

Let it Flow™

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“Fitness starts on the inside. When you feel good, you look good.”™

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A Fresh Perspective

With each new day we have the opportunity to start over and begin with a fresh perspective. We get a chance to create a day that is satisfying and fulfilling. When your day ends, does it end with a celebration of your accomplishments or with regrets? I used to live in the world of regret, and it's a frustrating world to live in! I once met a wise person who sensed my regret and asked me two questions:

“What would you do if you didn't need approval from other people?”

“What would you do if you weren't afraid?”

These questions left a lasting impact on me. As soon as I could find a pen and paper I wrote down the answers that came to my mind. I began to create long lists representing the possibilities of my life. I imagined myself in a world where I did not make decisions based on what I thought others expected of me and a world where I was not afraid of the unknown. I offer this exercise to you so you can realize your dreams. After all, a life without dreams is a life not worth living. Some of my dreams include: taking voice lessons and recording a top 40 hit, becoming an Olympic athlete, and starting my own business. What comes up for you? Just because you have some answers doesn't mean you have to take action immediately. My chance at becoming an Olympic athlete is probably over, but the question becomes how can I compete on a local level and achieve the same satisfaction?

I believe April is the perfect month for starting over. For me it's like the perfect storm. The coming together of seasons changing, “Springing Forward” with daylight savings, the flowers blooming, and the celebration of my birthday help me to look at life with a fresh perspective so I can live a happy and fulfilling life.

Consider making a fresh start this month. With each new day ask yourself the two “What would I do?” questions.

Be fit
Be well,

Stacey Shipman

What's Stopping You?

Leaving my comfortable corporate job in order to start Let it Flow was, by far, the biggest risk I'd ever taken. I told myself a lot of stories about why I shouldn't make the move. Good thing I didn't listen to myself. Below are a few of the “excuses” I would trick myself into thinking followed by more empowering notions that helped me to be bold.

What if I fail? – But what if I don't? I'll never know unless I try. If it doesn't work out, what lessons can be learned to help me grow for the next endeavor?

How will I survive financially? How will I emotionally survive if I don't make the change? I realized my need for an annual 2 week vacation was a result of wanting to escape my reality. My state of mind became more important than a grand vacation.

“I can't” – Why not? I couldn't come up with a good reason. So I chose to make a simple change to “I can”. (For more on how I made that change, read my April article “I Can Do Anything” on www.HullMagazine.com)

I don't have experience – Oh yes I did. When I re-assessed, I realized 10 years as a part-time fitness instructor, 9 years as a market research manager and 2 years in Toastmasters provided me with more than enough knowledge and experience to get started.

What will other people think? – Who cares? I stopped sharing success and excitement with anyone who didn't understand my decision. Instead, I surrounded myself with individuals who could share and understand my joys and frustrations. The best part is that I also get to do the same for them. In the end, it only matters what I think.

Over time, I realized these fears and stories were made up, and only existed in my mind. These excuses are typical, yet my original answers or road blocks were unwarranted because I hadn't even tried!

There is a dream waiting to come alive in all of us. What are you waiting for? The only thing truly stopping you is YOU.

