

Follow-Through—A Master Key to Accomplishment

Getting to the Root Cause of Lack of Follow-Through



You Are as Awesome as This Plane! You can take you where you want to go!

We have three internal guidance systems. Let's examine all three and discover which one needs to be piloting your plane. The three systems are:

Which of these three guiding systems is sitting in the pilot's seat of your plane?

Intellectual Guidance System Includes:

- _____
- _____
- _____
- _____
- Creates good _____

THE INTELLECTUAL GUIDANCE SYSTEM HAS NO _____!

PRIMARY ORIENTED GUIDANCE SYSTEM--The Root Cause of Lack of Follow-Through

The _____ thinks up your desired outcome. It creates your conscious intention. The _____ creates an unconscious intention. The unconscious intention is the root cause of the lack of follow-through often leading to self-sabotage. The unconscious intention will appear as a "*feeling*" that will move you toward or away from your intention.

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The Primary Oriented Guidance System also Consists of Three Systems Your Experiential Mind—Your Core Beliefs—Your Emotional Nature

Experiential Mind operates by _____ rather than logic.

It is the seat of practical applications (common sense that isn't so common)

The experiential mind may have drawn erroneous conclusions about your self based on your early life experiences. Depending on the seriousness of traumatic situations, your old perceptions become the basis of your reactive process. You will notice the greater the emotional involvement; the more extreme the experiential response. The rational-reasoning mind does not kick in when the experiential mind takes over.

Many of our beliefs, especially about ourselves, are formed by the time we are seven years old. Carefully examined, we will rarely, if ever, find evidence for the validity of our damaging beliefs about our self.

These old beliefs cause us to be emotionally reactive, out of proportion to current events. An example of that is when we feel inadequate; we won't even make the effort to attend to what triggered the feeling.

Here's How the Experiential Mind works:

- Put simply, you have an experience; and this mind automatically draws a conclusion about the situation. That conclusion is re-enforced every time you have a similar experience. Your conclusion becomes your truth and the bases for future decisions.
- What the primary guidance system cares about are your feelings and emotions.
- It notices and you respond to your most intense feelings and sensations.

Core Beliefs

The experiential mind responds to the conclusions and interpretations that formed your **CORE BELIEFS**. _____ form your deepest "*feelings*." These **CORE BELIEFS** become your unconscious truth, valid or not.

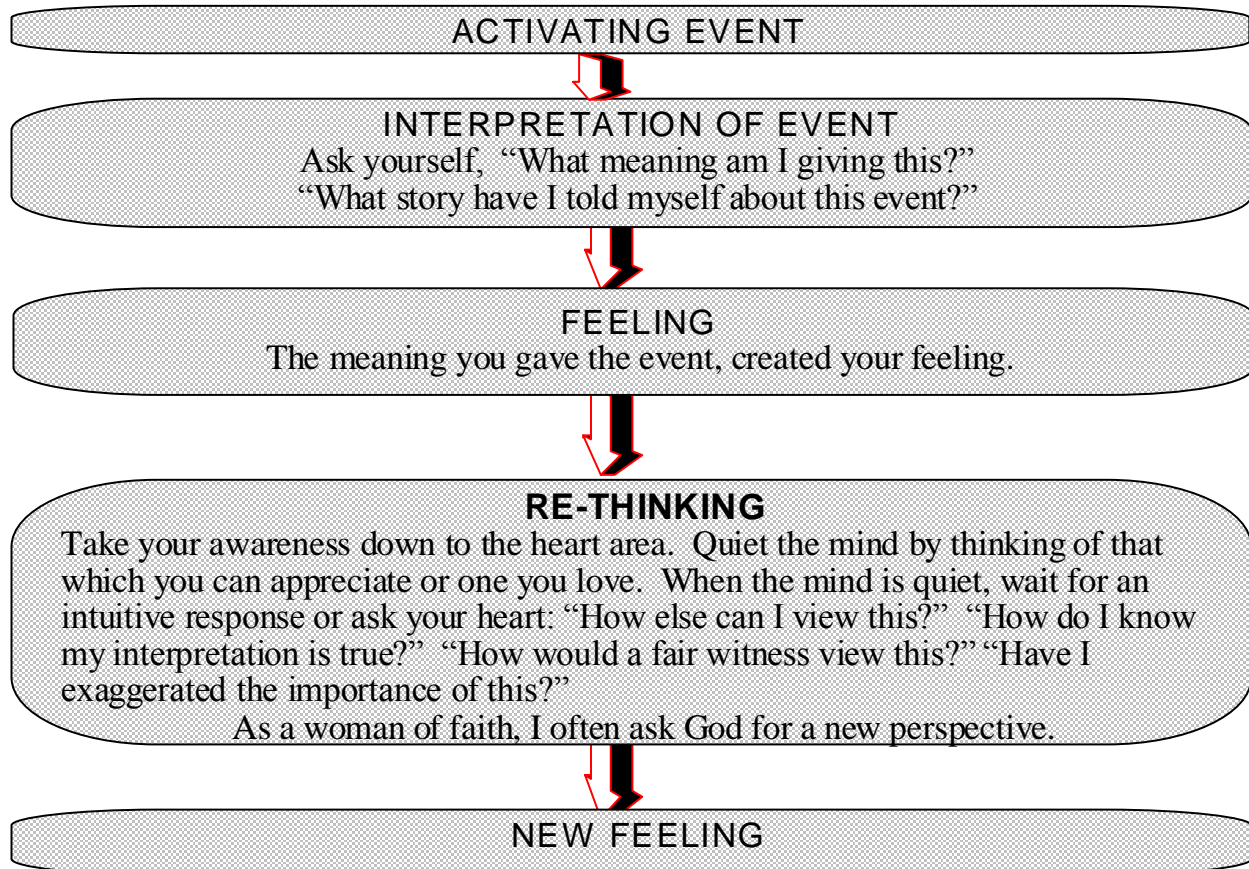
We give power to those *feelings* to act or not act. We all too often treat *feelings* as facts.

