

Mary Allen:

Okay, let me officially welcome everyone to Momentum Mastery Monthly. This is a brand new year, and this is our success call for the month. For each month, you have access to two live calls; one call is focused on your success, the other call is focused on your Inner Peace. Of course all of these calls are recorded, and if you're part of the paid membership program, you actually get two CDs a month shipped to you.

You also can be sure and access the Ning forum which is at momentumnow.ning.com, and that is where you will find the mp3 recordings of all the previous calls. I really recommend going in there, and taking advantage of all the content available through Momentum Masterly. You'll see handouts, and follow-up notes from each of the calls, so lots of really good material for you sink your teeth into that can support both your success and inner peace.

I'm super excited about our call today. The topic is sustainable inspiration, and of course it is the first of the brand new year. Often what happens this time of the year as we set our goals, we get started, and then we notice that some people might fade off into the sunset, maybe not even get started with their goals, and others may really go on and accomplish everything that is on their list. We need to really look at what is the magic ingredient that you need to stay energized and focused on your most important goals all year, so you actually realize them.

That's one of the big topics we're going to focus on today. We're going to be looking at how you can fuel your inspiration, so that you can consciously create and sustain effortless momentum and realize your goals, even ones that seem out of reach, or ones that you've struggled with in the past. And if you notice that your own sense of motivation, or inspiration isn't has charged up, and rocket boosting as you would like, we're going to talk about how we can really rev that up.

So, to kick off our call today, I'm going to talk here probably about 30 minutes or so, and I'm going open things up. Those of you that are here listening live will have an opportunity to get some coaching around your own sustainable inspiration, or share what you're tapping into as your source of sustainable inspiration. To get this kicked off since it's a brand new year, we're going to be talking about motivation.

We want to really start with some top goals. You've probably been doing some thinking already about what's important for you in the

New Year, what you want to move towards, so just jot down what might be three to five of your top goals for the year. You might look at the relationship department. What are some top goals, business career wise, financially, even what kind of goals do you have on the inner peace front? Maybe you have a goal related to your physical environment - to get things organized and systemized or clean and decluttered. Maybe you've got some health goals; maybe you got a goal to have more fun.

So, really kind of just allow yourself to jot down, your top, could even be just one, but one, two, three, four to five goals, and I want to focus in on just a more concentrated number. Then as we go in our call today we want to look at whether you are really connected in to this idea of sustainable inspiration for each of your top goals.

Let's talk about what sustainable inspiration is. I've used that word several times here. Some of you who have heard me speak at my Awakening Beyond Achievement Tour may know what that is, but if this is your first time being a part of Momentum Mastery, you might wonder okay, what's well sustainable inspiration...sort of sounds good.

I like to think of sustainable inspiration as that driving force, that motivation; it's the *why* you really want that goal. It's all the benefits for realizing that goal kind of souped-up into one chunk and that makes your sustainable inspiration. Now, the first thing to really understand about sustainable inspiration is that all of us are motivated by two key forces; doesn't matter who we are, what race, age, color, size, we're all motivated by two things.

We either want to avoid pain, or we want to move towards pleasure. To really sum that up I like to draw a big plus sign for the positive pleasure drivers and then a minus sign for avoiding pain. So, everything comes down to those two as our source of sustainable inspiration. The thing is most of us are not connected to the why, that "why" we really want something. We might name a goal, and intellectually it sounds like a good idea, and we really want it, we totally do, but somehow if we're clear about what we want, that's really the first step. If we're not clear of the target, we're going to run into some trouble.

First step is, and this is one of the things we talked about last month, is how to really, really get clear. You may go back and check out in the Ning Forum the New Year Creation audio, the last call of 2010. That can really help you get clear. If you've got your

clarity, then the next important piece to get in place is your sustainable inspiration.

So, we want to start looking at each one of your top three to five goals. What really is the why? *Why* do you really want this? If you were to imagine you've already realized this particular goal, what would it be giving you? What are the benefits? We want to look at both the pain motivators, and also the pleasure motivators.

An interesting thing you might even just check in with yourself, and you can do it as an experiment over the coming week, and notice in general are you more motivated by the pleasure, the reward, acknowledgement, appreciation, feeling a sense of fulfillment, or contribution? For example being rewarded financially in some way, having some kind of connection. Are you motivated by the positive?

