

CONQUER YOUR KNOWING - DOING GAP

Being able to bridge the gap between what you KNOW and what you actually DO is a game changer. There is a belief, or a series of beliefs, that are causing the GAP. Here's your invitation to see what's in the way, clear the wreckage, and integrate your KNOWING, BELIEVING and DOING.

What do you want for dinner tonight?

Most likely one meal just came to mind you definitely **don't** want. It's human nature. You run through the things you're opposed to first. When given a tad bit of time - and maybe a little nudge in the right direction - it's there.

The things you **don't** want are the things that float in the shallow water. Where you can still most definitely touch.

The things you actually **do** want? Well, those things are the real gems and they are found in the deeper water. Now deep water can be treacherous and yet it can also be full of adventure and discovery. All depends on your perspective.

Staying in the shallow water is actually the more dangerous way of life. The shallow encourages you to play it safe, but it's a false sense of security. A safety that says things like:

- *This keeps swirling in my head, but I know it's silly and it doesn't really mean anything...*
- *Everyone else I know doing anything great runs at this pace too...I have to push harder, do more...if it's not hard or taxing it means I'm not doing enough...*
- *That's just who I am—I've always been hard on myself—what can you do?!*



What if this is just the GAP speaking and not the *real you*?

The GAP between what you know to be true and what you do.

What belief has hijacked the truth?

The shallow end is just that...shallow. It kicks up water as the same old things get tossed around. Round and round. Back and forth.

Wash.

Rinse.

Repeat.

Do you ever ask questions without waiting for an actual answer?

- What's going on here?
- What's her deal?
- Why does this have to be so hard?
- Are you seriously coming to me with this?

Swirling in the shallow. Asking but not really *asking*. Feeling irritated but not really *feeling*.

Venturing into the deep water is ultimately a grand invitation to connect.

Connect with the *WHY*. Not just the *WHAT*.

- Why does she bother me so much?
- Why am I doing this for them?
- Why am I afraid of not doing enough?

Why has this seemingly silly stupid thought been with me for as long as I can remember? The shallow water tries and tries to dismiss that thought, distract you, keep you from the invitation. Swirl some more...move on. Get over it.

The deep water beckons you to slow your kicking legs and immerse yourself in what is actually happening.

Ask.

Listen.

Be.



You can't make decisions about keeping *it* or letting *it* go if you don't know what *it* is. What are the messages inside you? Why are they with you? Instead of trying to get them off you, how about considering just *being* with them?

- What are the messages saying?
- What do they feel like?
- Where did they come from?

Resist the disconnection.

Disconnection says I don't have time for this. I'm too uncomfortable. It starts to justify that thought and determines the very next action.

What keeps bobbing around you are clues to where you disconnected.

The key to understanding the disconnection is found in the deeper water. The thoughts that have anchored most likely long ago are holding the key to the *what* and most importantly the *why*. Being with the anchor means questioning what's really going on here...what am I feeling...what belief is driving this?

The tricky part is you think the disconnection is external.

You know, *those people* that did *those things* no matter how big or small. They chose to disconnect from you in some way. Or many ways. And in response, you unknowingly disconnected from your full true self. You adapted. You made a way. But it's not who you *really are*.

It's time to connect all your parts.

Decide what to keep and what to relinquish—completely ditch and abandon.

It's time to integrate.

Bring your thoughts, beliefs and actions together. The integrated leader is fully capable of cultivating a culture of connection.

Connected people are ALL IN.

They are productive, creative, collaborative. They offer ideas and receive feedback. They are mission minded.

Mission driven people have been in all the waters.

Their very being emanates a way of rest, not fear or proving. Rest comes from the reckoning. Integration breeds a posture of rest. A posture of rest breeds curiosity. Curiosity fuels experimenting, discovery, creativity and more connection.

Are you ready to venture into the deeper water? What are you waiting for?

So, how can you can get out of the shallow and dive into the deep? How can you **DO** what you **KNOW**?

Below is a quick exercise to help you get specific - take a few minutes to sit with the questions and genuinely dive in.

What's Your Knowing - Doing GAP? Let's get to the root of what's preventing you from operating as your full self so you can integrate what you **KNOW**, **BELIEVE** and **DO**.

List 3 examples of something you say **DO** even though you **KNOW** better:

1.

2.

3.

In the above examples, what's happening that you **DON'T want**?

1.

2.

3.

What in these same examples **DO you WANT**?

1.

2.

3.

What's blocking you from moving from the *Don't Want Waters* into the *Do Want Waters*? Meaning, what thought or belief keeps popping up for you causing that GAP?

1.

2.

3.

Now it's time to reckon with it. Let's define reckon as bringing everything into focus.

Specifically dealing with what's there.

- What theme is in play?
- How can all the situational examples be bundled into the theme?
- What belief bundle is wreaking havoc on you?
- Where did it come from?
- What does it do for you?

Whatever *it* is...Be with it. Keep what is in alignment with you. *Relinquish what doesn't match.* **Go be your integrated self.**

If you've found these simple questions challenging or *even weird* you're not alone. Most people don't stop to consider what's right in front of them. It's tempting to jump to a solution without really understanding the problem, issue, person, circumstance...

When you're ready to conquer your GAP and desire a proven framework contact us. Together we can start bridging your KNOWING and DOING with unstoppable mission momentum.