

Thriving In Spite Of Circumstance:

A Return To Hope

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Thriving in Spite of Circumstance: The Return to Hope

Undoubtedly, these are challenging times. We are in the midst of **tremendous sweeping change**, and change always brings uncertainty. We are surrounded by an onslaught of unsettling news, as the financial markets react to economic upheaval. The news reports from media outlets are dismal and depressing, actively and aggressively pumping fear into the airwaves and spreading scarcity-based thinking like wildfire.

The fear that the current economic climate causes in people is palpable. Everyone seems to be participating in doom and gloom conversations. It's nearly inescapable. Unfortunately, fear has a way of engendering in people a tendency toward self-centeredness, self-pity, and often causes people to be hostile to one another. Our survival instinct is sharpened, creating an intense focus on what is wrong rather than what is right. The fear cycle feeds on itself, immobilizing us from escape.

There Is Another Way!

It is a fact, that as the economy turns toward recession, people are losing their jobs. Many manufacturing and production facilities are currently downsizing. Some are going out of business altogether. Businesses without enough cash reserves are forced to reduce expenses or close their doors. It is definitely a world where the term "survival of the fittest" applies.

People who've lost their source of income as a result of this economy must find a way to succeed in spite of conditions. How can *you* be fit to survive, and even **thrive**, during this time?

As individuals, we are faced with some choices. **This is our moment of power.** We can spiral down into that dark place of fear and scarcity, following scores of people who can't seem to find a better way. Or, we can live inside these changes, gathering up the lessons that exist for us as a result of new circumstances. What we feed grows, and what we neglect dies. We can make a choice to **feed our spirit** with what is abundantly possible, and neglect every other non-productive thought.

It's true that we grow and develop the most in challenging times. It's sometimes difficult to see the value of these lessons when we're squarely in the middle of them. But trust me, they are there. Ask anyone who has had trauma in their life, and they'll tell you a story about what they learned because of it.

Many **successful people have failed** numerous times – the key is to continue trying. Timing is always perfect, and with each failure you gain momentum toward your ultimate success. Successful people don't focus on the resistance. They have an internal knowing that everything is as it's meant to be. It's an evolving game; life sharpens our skills by presenting us with challenges that ultimately make us better people.

Now we have the chance to reinvent ourselves; indeed to reinvent our entire life as we now know it. During this time, we can **rediscover what is really important.** We can regroup, considering where we've been and what we've learned. We can get curious about our future, and plan ways to brighten it. We can

relax in the notion that we are part of the flow, examining whether the part we play is working for us.

We must **take ownership** of our life. In some way, we have created our current reality. We now have an obligation to pull ourselves up by the bootstraps and find new ways to thrive under any economic situation. Our families are depending on us. We must learn from our past, and think, learn, and act according to the future we want. After all, our future is dictated by our thoughts, our feelings, and ultimately our actions.

How would it feel if we got to know ourselves again? Let's think about what brings us joy, and craft a life filled with ways to feel happy. We can take this opportunity to re-think the work we were doing, and look for a new way that makes a bigger difference or feels more right for us. Finding work that feeds our spirit will lead to a greater sense of fulfillment. This time can serve as a brief **resting place** for us to discover a new way to live and think that better serves us.

The economy moves in cycles – we've seen times like these before and we'll see them again. Our past mistakes can be used productively by vowing not to repeat them. It's very tempting to blame government and business leaders for the faltering economy. It's true that Economic Development experts can **learn valuable lessons** now – looking back on where the focus was as opposed to where it should be. We depend on civic leaders to build strong local economies. They are human beings just like you, and we must remember that **every individual has a part to play in building community.**

Many people are hyper-focused on issues around money – and specifically around not having enough of it. **How much is enough?** The truth is that money is simply energy flowing through us. It flows through our free market based upon

supply and demand, which is affected by constantly changing conditions. The more we resist current conditions, the more scarcity we create by stopping the flow. There is always a way to generate what we need to be a productive part of society.

Regardless of your current status – a business owner faced with reduction of workforce, an employee with no job, a family member whose household took a financial hit due to employment issues – **you have what you need** to navigate these waters. You simply need to listen to that **glimmer of hope** that wants to come alive.