Or alternatively, are you motivated to avoid something that you don't want to experience? We can be motivated by fear, fear of loss, fear of failure. We might be motivated by fear because fear is a very huge category. Fear of death - I mean ultimately that can be something that really turns around people. A life threatening illness comes upon us, and all of a sudden, holy cow, I wasn't watching my diet before. But now we've just revved that right on up, and it becomes a high priority. Why? That's more of a fear of loss than it is to look hot in a swimsuit, right? Very different.

So, you want to check in. There could be other fears, or other negative motivators - losing your house, if you need to make a mortgage payment or to provide for your children. Those are good examples of more of a fear based motivator.

Here is what's interesting. What I found for myself to keep myself focused and on track, and moving forward, I like to figure I'm pretty good at continuing to move ahead, but I'm still human as well, and I still fall back and have to occasionally look and say why do I really want this? I really look at both sides of the equation, the pain motivators, and the pleasure motivators.

But here is a little interesting story. Some of you have heard of Bruce Lipton who talks a lot about quantum physics and cells and science and so forth. One of the most interesting things on one of his audio series was him talking about how they did these experiments with bacteria, and inside a little Petri dish, they would have the bacteria, and they would introduce food. That would be a

pleasure motivator, and they would notice that the bacteria would find a way to move towards the food source when it was added too the little Petri dish.

Good example of moving towards something. Another experiment, they placed a toxin inside of the Petri dish, and they noticed that indeed those little bacteria found a way to move as far away from the toxins as possible. But here is what was interesting. When they presented both toxins and food in the same Petri dish, what do you think happened? Actually, what happened was it didn't move towards the food, they actually moved away from the toxins.

There was food present and available for them, but the pain avoider was much, much stronger. Actually that's true in human beings in general. And that's why you see a lot of marketing is really playing into our fears and into our current pains. They are motivating us into a place, but they know it works. You can also do it for yourself, and move in towards your goal. As you are thinking through each of your top goals, what might be some of your positive motivators, some of your negative motivators?

Let me just share a couple of other examples, real life examples of goals. Some of you may have heard that years ago there was a time when I carried around a hefty sum of debt. I'll say at its peak, it was as high as \$65,000 not something I'm super proud of. At the time of the story it was about \$30,000, and I had just been engaged to my husband John. We weren't married yet, and we found ourselves in the office of our tax accountant, and somehow we got to talking about debt. My accountant shared the story about how he waited to marry his wife five years until she got out of debt. And as soon as he said that, I mean here my husband to be is sitting here and I'm thinking I'm 39, I don't really have five years to get myself out of debt in order to start a family. We want to move forward with things.

What if he changes his mind in these five years? All of a sudden my sustainable inspiration kicked in to a whole other level. I've got to get this handled and not drag this out for years and years. So one was my fear of John going away, and not marrying me. And then it also become, as I started moving forward, out of a sense of respect for him that really even though he wasn't threatening to call things off, it was something that he shouldn't have to deal with coming into a marriage. So I really got myself just totally inspired out of respect for him, and at that time I really started looking around for what I could do that can add an extra income to my business.

I was coaching full time; there wasn't really room in my schedule to add a whole bunch more one-on-one clients. My book the "Power of Inner Choice" had just been published. This is about five, six years ago, and I realize that selling books at \$16.95 probably wasn't going to be my fastest path to becoming debt free. This is when I started looking around for something else that could get me out of debt quicker. At the time one of my master mind partners Eva Gregory was leading year long coaching programs, and I was seeing what she was doing, and it looked like a good structure and was at an affordable price.

And so I sort of borrowed the structure, came up with my own content, and I think it was that December, wrote a marketing letter. In January I did the marketing, contacted everybody I knew that I thought could be interested, started my first group coaching program in February, my second group coaching in March, and proceeded to plan for my wedding. We got married in May, came back from the honeymoon, started another program in August, and another in September, and over that period of time went from \$30,000 in debt to \$20,000 in savings in just that nine month period.

And I will tell you there were times like certainly the first of the year, when I was getting ready to launch this program, I thought oh gosh, I've got this wedding, and that's going to take up a whole bunch of time. Do I really have time to start a new group coaching program? But my sustainable inspiration was so grounded inside of me, that uncomfortable as it was, starting something brand new, something that just was outside my comfort zone, I didn't know if I would be successful or not, but I knew I needed to do something above, and beyond what I was doing. That's what had me keep going.