Feelings that trigger self-doubt keep us from following-through on our good intentions.

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Raising Your Emotional Intelligence

UNDERSTANDING THE EMOTIONAL PROCESS



To master your emotional nature, you will want to start observing what you tell yourself after each activating event. Ask yourself the questions: "What did I tell myself about this?" "What supporting evidence do I have to know it is true or a fact? You may want to check out your perceptions with the subject involved.

You can gain mastery over your emotions through your own self-questioning,

You mainly feel the way you think or believe. When distressing or frustrating things happen at point A, the emerging feeling is from your thoughts or beliefs. When core beliefs are irrational, we need to bring them to the heart intelligence for new insights.

There is no quick fix to change your personality and strong tendencies to upset yourself.

You really change with a system, work, and practice! Your Work and Your practice!

***"Be gentle with yourself when you upset yourself.
It's always an ongoing process"***

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Essence Guidance - Your Highest state of Consciousness

This is the highest part of who you are and your inherent guidance system that you need to work with the other two guidance systems to make the best choices and decisions.

This is the most powerful part of you and needs to be in control of who is PILOTING YOUR PLANE.

The Essence Guidance Systems Consists of:

- _____
- _____
- _____
- _____
- _____

How do we activate the Essence Guidance System?

Listen to Your Gut Feelings, your inner voice, your heart, your intuition and your spirit. Learn how to tap into your heart intelligence and stay in present time.

You are the doer of the deed, but you are not the deed. Don't get your identity mixed up with your doing. As the doer, you will make mistakes. Mistakes are like flats, just fix them and move on. Mistakes are a creative way to learn ways that don't work.

The goal is to allow your Essence Guidance System to observe both the Intellectual and Primary systems and make the final decision with its wisdom and spirit of truth. This takes time and conscious effort to develop a new way of being that unlocks many doors.

Become conscious of what part of you is making the decision **TO follow-through or Not follow-through**. Develop a strategy to ignite the primary decision making system to develop the feelings that move you to follow-through on your good intentions.

All three guidance systems have a distinct advantage; until recognized, the primary guidance system is the most influential. Which guidance system is sitting in the pilot's seat of your plane?

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Assignment: Make a list of your Good Intentions on which you have not followed through.

Look at your list. Determine what it has cost you in your: WORK, RELATIONSHIPS, FINANCES CAREER, SELF-ESTEEM.

COST: _____

Once your cost has been identified, it is easier to allow your rational mind to take over and make the decision to act regardless of how you feel.

May you achieve all your goals, dreams, and good intentions!

Bobbi Sims

Resources:

Resource for understanding the Experiential Mind: *Constructive Thinking-The Key to Emotional Intelligence* By Seymour Epstein

Resource acquire Heart Knowledge: *The HeartMath Solution* by Doc Lew Childe & Howard Martin (Don't let the title fool you, it is full of great exercises)

Resource: The Emotional Process *Handbook of Rational-Emotive Therapy* by Albert Ellis

If you would like to explore other avenues on follow-through I recommend:

Following Through—A Revolutionary New Model for Finishing What You Start

by Steve Levinson, PhD and Pete C. Greider, MEd. Their approach is different and does not deal with the experiential mind, or the essence, and it is well done.