

To know & not to do is not to know

At what stage do we learn? At what stage do we start to listen? I hear this in my clients and in myself all the time- the frustration and disappointment in ourselves because we KNOW BETTER. My clients will hold their heads in disappointment and say-I know this yet I keep doing the same thing over and over again. My response all the time is the same- to know and not to do is not to know. We know everything on an intellectual level yet we make no commitment to alter our behaviors to “DO” what we know. This process is evident in our language with the wonderful word: “SHOULD”. “I should eat better”“I should exercise more”“I should stop reacting from EGO”“I should not drink anymore”“I should not be around those people/situations”. The word SHOULD tells us that on some level we know better but we are not carrying through what we know in our actions- in fact we are clearly sabotaging ourselves- over and over again! And as we see, the universe continues to throw some painful events at us until we really start to embrace the lessons and the transformation we require to truly development our selves. So, I ask again, at what stage do we learn? At what stage do we really start to DO THINGS DIFFERENTLY? The first step is to catch yourself in your language- look out for those times you are using the word SHOULD or not acting in alignment with something you know. With this awareness we can begin to question ourselves and ask internally what is that we truly know- what is the real message for us. Once we have this we can relate that knowing to the relevant internal value. For example- I know that I should stop allowing distractions into my day- I then bring this knowing to relate to my internal value of FOCUS (staying focused). This step requires you to know and have very clear and empowering values set up- if you do not have that awareness already get yourself coached! Our values become our internal GPS- our internal knowledge, our rules and guidelines for living. Our value system is our manifest for living our lives in total alignment with our full potential. Once I bring my awareness to FOCUS (the relevant value) then I can begin to have clarity on what I am working towards and then begin to question myself on how I can stay and BE more focused. What behaviors and actions do I commit to in order to have focus in my life? Then I act on those behaviors and begin to realize that I am doing what I know so I have amazing new results in my life.

“Moving along the upward spiral requires us to learn, commit, and do on increasingly higher planes. We deceive ourselves if we think that any one of these is sufficient. To keep progressing, we must learn, commit, and do—learn, commit, and do—and learn, commit, and do again.”

Stephen R. Covey from “The Seven Habits of Highly Effective People”