Even after the honeymoon, I had the same thought, oh gosh, I've already got two group coaching programs, I had a very full client load, I probably had 25 one-on-one clients, but I thought no -- I've got to get this debt handled, and with \$99 a month group coaching program, I was rallying about 20 people into each group.

So I could kind of predict what kind of income this could get for me, and sure enough because my sustainable inspiration was significant enough, I was really able to stick with it. I've been debt free ever since. So it's something very doable. But again if I hadn't

gotten emotionally connected to that source of inspiration, who knows maybe I still would be in debt after all these years.

So, another example on the business front, later, I'm debt free, but my husband has got two startup businesses. We were really wanting to move forward in creating a family, and I'm older, so going with an in vitro fertilization process, (IVF) was looking like that was going to be the option they could help to get us pregnant.

I didn't have all this savings built up. I just barely got myself out of debt, so again I needed to look for what is a source of income that I can go out and create. So I ended up creating a program called Beyond Six Figures for Coaches, teamed up with Eva Gregory, and we basically put together a program to teach coaches how to launch and lead their own group coaching programs.

I can tell you at least a gazillion times in the planning of that program, I wanted to postpone it, wondering are we ready for this? I don't know if I've got the time that it takes, getting all the marketing right, and so forth. But again because I had it linked up emotionally that this meant that we can move forward and create a family, it kept me in the game, and allowed me to move forward. So that's really enabled us to move forward, and actually create the family that we want.

Another example: a couple of years ago, because every so often, I like to come up with something to flex the discipline muscle, I don't know quite how long go it was but I decided I was going to take a hiatus from drinking wine. So it was during one of my periods, I don't know a 30, 90 day period of just no wine, no alcohol, and I was talking with a friend of mine about this, another wine lover, and she was like, oh my gosh, I could never do that. And at the time I'm like of course you could, we can do anything when we have the right leverage.

Sure enough, almost a crazy example, but I think it was maybe a year or so later, she actually got diagnosed with a brain tumor. She had a seizure, and there was some serious stuff going on, and because of that, the doctors told her that she cannot drink alcohol with the medication. The medication plus alcohol would make her more prone to having more seizures which could be life threatening. She just had two baby girls. So, do you think her sustainable inspiration kicked in just a little bit? She wanted to be there to provide for her family, and get to see them grow up. Her health, her life was at stake, and so I believe she ended up not

drinking for a couple years. And it wasn't that hard, not really, because the sustainable inspiration was really locked in place.

She's now totally fine, recovered. I actually just saw her the other day. Three years ago is when this happened, and actually about a year ago they said she would be fine to drink wine if she didn't over do it. A happy story there in the end, but a good example again, of sustainable inspiration.

One source of sustainable inspiration can really just be around keeping our word, really making a commitment. Sometimes you see this when people commit to doing a marathon, and they collect donations. You collect all these donations and really the only way you're legally able to collect them, is if you actually do the run. Recently, a friend was doing a 500 mile bike from Northern California to Southern California, and collected all these donations. It serves as a commitment to follow through with that physical challenge, running a marathon or doing a walkathon of some sort.

I know the same thing was happening when I was writing my book. They had a yoga competition that you could pick to do either 60 days of yoga in 90 days, or 90 days of yoga in 90 days in Bikram yoga. And first off, a friend said oh, I'm going to do the 60 day one, and so there was a little bit of competition. Sometimes competition could be a good motivator depending on your own internal makeup. So that was the first motivator for me, but then once I got started, and also started raising money for whatever the foundation was for, I really got committed to this 60 days of yoga in 90 days.

It happened to be the time when we were just finishing getting my book off to print for "The Power of Inner Choice" and so literally I was mapping out my schedule when I could get all these workouts, and so, that I could absolutely meet my deadline of getting 60 days of yoga in 90 days. So again accountability, little bit of competition, little bit of obligation to follow through for a charity, and also even just for the sense of pride, a sense that just to know, and to say that I did it.

Another example, I was coaching a girl at one of the Awakening Beyond Achievement events earlier this year, and she wanted to do some live event of her own, and to get started, but some of the fear of I don't know if I can do this was creeping in for her, and we started checking in, and asking some questions, so what would be

the positive impact if you do these events? For her, she's all about health.

Well if she does health then maybe she could prevent somebody from getting diabetes; maybe she can prevent 100s of people from getting diabetes by making a shift right now around their health. If she started getting connected to that, all of a sudden, the light switch went on and she then felt like now she *had* to do this.

