

Ordinary Distractions Warning List!!

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

My Excuses	My Self-Imposed Limiting Beliefs
Habits that Take Me Nowhere	My Expectations
My Resentments and Blames	My Complaints

Transforming Ordinary Distractions into *Gold!!*

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 item 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 Warning List, the more dormant power and success that's available and waiting for you.*

It's a weekly ritual.

Each week, focus your energy 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.*

Each week, list out all the ways you can transform or shift that *one* Ordinary Distraction – so that it's no longer in control of your thoughts, beliefs and actions. Transformation occurs through healing, forgiveness, structure, discipline, new thought, and new action. Give it the love, attention, nurturance, and acceptance it has been longing for.

Next, take a moment to mine out new diamonds in the rough – in other words, add to your list of excuses, limiting beliefs, etc. Let yourself be delighted to find them,



knowing that once buffed, they will be magically transformed into more power and success for you.

Finally, highlight the ones you've transformed. It might be tempting to cross them off your list when you're done with them, but instead think of them as your growing pot of sparkling diamonds. Rather than casting them away, honor them for the gifts they've given. For this exercise, simply go through your list and highlight, or put a star, next to all the Ordinary Distractions that you've transformed. Sometimes when you handle one Ordinary Distraction, others are also transformed, so make sure you give yourself credit where credit is deserved.

Always highlight the ones you've worked on. Even if you don't completely kick the habit, give yourself credit anyway. Transformation isn't always black and white. Even if your fearing thoughts are telling you, "but you really didn't put in enough effort" or "you don't deserve to have this off your list" – highlight it as transformed on your list anyway. The point is to feel good about you! The point is to remind you of your larger power! The point is to discover ease and flow! The point is NOT to frustrate or make you feel a failure. This will only add to your Ordinary Distractions List.

So every week, focus your attention on ONE Ordinary Distraction. At the end of the week, high-light it as turned to gold.

Sometimes Ordinary Distractions can be stubborn. Don't get discouraged if you find that you focus attention on an Ordinary Distraction, and it still seems to operate in your life. You can always add another "I'm not good enough" to your list and focus on it another week. You may end up with a dozen highlighted "I'm not good enough's." --That's a lot of gold!! Rather than making yourself wrong for it not being "gone," trust that your intention and focus alone are cultivating more and more diamonds in your life.

Don't work on the same Ordinary Distraction more than twice in a row. If you focus on transforming "I am not good enough" one week, and you find that it's still really in your way, and you feel inspired to work on it one more week, go ahead and highlight last week's "I am not good enough," and add a new one for this week. But don't focus on it again next week. Sometimes letting it go for a few weeks will be the perfect antidote that brings about transformation all on it's own.

To track your progress, use the worksheet below.

Ordinary Distractions Weekly Worksheet!!

Week of [Insert dates here]

The ONE Ordinary Distraction that's costing you the most:

How do you feel when you think about this Ordinary Distraction? Name the specific feeling. (Angry, scared, upset, numb, disappointed, defensive, etc.)

I feel...

The feeling you mentioned above is your “**marker feeling**,” or the feeling you might “watch for” that could indicate that this Ordinary Distraction might be operating.

How does this Ordinary Distraction cost you? What specific ways does it keep you from taking the actions, feeling the feelings, or being the person you would like to be? List them below.

Transformation requires an element of structure and discipline. Perhaps you could create a schedule, set up instant reminders, keep a diary, create a log, or some other form of specific structures or discipline that will help you take new action. This worksheet and the weekly practice of checking in with your Ordinary Distractions is an example of structure and discipline. What specific structures and discipline can you impart in your life this week?

Transformation requires an element of healing. To heal, look at the “marker feeling” you identified above. Now imagine that a five- or six-year-old child is feeling that way. Close your eyes and imagine such a child. Acknowledge that this little child needs some kind of comfort, love, nurturance, and acceptance.



Ask yourself, what does this child need? What are they longing for?

What are some ways you could care for this little child and give them what they long for?

What is a specific way you could give yourself the same care this week?

Transformation requires an element of forgiveness. While it might not be obvious at first, for every Ordinary Distraction on your list there lives some form of blame. Perhaps you blame yourself, a parent, the economy, the president, your boss, or some other person or institution. In order to move on and live life free of this Ordinary Distraction, it is necessary to give up the resentments that tie you to it.

Who or what do you blame for this Ordinary Distraction?

How could you let go of that blame and send this person/institution hope and new possibility?

Take a moment to send blessings to the other and to yourself for being willing to let go of any resentment or blame.

Transformation requires an element of new thought. Thoughts keep you aligned and loyal to your Ordinary Distraction. The key to transforming an Ordinary Distraction is to identify those compliant thoughts and then shift them to empowering thoughts that live outside your Ordinary Distraction.

What thoughts keep you stuck and attached to your Ordinary Distraction? What thoughts keep you believing your Ordinary Distraction is out of your control?

What new thoughts could you choose to believe in? If this Ordinary Distraction were no longer a part of your life, what new thoughts would be present?

Transformation requires an element of new action. We've all heard the saying, "insanity is doing things the same way and expecting a different result." Each of us has hundreds, even thousands, of automated, unconscious behaviors. Some of them are harmless, while others lead us in the opposite direction of our goals and dreams. In order to reprogram these unconscious behaviors, it's necessary to think consciously about the *new* actions – the actions we aren't already taking – that could lead us in the direction of our dreams.

What actions are aligned with your Ordinary Distraction?

What could be some new choices or actions you can take? What new choices and actions would be available if your Ordinary Distraction no longer existed?