraction

- If your goal is to increase your revenues by 30%, continuing to follow the same marketing and sales program is an ordinary distraction
- If your goal is to become more responsible with your finances, procrastinating on putting together a budget is an ordinary distraction.
- If your goal is to attract more clients, telling yourself you hate marketing and sales is an ordinary distraction.
- If your goal is to develop a clear plan for your business, consistently being indecisive and telling yourself you don't know what to do are ordinary distractions.
- For myself, when I was creating a product, I discovered a really big ordinary distraction. If I start my day by going to my computer and checking email and making updates to my website, I recognized that those were the days I hardly got any writing done on my product. So starting my day this way is an ordinary distraction.

Our ordinary distractions are always attached to some kind of excuse... “I haven't created my website because I don't know how.”

We must be willing to expose those excuses as lies. You might not know how to create a website, but there must be a book, a course, or you surely know someone who could help you learn.

The conglomeration of all our ordinary distractions creates a web of deceit that keeps us believing and rationalizing all the reasons for why we don't have extraordinary, successful lives and businesses we desire.

**This web of deceit keeps you from being the person you want to be.** It's not the things you have not yet accomplished or the people who have done you wrong or the circumstances that have not gone your way, *it is the lies you tell yourself that are really to blame.*

Even though we have moments where we experience the extraordinary, moments when we step bravely into our power and taste the amazing beings we are, our ordinary distractions keep us from living in this place all the time.

## Why We Invent Ordinary Distractions

**On some level, we are afraid to change.** So we invent ordinary distractions to keep us where we are. They keep us in the familiar. In the known. But to live an extraordinary life and to create a wildly successful WorldChangingBusiness, you have to be willing to give up those ordinary distractions in exchange for something much bigger and better.

## How Do You Approach Ordinary Distractions?

Ordinary Distractions are what's in the way of you easily and effortlessly bringing into fruition the life of your dreams – and that includes a successful business that inspires your heart, while serving the planet in a positive way.

### **Ordinary Distractions are best handled one at a time.**

Trying to eliminate them all at once will only bring you into overwhelm and paralysis.

### **The goal is not to eliminate every Ordinary Distraction on your list.**

The goal is to get in the practice of noticing what's in your way and acknowledging that every time you handle an ordinary distraction, you get to experience new levels of power and possibility in your life.

They are like diamonds in the rough. Collect as many as you can, and then one at a time, buff them up and watch them turn into the sparkling beauties that they are. So you might look at them like this instead – *the more items on your Ordinary Distractions List, the more dormant power and success that's available and waiting for you.*

### **It's a weekly ritual.**

Each week, focus on transforming *ONE* item on your list. That's right, *just one*.

Always pick the item that is costing you the most – the most energy, power, self-esteem, time, confidence, connection, love, and joy. Agree with yourself each week that *you are committed* to transforming that one Ordinary Distraction. -- *You are committed to turning it into gold.*

## **An Example**

The way to transform and Ordinary Distraction is to discover what lives beneath its surface, knowing that each one is really a gift in disguise.

*First, select an ordinary distraction.*

Each week, connect to your heart and ask yourself, "Which Ordinary Distraction is costing me the most in my life and business right now?"

An example might be, "**I don't feel inspired to take action.**"

*Second, observe how it operates in your life and business.*

*Third, ask yourself, "How does this Ordinary Distraction cost you in your life and business?"*

Seek out all the ways that this Ordinary Distraction costs you – in terms of success, happiness, ease, joy, and abundance.

Here are some examples of how the Ordinary Distraction, "I don't feel inspired," might cost you

- **It costs me completing my book**
- **It costs me connecting with new possible clients**
- **It makes me forget how inspired I really am**
- **It makes it feel hard to do anything in my business**
- **It makes me question whether I want to be in my business**
- **I end up taking no action**
- **I end up feeling lethargic and unfulfilled**

- **I end up beating myself up for not following through**
- **It prevents me from sharing my heart with my prospects and customers**

*Fourth, ask yourself, “How is this Ordinary Distraction serving you?”*

You may be thinking, “Well it’s NOT serving me!” Okay, I hear you. At first glance, it might seem that your Ordinary Distraction is doing nothing positive for you. But I invite you to look a little harder. You wouldn’t be continuing to indulge in the Ordinary Distraction unless it were serving you in some way.

All Ordinary Distractions serve us in lots of ways. They typically help us feel not responsible for our unwanted situation. They keep us from changing, which is scary. They also keep us from allowing the bigger, brighter, more powerful parts of ourselves to appear, and this my friend, is a huge favor because the bigger You might want to radically shift and change everything in your life. And that’s scary to the smaller you.

Here are some examples of how the Ordinary Distraction, “I don’t feel inspired,” might serve you:

- **It takes me off the hook by making me believe that without inspiration I can do nothing**
- **It takes me off the hook by making me believe that I have to wait for something outside of me to inspire me**
- **It keeps me from doing the internal work required to staying inspired**
- **It gives me the perfect reason to not take action, and that’s a good thing because taking action can be exhausting**
- **It gives me the perfect excuse to indulge in something that feels good. Because I don’t take care of myself, I need this feeling of not being inspired, so I will have no other choice than to get the rest I need.**

*Fifth, ask yourself, “What is this Ordinary Distraction trying to teach you?”*

Ordinary Distractions are meant to give you wisdom. Period. The Real reason they exist is not to derail your success, but to open you to it. So, look at your Ordinary Distraction and notice all the ways it’s operated in your life. If you look carefully, you’ll see that it’s been trying to teach you the same thing over and over again. Usually the wisdom it’s trying to teach you is somehow linked to the fact that the Ordinary Distraction is completely not true, but just a contrast to help you see the opposite Truth.