And part of that is coming around from tapping into her own true sense of purpose. I know that can be a real driver. You get that sense like I've just got to do this is. It's uncomfortable, but I've got to write that book; I have got to go and create that key note speech, or I've got to get this message out some how into the world.

So those are some examples. Could be just you're sick and tired of being sick and tired. One of my other clients was really working on organizing boxes, and she happened to listen to a tape of some kind of counseling session she had done with somebody a couple a years ago. She heard herself sharing the exact same challenge about wanting to clear out all these boxes in the garage, and get this organized, and she kind of got so in a way pissed off at herself that she hadn't gotten this thing handled that.

She decided, this is it, I'm sick and tired. I'm just getting this done. She hired a professional organizer to help her, and stayed focused on this, and she actually finally got this project done.

I'll tell you a structure that worked for me, in the organization department years ago, I was living in houses that were on the market for sale, so, I would basically stage the house with my furniture, and making it look more homey and warm, and it would help the house to sell. In exchange I would get to live there for a whole lot less than normal rent, which when I first moved to Southern California, that was a very welcome thing to do.

And I'll say it also served as a source of sustainable inspiration, because we had to have the house in the certain kind of order anytime a realtor was going to come by and show the house. Instead of just waiting for the realtor to call, we had to have the house showcase ready pretty much from 8:00 in the morning until 6 o'clock at night. That meant dishes done, beds made, things picked up, and it served as a really phenomenal structure to develop those habits around organization and decluttering. Not that

I recommend go sell your house, go live in one of these homes, and you'll develop the habit, but just to get yourself ideas of other ways to get yourself tapped into that proper motivation that you need.

And one last example: I don't know how many people here on the line are motivated at all by check marks or stars, but I was just talking with two of my clients this morning that that totally works for them. One of them, every year that we've worked together, we introduce creating a little spreadsheet where on the very first column were all the habits that he wanted to do each day. So everything from exercise to taking his vitamins to hydration. I think there's four 20 oz. containers of water on his list all the way down to affirmations, meditation, reading. All these things, and then across the top of this Excel spreadsheet, it's numbered one to 31, and there is a little box. If you just imagine one sheet of paper and then boxes that go all the way across, and each day he gives himself little x's, little check marks for the ones that he does each day. He gives his water check marks, work out check marks. To continue throughout the month, you know you're either looking at lots of white space, or as soon as you're seeing the white space, you're like, okay, maybe I didn't have a good day yesterday, but I'm hitting it tomorrow.

So, a really, really great structure there, and it's one of the things that I did for years to really cultivate that habit of discipline; getting some of the health habits down - reading, meditation, affirmations, connecting in with visualizations, all of those things. It helps huge, and still to this day a little structure I use sort of like check marks, but in my monthly calendar, I work off of a month at a glance calendar, and all of my appointments are written in pencils. But all of my workouts are written in pen in capital letters, and then I circle it, so at any given month I can look and see how active I've been.

I love, love, love, I've associated lots and lots of pleasure by having lots of workouts in there. Last year wasn't one of my better years, but this year I'm already recommitted and literally I've got something in every single day so far. I had a back spasm last night, so my chiropractor says I can't workout the next day or two, but all the rest of my days are really full, and you can bet that I'm going to be squeezing in at least one walk, so that I can count that as one of my exercises.

Again it's a positive motivator, and it's also a negative motivator in that -- I associate pain with the white spots. So that's kind of another structure that you can use as a sustainable inspiration.

One of my other clients this morning was talking about the new year getting back into health, and so forth, and one of her colleagues basically said okay if you don't get in your one hour walking in the forest, which was going to be her exercise, then you need a consequence and the pain is that you're to pay a \$100 to my favorite charity.

Alright that was the one time structure, and we just talked about that again for her commitment for the coming week, that there is some kind of consequence if she doesn't follow through. So of course if you're not totally connected to it and honoring and following through, then it can be just one other thing, but if you really take it seriously, it's a phenomenal inspiration source.

So lots of ideas there. Say, for example, you're looking at your list, writing down some of the benefits you'll get, why you want this, some of the pain, and it's not really kicking in for you. Let me throw a couple more at you. Lets take one of your goals and think about what that is and I might ask you if we were coaching you here live on the call, do you consider yourself more liberal or more conservative and more democrat or more republican.

