



## *Profound Life Lessons*

I am sharing a story with you today that was defining moment in my life. It's just about as deep as it can get for me, now I am sharing this not to sadden you, but for you to recognise the impact of decisions that affect us and don't have any real substance, but we think they do.

We can often stop ourselves from doing something because of some reason that came about many years ago. The problem is, we never question the origin of how we reached our decision, we simply believe it to be true. I had this epiphany while out running. It made me recognise how much a moment in time shaped my decisions up from September 1972 up until a day 45 years later!

I urge you to consider the moment in your life that defined you and consider leaving that moment in the past as I chose to do.

So here is the story. I was 7 years old in 1972 I was at my eldest sister's wedding. I was the youngest person there. I will add to the story that only 3 months earlier we had lost my mother to lung and breast cancer. So we were still a family in mourning.

When it came time for the bride to throw her bouquet of flowers I recall all the important people in my life trying to position me where I would catch the bouquet- but they didn't tell me that, it was supposed to be surprise. It was all organised and I was firmly put in my place to catch the bouquet. Only I had a will of my own and I decided I wasn't going to stand 'there' I was going to stand where I wanted to stand.



So I stood where I wanted to stand, and not where everyone else wanted me to stand.

Of course I didn't catch the bouquet. It was revealed to me right afterwards the surprise that it was all planned for me to catch the bouquet. Can you imagine?

I felt like I disappointed everyone who has put the effort into planning this.

The vulnerable little girl made some pretty big decisions that day. Decisions that have impacted my life ever since and that I have spent 45.5 years overcoming:

1. Someone else knows better than me. Let someone else plan my success or I will miss the 'bouquet'.
2. If I don't do as I am told I will disappoint everyone who wants the best for me.
3. Other people know better than me.
4. I can't trust myself to know best, because when I thought I knew best I didn't get the 'prize'.
5. I have angry defiance for anyone who dares tell me 'where I stand'.
6. I hate surprises, I don't like anyone to spring anything on me. I have that same feeling of 'why the hell didn't you tell me?'

I can't tell you how deeply this one incident impacted my decisions.

Why am I sharing this story? Because I am aware that anytime I had a major life decision to make, anytime I have had to 'take a stand', any time I have had to go against the popular vote, I always went in my memory back to that incident. And I never made that connection until that Sunday a while ago.



I now invite you to consider, when you limit yourself in some way, where is the past connection that you go to that makes you come to your conclusion? Is it helpful? Is it true?

Today is a day to acknowledge the origins of at least some of your limited thinking. And not from a place of blame, just from a place of understanding how you make the decisions you make. You can choose today to release the hold of the past and create now options for yourself.

What decisions did you make and which ones are you now willing to let go of?

Share in the Facebook group please!!

**Got it? Go!**

*Ciao my friends.... until tomorrow.* 