

I'm Stuck In a Rut - Help Me Move Forward



In this meditation, we are going to break through some negative self-beliefs that are keeping us stuck and unable to move forward.

Find a quiet comfortable place to sit and close your eyes. Start to inhale and exhale and focus attention on your breath. Pick one thing you want to change or accomplish.

Turn your attention to your beliefs about yourself. What story do you tell yourself about what you can't change or accomplish? Why can't you? Take a minute to think about it. Fill in the blank: I'm not good at _____ or I could never _____. Know that this is not true; it's just a story you've told yourself over and over. Or maybe fear of failure is holding you back. What would you do if you knew you couldn't fail?

Maybe it's time to experiment and try a new way. Maybe it's not comfortable at first.

Maybe it causes you some anxiety. If it's creating some fear, you know you're on the right track and about to break out of your comfort zone. Do you feel any physical sensations in your body when you think about this new way of being?

Go back to that one thing that you want to change in your life. Is it overwhelming? Most goals aren't even attempted because they are too overwhelming. So, think about one small change toward that goal. Think and make intention to do that one small thing now. Don't overwhelm yourself; just make one small doable adjustment in one area of your life. (I know, we have a lot of goals). It is important to remember that you only have to get through this day. Try something new just for today. Then tomorrow, begin again. You can always repeat this meditation and make new intentions as you accomplish your small steps.

Imagine what it would feel like to

MINDFUL MANTRA: "ONE SMALL CHANGE MAKES A BIG DIFFERENCE."

accomplish the goal or task. What would your life look like? What would you gain? What would you lose? What does it feel like in your body to have reached this goal? Is there excitement? Pride or satisfaction? Pretend you're already there. Act as if, and your body will follow. Allow yourself to really feel the feeling of accomplishment to motivate you to get there.

Now repeat this mantra to yourself "One small change makes a big difference." Now, continue breathing until the sound of the bell. When you're ready, slowly stretch and open your eyes.