Maybe you've been huddled up in the fetal position, **resistant to the changes** you are faced with. Maybe you're still in denial about your situation. Perhaps you are simply laying low until things blow over. Whatever your stance, just know that this is a time of greater opportunity than any other time in your life. Today, you have **more wisdom and experience** than you had yesterday or last week. You are more prepared because of the minutes of your life that have been lived.

What will you do with your unique talent? Will you step up to the plate and play **FULL OUT**, even when your friends expect you to fail? This decision is completely within your control. But you can't do it unless you find the courage to **push through your fears**.

People are now faced with a **new definition of security**. We've been lulled into a feeling as though if we had a job we were safe. When the job goes away, suddenly the house of cards caves in. We are nothing without our work, and now we have no work and no way to pay the bills. Does this sound like you?

The truth is, we work to live – we don't live to work. When we can really understand that our work doesn't define who we are, the pressure eases. The work

we do gives us the opportunity to create income and move about freely in our lives. **You are the same person with or without a job.** Separating your identity from your work creates new possibilities for you, and returns your self-esteem and confidence.

Where is your backup plan? Where is your faith? How can you tap into the courageous being that knows everything will be all right? The first step is to be committed to doing so. Begin by knowing in your heart of hearts that with faith and endurance, **all things are possible.**

Here are **20 secrets to thriving now:**

1. **Take this time to renew and deepen your faith.** Your higher power will always support you, and perhaps this is a good way to explore the depth of your belief system. **Worry and faith cannot logically co-exist.** Having faith that things will always work out as they are meant to will relieve your tendency to wallow in the depths of scarcity based thinking.

2. Become a more discerning spender. Realize that stuff is just stuff. Make a commitment to **moving away from irrational spending.**

3. **Decide what is possible.** Open your mind to the possibilities that exist for you here and now. Listen to new ideas with a renewed energy that change is positive, unavoidable, and even necessary.

4. Embrace this moment as **perfect in every way.** What you resist, persists, so don't allow your resistance to dominate your life. You are given the challenges you need to grow and develop, and you are capable of overcoming whatever comes your way.

5. **Help others.** There is always someone who could use a hand up. Focusing on others prevents you from focusing too much on yourself. It's impossible to worry about yourself when you embrace your servant heart.

6. Create strategies that are **action oriented**. The universe loves action. Whatever you choose to do, do it with extreme enthusiasm and passion. Do it now. Don't wait for conditions to improve. **Now is the time** for resolute action.

7. Don't get stuck in the blame game. **You are not a victim** of the economy unless you choose to be. Taking ownership for your life gives you back the control you need to make positive changes. There is no point in assigning blame. **Everything present in your life was created by YOU.** Take personal responsibility.

8. Be the change you wish to see in the world. Gandhi said this, and it's a powerful model to follow. When people around you sink into hopelessness, be the one who pulls them up. **Don't allow hopelessness** into your life, and you will be serving as an example for others.

9. **Stop making excuses.** People tend to look for excuses not to rise up, lacking the courage and willpower to persevere. We take an entitlement attitude, rather than clearly recognizing our part in the difficult situation. Stop this now, as it will surely destroy any chance you have of thriving. Start thinking about what you CAN do, rather than what you CAN'T.

10. **Be at cause for your life.** Know that you were created with special gifts that may be lying dormant inside the person you've come to think you are. You can change your story through direct, intentional action. Cause your life to start working.

11. **Educate yourself.** Read voraciously. Take a class. Learn about things that interest you. Immerse yourself in the joy of exploring things you've never discovered before.

12. Engage in personal development. **Work on your inner self.** Ask yourself compelling questions and answer with a total commitment to truth. Work on finding ways to love yourself, and begin to get comfortable with the idea that YOU ARE ENOUGH.

13. **Spend time with nature.** There is always something to connect to in nature, in any climate. Remember that you are a part of everything that exists. There is an interconnectivity that binds us to nature. Understand that you are a part of something much bigger than yourself.

