



The Person with the Fewest Rules Wins

One of the greatest gifts that you can give yourself is to take some time out to rethink your personal set of rules. Regardless of your age or what you are involved in at the moment, the rules that you embrace effect your decisions, your openness to positive change, and even your thoughts about your worthiness to succeed. When I refer to rules in this context, I am not talking about your principles, guiding values or religious beliefs. I am focusing on those beliefs that you have internalized about you – your strengths and weaknesses, what is possible for you, how far you can go, how deserving you are.

Interestingly, many of the rules that you live by have become part of the weave of the fabric that is “you” without you consciously knowing it. If not dealt with and depending on how far out of whack these rules have become, they can devastate a business. Taken to extremes, they have destroyed results.

The great news is that once identified, these rules can be modified or eliminated, and the energy previously used to support these fictitious rules can be redirected to pave the way for more success, peace of mind and fulfillment.

Is it possible that you are moving through your life without knowing what conclusions you have already made about how far you will go, how much fun you will have, the quality of the relationships you will experience or whether or not you will actually reach your dreams? Let’s check.

This blog was created to help you reach goals that you had previously thought were not possible for you, and in order to create that kind of success for yourself, I am going to ask you for a commitment. Play full out with me! I know that this may not yet feel like fun – but it will become extremely fun as you progress through the process. So, in the words of Jerry Maguire, “Are you in or are you out?” I knew it! Let’s keep going.

The first step in this process is to learn how to bring these adverse rules to surface so that you can become skilled in conducting pre-emptive strikes on them until they are no longer part of your mental composition. In the upcoming posts and videos, we’ll explore methods for getting these rules out of your way. I hope that you will subscribe to the blog and take part of the power that comes with a more deliberate approach to mastery.

Remember, the person with the fewest rules WINS! That can be you!

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