Here is an example of the wisdom that might be extracted from the Ordinary Distraction, “I don’t feel inspired”:

**“The lesson it’s trying to teach me to slow down and breathe. I see that I feel inspired when I am present, and looking for the beauty of every moment, but I can’t see that beauty when I’m rushed and disconnected from my heart. I see that inspiration is totally a reflection of my own self mastery; nothing more. And without my inspiration, the people I’m meant to serve suffer. Thus, I have not just the power, but the obligation, to inspire myself. It’s my duty to wake up every day and inspire myself. Stop everything until I feel inspired. Slow down, breathe, connect to my heart and wait for that feeling of inspiration to return. When it does, my ability to manifest miracles arrives.”**

*Sixth, ask yourself, “If this Ordinary Distraction no longer existed in the universe, what would be possible? What is the total opposite thought, belief, or situation that would be present?”*

This question is asking you to see how your life would be if you gave up the Ordinary Distraction. It shows you new possibility.

Here is an example of the new world that would exist if the Ordinary Distraction, “I don’t feel inspired,” disappeared:

**“If ‘I don’t feel inspired’ didn’t exist, I would feel opened to the constant flow of inspiration all the time. Little things could inspire me. Inspiration would flow from inside me. I would never again feel bored. I’d always be in connection with the part of me that feels grateful and excited. And in that place manifestation is easy. Taking action is fun. Results are automatic.”**

*Seventh, ask yourself, “What is the power that this Ordinary Distraction is trying to feed you?”*

Here you are looking for a specific type of power that you can receive – like love, acceptance, wisdom, gratitude, effortlessness, or clarity. It is a state of being.

Here is an example of the power that Ordinary Distraction, “I don’t feel inspired,” is feeding me:

**“I see that this Ordinary Distraction is feeding me the power of effortless manifestation. It’s showing me that I can effortlessly manifest anything I want by simply staying inspired. And staying inspired is REALLY easy – it just asks me to slow down and breathe which I can do any time. ”**

*Eighth, ask yourself, “Where in your life and business could you use this power? How could you use this power in client attraction?”*

Here are an examples of where you could use this power:

- **I often put off sending follow up emails, so I can use the power of effortless manifestation every day when writing and sending out these emails.**
- **I often feel tired at the end of the day when it comes time to make dinner for my family, I see that I can use the power of effortless manifestation to gently, easily, and lovingly chop up the salad and mash the potatoes.**
- **Sometimes I put of writing newsletters because it feels like such a big job. Here’s a great place to use effortless manifestation. Before sending writing newsletters, I can slow down, connect to my heart and effortlessly have the words appear on the screen**
- **Free teleclasses is where I generate most of my business. Thus, I would love to apply effortless manifestation of new clients to that space. I see I can use effortless manifestation when I am preparing to give a free teleclass. Rather than focusing my energy on thinking about what I’ll say, I’ll use the energy to slow down and connect to my heart and allow it to manifest naturally and easily.**
- **I can see that by slowing down and connecting to my heart while I’m with my daughter will manifest a beautiful, loving relationship**
- **I often put off sending follow up emails, so I can use the power of effortless manifestation every day when writing and sending out these emails.**
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**manifestation to gently, easily, and lovingly chop up the salad and mash the potatoes.**

*Ninth, take a moment to honor and thank the Ordinary Distraction. Ask yourself, “Why can you now be grateful for this Ordinary Distraction?”*

Here is an example of why you might feel gratitude for the Ordinary Distraction, “I don’t feel inspired.”

**“Wow, I used to dread the feeling of being uninspired, but now I just see that it’s calling me to slow down and reconnect to my heart. It’s so easy and simple. And what’s shocking is how that uninspired feeling can now bring me to effortless manifestation. That’s huge! It makes me realize that I can manifest absolutely anything. And I can do it by simply becoming present to moments I am uninspired and have that be a reminder to slow down, breathe, and connect to my heart!”**

## ***Ordinary Distractions List***

By consistently focusing attention on transforming the items on this list, one at a time, you will have the power to make new choices, which naturally, leads to new realities.

<b>My Excuses</b>	<b>My Self-Imposed Limiting Beliefs</b>
<b>Habits that Take Me Nowhere</b>	<b>My Unmet Expectations</b>
<b>My Resentments and Blames</b>	<b>My Complaints</b>

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Date: \_\_\_\_\_

**1. Which Ordinary Distraction are you transforming this week?**

**2. How does this Ordinary Distraction operate in your life and business? In the past and present? List the ways below**

**3. How does this Ordinary Distraction cost you? In terms of your energy, behaviors, self-image, and resources? List the ways.**

**4. How is this Ordinary Distraction serving you? List the ways.**

**5. What is this Ordinary Distraction trying to teach you?**

- 6. “If this Ordinary Distraction no longer existed in the universe, what would be possible? What is the total opposite thought, belief, or situation that would be present?”**

- 7. What is the power that this Ordinary Distraction is trying to feed you?**

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- 8. Where in your life and business could you use this power? How could you use this power in client attraction? List the ways.**

- 9. Why can you now be grateful for this Ordinary Distraction? List the ways.**

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