

Now What?

Randy Pausch was a professor at Carnegie Melon who was diagnosed with cancer and decided to deliver his now famous, Last Lecture. In this talk he shared what he learned about life and what he wanted those who lived beyond him to know. One of the most powerful moments was when he talked about hitting the brick wall, or road blocks. He shares how most people see these as places where the universe has told us to stop, and yet, those that are truly determined, those that make the greatest progress, don't see them as stopping points, but rather as places to dig deep and push through.

Change in any way will present us with many many road blocks. Sometimes it is timing. Other times it is the lack of support. Other times it is the length of time and persistence it takes. And other times it can even be discouragement, finances or doubt. In those moments, it can be easy to decide to quit or that this is too hard or that maybe this change wasn't the right thing after all.

So let's think about what you want to start/change/implement before the end of the year. We've been working on the agreements you have made and also the excuses that you give. Today I want you to focus on potential road blocks that could happen. If you can see what they might be then you can build up defenses and a strategy to stop yourself from going down that path and repeating a cycle that keeps you stuck or without change.

1. What are potential road blocks in your life?
2. Do you feel supported by those around you? If not, where can you find support? (You can always join the Finding Joy group Live Your Brave on Facebook)
3. What are some strategies to help you keep on track?

effort

JUST BECAUSE SOMETHING IS
EASIER SAID THAT DONE
DOESN'T MEAN IT CAN'T BE DONE.
DON'T USE THAT TO STOP YOURSELF.
IT DOES MEAN IT WILL TAKE EFFORT.
LISTEN, LIFE IS TOO SHORT
TO NOT FIGHT FOR THE RIGHT THINGS.
MOST AMAZING MOMENTS AND CHANGES HAPPEN
NOT BECAUSE IT WAS EASY, BUT BECAUSE YOU DIDN'T
QUIT, YOU FOUGHT FOR IT AND YOU PERSISTED.

ORIGINAL WORDS BY RACHEL MARIE MARTIN
FINDINGJOY.NET
THE BRAVE ART OF MOTHERHOOD

Some ways that I have kept myself on track when I'm working towards a goal is by tracking the days in a row that I complete the task. You've already been doing that in this ebook with the weekly checklist. May I challenge you to print out a calendar and to start putting giant red X's on the days where you push through your goal?

Music also helps, reminders on my phone, friends, post it notes and micro goals. Micro goals might be like this: if you're training for a 5K you want to be able to run the whole thing without walking by x date. Or you want to get it under this time by x date.

Week Three End Well

The importance with a micro goal is to choose an end date. Since this course is designed to push you through the end of the year so you have a jump on 2020 then you might choose 12/31 as your date. Effort is relentless. We can think a goal a dream, but until we put forth the effort it is just a thought.

1. Do you spend more time thinking or acting on a goal?

2. What motivates you?

2. Who do you need to connect with so that you stay on track?

Write out your goal, commit to it. Look at it every single day.

Now, one other important truth about pushing through is that there will be days that are uncomfortable. I refer to these times in *The Brave Art of Motherhood* as the Freak Out. The Freak Out spaces are really the times you are in the midst of pushing through and you cannot go backwards but you have so much left to go forward and you can't see the finish line or the results. I give the example of the pioneers on the Oregon Trail - and how after several months - they were in the middle of having to push through. They could see remnants of those around them, they could see those that didn't make it, they could see precious valuables dropped on the side, and yet, they had no option but to keep their eyes up on the horizon and to march forward.

One of the most powerful visualizations in this is the idea that so many of them let go of things that months earlier they didn't dream of dropping. So often there are places in our lives where we cannot imagine dropping a habit, a relationship, a routine and

Week Three End Well

yet, there comes a point where we have both the bravery and clarity to see that it needs to be let go of.

1. What mindset do you need to let go of?
2. What can you change it to? Reframing is a powerful tool.

Remember in the beginning how I compared stuck to being like a vehicle in the mud? Here's the truth about that vehicle - no matter what - with enough determination, enough focus, enough strength, enough help - it will get out of the ditch. And then whatever was broken will be fixed. The vehicle will get washed. It will drive again. And the memory of being stuck will become one of those places where you remember, where you learn, where you moved forward from.

It's the same in life. Just because you feel stuck today doesn't mean that you will always be there. There will be a day in the future where this space becomes a space in your memory. It will teach you about your strength and how determination matters. You are worth having faith in that, my friend.

Keep your head up, don't look at what isn't working. If you focus on the problems, then your mindset is on the problems, not the opportunity.

1. Write down an accomplishable goal.
2. Now, write down a big dream, a big goal, one that if everything was perfect you'd have no problems completing.

Week Three End Well

You are going to work towards both. Your accomplishable goal is your daily goal, it's your month goal and the big goal? Well that's your life posture, that's who you are, that is who you were created to be.

That small goal supports it. In fact, every single thing you do every single day supports it.

End strong. You won't have perfect days. You'll have days where you stumble. You'll have people who question you. You'll have days where you'll question yourself. Don't look at those as stopping places, instead, get up, try again.

I believe in you.

~Rachel

Feel free to keep tracking a daily habit below.



enough

YOU ARE ENOUGH IN YOUR STORY.

YOU ARE ENOUGH WHEN YOU
FIGHT FOR YOUR HEART.

YOU ARE ENOUGH WHEN YOU
TRY AGAIN AND AGAIN.

YOU ARE ENOUGH WHEN LIFE IS MESSY.

YOU ARE ENOUGH WHEN LIFE IS GOOD.

YOU ARE ENOUGH.

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