14. Reduce your consumption of news. Instead, fill your subconscious with positive messages. Read books that make you happy, listen to audiotapes, watch uplifting movies, or get into action with something that lifts your spirit. **Turn the television off.** Stop allowing the media to influence the way you view things.

15. **Practice gratitude** for what exists for you RIGHT NOW. Be grateful for the next breath you take. Be grateful for **all** of your experiences. Appreciate the people in your life that love and care for you. There are blessings all around you – focus on what you do have, instead of what you don't have.

16. Remember that **conditions are always temporary.** Always. Recall times when you've been faced with other challenges, and you will see that things get better. This too shall pass.

17. **Get a plan,** and take daily action toward implementation. Having a plan, any plan, is much better than shifting aimlessly through whatever shows up next.

18. Be careful who you spend time with. **Pity parties are unproductive** and demoralizing. If your friends or family are negative thinkers, stay away from them. Find people who see the glass as half full, and model their behavior.

19. Now is a great time to **collaborate with others.** There is power in bringing positive people together to brainstorm new ideas. We are better together than apart.

20. **Take care of yourself.** You need good health to carry you through the challenges you face. Get good sleep, eat healthy foods, and take a walk. Breathe deep belly breaths all day long to calm your body and spirit.

Welcome to the new year, where you can clear the slate and begin again!

About the author:



OK, so it feels kind of weird to speak my own praises. But this is a very personal relationship we're about to enter into together, and you need to know what qualifies me to be in your life.

I have been a business leader and innovative thinker for many years. My family has often called me a "job hopper" (fondly, of course) over the years, because I've made lots of risky moves with regard to work. The thing is, I was always searching for that ONE THING - I didn't know what it was, but I knew I'd know it when I saw it.

So, I tried many different things, and when I became interested in something else, I always found the courage to take the leap! This gave me really great experience getting to know a lot about the diversity in people. I learned valuable lessons about how people think and operate inside different roles in business. I learned the value of building sustainable relationships, spanning over several years. I also learned the importance of being happy in my work.

You see, I've experienced corporate burnout first hand. I nearly let it kill me once - when the stress of a job caused me to become very ill. I learned the hard way how stress affects health, and how sneaky it can be in doing so. When I returned to work (much too soon and still ill) with the solid knowledge that this work would not create my legacy, I had a talk with my boss, asking for an exit plan. The next day, he

gave me one. He fired me! As if this weren't enough, a few weeks later my husband was diagnosed with Melanoma. Strike one, two, and three...in a matter of about 6 weeks.

There is no need for pity here, because these experiences led me to discover my gift and love for coaching. And my husband is now cancer free. I'm forever grateful for the lessons and growth these experiences brought to me.

I've worked as a leader in sales, marketing, management, and operations. I now realize that I was naturally coaching the people around me, in each experience. In 2006, I gained business coach certification through BusinessCoach.com in Sacramento, California. I began my coaching practice in November of 2006, and have since built a thriving coaching practice - coaching people around the world.

I am centered by my belief that people are meant to live with purpose, and committed to helping people cultivate extraordinary lives through their work. We are better together than apart, thus I love collaboration and the natural exchange of energy between people. I love working with people to create ways to have a positive impact on people and the world. I believe in the value of taking personal responsibility, and help people discover the significance of facing the truth about themselves and the life they create.

My primary work is as a legacy coach, exclusively coaching entrepreneurial people who really want to achieve big things, and leave behind a worthy legacy. My promise is to provide a safe and non-judgmental place for people to grow and develop; it's foundation being powerful love. I am intense and driven, with a quirky sense of humor that keeps me smiling. I can be very direct and straightforward, but always deliver it with a pure heart. Centered by integrity, intelligence, instinct and courage – I was born to coach.

I am a published monthly feature writer for several magazine publications, and am actively engaged in public speaking, sharing my unique message with the world. My new-found love for writing began with a thought provoking blog, which can be found at [HERE](#). I've published e-books and produced other products, available [HERE](#).

Last and certainly not least, I am grounded by the unconditional love and support of my husband of 26 years, my two grown children, and my large and fun-loving extended family. Our life is full of laughter and closely held family bonds, allowing me to soar to my dreams.