And lets just say you say, hey I'm definitely more liberal, then I might say okay if you don't realize your goal in the next 90 days, then you're going to need to make a \$1000, perhaps a \$5000 contribution towards the Republican party. There are clients that I have done this with. Oh my gosh, all of a sudden they get in the cells of their being that they really could do this if that was a leverage, because holy cow, there was one time for one of my democratic clients, and it's more painful that his wife is even more liberal than he is. If he would have to give money to the Republican party, the payment he would have from his wife on the judgment of that would be excruciating for him.

So, here is another example. There is a book called, "The One Minute Millionaire", by Mark Victor Hansen, and I believe Robert Allen, and the book is actually a two part book. One part of the book is a story about a woman who is confronted with a very serious challenge.

Her husband dies, and the step parents come and basically take away the children, and basically say unless you can raise a million dollars of income, and show that you can be a good provider, well, you'll never see your kids again. Holy cow is that leverage or what? Absolutely right? So the story goes about how she goes throughout the next 90 days, and taps into every resource, and into her own psychological shifts and shapes doing what she needs to in order to make a million dollars of new income, not borrowing it from somebody, making it, earning it in 90 days.

So the book is about half of that story. And then the other half of the book is all about financial strategies to make money which is the name of the book, "The One Minute Millionaire". So think about of that if somebody were to take away your sweetheart, or your children or a pet, if you didn't get that book published, and get that out, or if you didn't drop that 20 pounds that you've been wanting to do for a long time, or if you didn't finally just get your office in order, it's like could you do it? And of course with the proper inspiration anything really is totally possible.

So let's do this. I'm going to just open up the line, and if you're calling from a place that's noisy, you can always press * 6 to mute yourself, or just mute your own line. Let me just check in and see if anyone has any questions or need a little help finding some sustainable inspiration. Or alternatively, sounds like you maybe tapped into some good things, who would like to share a new source of sustainable inspiration for you that you've identified for one of your top goals? We've got the lines open.

Juanita: [ph]

This is Juanita

Mary Allen:

Hey Juanita.

Juanita:

The consequences really struck home with me. I've worked at so many things. I have a mind that will set a goal, like signing up for your course and doing the thing, and then the book doesn't come and I let it go, whatever. And just not being able to hang on. My mind will change from one priority to another. And I am retired so I don't really have a consequence if I don't do these things and yet I want meaning to my life, I want structure to my life, I want to feel good about me.

Mary Allen:

Yeah.

Juanita:

And --.

Mary Allen: And that's really a good motivator, when you get really connected that you know I've done enough of floundering or whatever the word may be, I'm going for meaning. I'm going for aliveness, and to not have aliveness equals pain.

Juanita: Yes, and I've been on a lot of calls, and I don't speak up. I press in tonight I get talked too, and it's like oh no, now I've got to come out of the closet. I can't just be quiet. I'm just used to sitting back and not having to do anything, and yet I've just got in a group of women that I met through another course, and we're being awesome, spiritual supporters and motivators and just there for one another. And they are telling me how my gifts are here, and that they are really appreciating what they're seeing, and I'm finding out that I'm not -- who I decided I was, which was fairly inconsequential - that that I do have something to offer, and yet its like how do I come out of the closet? How do I motivate myself, and just do some of these things?

Mary Allen: Exactly. First off, really just recognizing and even artificially amplifying the pain; you can artificially inflate some of it. Some of it's very real, I can hear that in your voice that's it's painful to just let your gifts be muted and to sit and hang back and not really give the full gifts that you are meant to give. So part of it is I'm so done with that, so then it's about totally associating pleasure with self-expression, with speaking up, so every time, like right now, really allowing yourself to feel triple or quadrupled good for sharing into this space when it's something that you wouldn't have normally done.

So it's turning up the rewards and certainly putting yourself in the environment where that's really welcome, so really great idea that you're here.

Juanita: Yes, and that environment that I'm truly welcome, this is the first time that I've done that. Who knows what excuses or what reasons I've had for not having support, putting myself in a group of support, but finally evidently identified what a group of supporters would be like, and I created that for myself. And now to have a place where people are saying gee, Juanita, I really liked what you've said, may I share that with someone else and it's like what?

Mary Allen: Yeah, well that's what happens.

Juanita: And so this is extremely exciting and yes, amping up what I'm doing.

Mary Allen: Yep. We can play with both sides artificially and that's really one of the keys as we're going along, we can tap into these benefits and our driving force and the "why". So one thing we can do is we can actually, you can actually write out a paragraph for each one of your topics why this is really important? What your sustainable inspiration is and then you can read it, either daily or once a week. And continually to come back to why is it that I really want to fully give my gifts in the world? Why is it that I want to really cultivate a sense of meaning?

And get into some of the details for that; whose lives will you be able to touch and who else might you spur on to a path of personal or spiritual growth because you've shared openly with them who you are?

Juanita: Right.

Mary Allen: Another thing that I talk about a lot is also one of the audios you'll find in the Momentum Mastery Forum is on the compounding effect of our choice. It's also chapter three in the book, "The Power of Inner Choice". And if you want it really fast, you can go to lifecoachmary.com. It's actually one of the free chapters I give away, when you sign up for my newsletter on my homepage. But the compounding effect of choice is a great source of sustainable inspiration. It says that it's the little things that don't seem to make any difference in the moment, but the compounded effect over time makes all the difference in the world.

So really thinking of the simple disciplines, those little choices, any action in the moment - maybe speaking up one time, is that going to change your whole life forever? Well maybe not, but if you keep doing this again and again and allow that compounding effect to kick in, pretty soon who knows? Maybe you'll be leading calls, and inspiring more people, or inviting people into your home, and creating even more of an impact.

Who knows? The compounding effect of our choice has often served as one as the sources of sustainable inspiration. It's sort of the insurance that if I stick with the plan, ultimately the benefit will come.

Juanita: Right, and to be able to speak up this time for the first time I came on the call, feeling my small self just sitting there being very content to hide. And then you spoke to me, and I was so shocked, and for me to listen to you, and say I'm done with that. I don't know, part of me says you're going to go back and hide in the closet real soon. And the other part of me says you know I think now that I've done this, and let my voice out there to be heard, that I'm taking it that this is going to make the huge impact.

Mary Allen: Yes. Well, I invite you to come back the next week and be sure and share at least one thing on the call; we have another momentum call next week.

Juanita: Alright thank you.

Mary Allen: And there is another source of potential sustainable inspiration which is accountability. It's like okay, you've just now publicly committed to all the people here on the line including me and yourself, and especially the more real we make that accountability the better.

Juanita: Absolutely.

Mary Allen: Yeah. very good.

Juanita: Got it. I'll see you next week.

Mary Allen: Okay good. Who else would like to share either something they have identified as a source of sustainable inspiration or wanting some coaching or input to rev up an area for you. I know we've got lots of you out there, I can see you.

Gaile: [ph] Hi Mary, this is Gaile.

Mary Allen: Hey, Gaile.

Gaile: I'm going to share a bit more about the accountability piece.

Mary Allen: Yeah, good.

Gaile: I'm having a love-hate relationship with at the moment, but I took on walking-my-talk in a whole new way in my life. And then publicly announced that I was going to blog about it. Having that kind of hanging over there like that an opportunity to share with people what's going on inside of the whole project has been really

helpful as on going inspiration to keep me engaged in what I'm up to from a very empowering place that'll make a difference for me and for others.

So that's one of the ways to add accountability is to do whatever it is that you're up to in some public fashion.

Mary Allen: Yes, nothing like saying okay, I'm going to be blogging consistently about Project Heaven on Earth, which is your project right, and what is the blog site for people?

Gaile: projectheavenonearth.wordpress.com.

Mary Allen: So projectheavenonearth.wordpress.com, so people can go and check that out and see that number one that you're indeed reporting in on it.

Gaile:: See one of my blog is like, oh god why did I take on blogging really? So I just wanted to piggy back on your sharing about the accountability and like if I take on accountability with one person, that supports me, but if I take it on with like the whole community then I'm, personally much more -- I'll do it.

Mary Allen: Much more connected to it.

Gaile: I'll actually do it.

Mary Allen: Yeah, I totally get that. Last year, Gaile, you were a big part of the Awakening Beyond Achievement Tour, because once I sort of made this announcement that, okay we're going on this five city tour, you sort of make a certain hoop la out of it, boy, then I've got to follow through. Of course there were times when like I'm really going to go do this?! But right, we had to follow through.

Gaile: That's right.

Mary Allen: And fill up those chairs. And I hear you on the love-hate relationship with the accountability. Sometimes it's like I just don't want to be accountable. But to the extent we can make it fun, it really can end up working. There is a gal that I've connected with on Twitter, and she does some running and some Bikram yoga. And somehow we got connected with Bikram yoga that we were both just getting back into it, and you know but oh, so painful those first few times going back. And somehow after the first of the year, we sort of became accountability partners with work outs.

So everyday we're like, okay. I made it to the gym, yeah, or what are you doing tomorrow, you know, way to go. So we're kind of like just back and forth.

And I'll tell you, it's been a rough couple weeks, but now these last few days have actually gotten to be where I am wanting to go, because now I'm so hooked on it, feels so good, instead of oh, I just I don't want to feel lethargic and not walk my talk.

Gaile: Usually yeah, fun factor.

Mary Allen: Make it fun, nice. And I am sure you're also, Gaile, really connected in with just the impact of what Project Heaven on Earth can do for others like how --

Gaile: Yeah, that's always one of my accesses to sustainable inspiration, is the differences that I might make by taking that action of sharing that thing or whatever.

Mary Allen: Yeah, and then the flip side of that which is if we believe at all in sacred contracts, that there are certain people that you were meant to inspire and contribute to, and make a difference to on this journey, that its -- if you don't do this so...

Gaile: I'm feeling the pain.

Mary Allen: Right. I remember Suzanne Evans, and her partner, she does a weekly newsletter, and I think it was one week when Susan wasn't quite coming together with the newsletter, and her partner came to her, and she is like, Suzanne, these people are relying upon you. We've made this commitment. They need you. Right, okay let me get on that. So good, thanks for sharing that.

Mary Allen: Anyone else want to share what you've identified as a sustainable source of inspiration for you? You can take Juanita's lead and speak into this space if you've never done that before, or if you have.

Is there somebody speaking up there? Okay. Let's do this. Are there any other pieces that I didn't cover? Well, just as one other tip to rev up your sustainable inspiration now, and again it's an ongoing basis. We need to sometimes come back and get connected again and again but one thing that also can help is looking to see what emotional muscles can help support your sustainable inspiration.

You can again go back to Momentum Mastery Forum. There is at least one call that's fully dedicated to emotional muscles, so you can find that and learn more specifically about that. But for example, this is going to fit with Juanita. She is wanting to really cultivate meaning and really speak up more; she might engage the emotional muscles of confidence.

Whatever natural level of confidence she has, she might constantly spend a little bit of time flexing what that would feel like just speaking up, to really go for her life in the fullest fashion and try and find, trying to take all the places in her life where she is experienced confidence. Kind of one by one layer those on top of each other, so that she can deepen her own sense of confidence. Kind of like going to the gym and working a bicep muscle. It's really picking an emotion and consciously working on deepening it in your own mind and then in your own body. So confidence could be one.

I've talked a lot about working out since it's been one of my focuses these last few weeks. The emotional muscle of anticipation is another emotional muscle that has made a big difference for me.

I was focusing on the anticipation of feeling my body jump into those work out clothes and dash out the door and eagerly jump on the exercise bike or make it to a yoga class. And really thinking about it all day and the anticipation is almost like Christmas, that has really worked to kind of amp up my sustainable inspiration for working out, may also be useful for Gaile on blog writing or in anything, anticipating speaking up and sharing openly.

So I guess that's sort of sums that up. We're at the top of the hour here. Let's do a quick check in. Anyone that would like to share something that they're taking of value from today's call. We've got the lines open.

Mary Allen:

Okay.

Gaile:

This is Gaile. I'll share. I've heard this many times, you know I've been in your courses. And it's not a new distinction for me, but what I'm taking away from today it is landing once again as a reminder that I'm like in charge. Like I can set this structure up to support myself, and fulfilling on whatever it is that I'm interested in and up to, and that lands today as a really, I'm really grateful for the reminder.

Mary Allen:

Thank you. Very good, and anyone else like to chime in with something of value you're taken from today's call. Of course, we've an optional speaking requirement here, so okay, so we'll do this. Let's just wrap up for tonight's call. I want to thank all of you for being part of today, and really invite you to just be connected to your source of sustainable inspiration. I'll remind you also that we've got our next Momentum Mastery Call next Tuesday, January 18th, at 5:00 p.m. PST /8 p.m. EST.

And specifically, we'll be talking about lesson number eight from "The Power of Inner Choice" on embracing reality. It's really about aligning with 'what is', which is one of the most core key principles to creating greater inner peace in your life. So, with that, I'll wrap for tonight; looking forward to rallying with all of you next week.

And with that have a wonderful evening, and for you Gaile, have a wonderful day there in Thailand. Bye everyone.

[End of Audio]