



The Punk Edition

Dynamic Designs for Education and Change

Energy. Excellence. Tenacity

"For an effervescent life, keep your thoughts fearless, your emotions constructive and your actions venturesome..."

The Disconnect Between 'I Want' and 'I Have'

Have you ever known you wanted something in your life, but for some reason it has remained out of reach? It could have been a career move, a close relationship, a resolution to a family issue, a new car—anything!

You want it! You can articulate how much you want it, why you want it and what it will give you and yet somehow this thing has remained elusive and unattainable?

If you can relate to this then read on...



Image credit: www.infoworld.com

As a coach and facilitator I am blessed to work closely with people—luckily because people are my passion! And in my career revolving solely around people, I have come to realize how common the above scenario is. It is a narrative I hear very regularly and one I have experienced on numerous occasions as well!

What is going on when we can tell the narrative of our desired life or situation so well, and yet remain so disconnected from it?

I have had friends who have talked about wanting to move into their own business for years but still work for their same employers.

I have known people who have wanted to leave their relationship yet stay put, year after year.

I know these are not uncommon tales and I am sure you might know some of these people too! Maybe this same affliction even hits you from time to time.

The questions is, why does this happen? And furthermore, how can we rectify it?

Continue on next page..

How to Start Getting More of What you Want

Issue 4 October, 2016,

Special Events

How about a Hen's Night with a Difference?

Do you have a group of friends longing to get more out of their lives and relationships? Would you like to discover, in the comfort of a group of friends, how to run your emotions instead of being run by them? How to access powerful and resourceful states? How to make sure your beliefs are supporting your desires?

Contact PunkPD today to find out how!

Exclusive Offers!

Have you considered Couples Coaching?

Two people invariably bring their own values, goals, expectations and habits into a couple. Friction between any of these elements can inhibit a relationship, its forward movement and its longevity. Coaching provides individuals in relationship with the skills knowledge and techniques to bridge gaps, communicate effectively and grow forward together.

Read more about Couples Coaching experiences here: <http://www.punkpd.com.au/page9.html>



Image credit: <http://unisci24.com/212393.html>

Why Do We Get a Disconnect Between 'I Want' and 'I Have'?

So, we know the value of deciding on a path and sticking to it to get what we want. But what if we are on our journey and still not getting what we want? Chances are, our path could benefit from a little construction work...

Here's some brain maths for you: what we believe = what we get. In order to get what we want, we have to get clear about what we believe.

I'm not talking about the 'manifestation' principal spruiked by new age philosophy in which we attract the things we want in our lives by believing them into existence. Rather, I am

referring to the *unconscious beliefs that steer our life choices*.

Our beliefs about life, love, marriage, what we are capable of, how much we are valued, who we are, how people function in the world and myriad other examples are all developed throughout our childhood and reinforced by all subsequent experiences. As these beliefs are formed unconsciously as our brains make patterns, connections and assumptions, we function under many beliefs we don't even consciously know we have. How many times have you heard the reply to a question about why someone considers something wrong, right or black or white: "I don't know why. It just is."

We rarely question our beliefs. Why would we? They just seem 'right' and 'natural' to us. The problem is they can often be based on situations and connections that are not founded or serve no functional purpose. And yet our beliefs govern the direction we take our lives and are continually

reaffirmed in the choices we make.

We have to have the beliefs in place that will best help us get what we want. Consider these the support structure to our dream or goal. We also need to identify and delete or change the beliefs that are stopping us from getting what we want. Another way of looking at this, to continue the path metaphor, is to view the beliefs that we have

as the actual path. If the beliefs are congruent and supportive of what we say we want, the path goes in the right direction. If our beliefs do not support what we say we want, the path does not go towards our goal.

What we believe drives what we say and do. If there is a disconnect, there is dysfunction.

While consciously we might make certain choices, our deep unconscious beliefs dictate how successful we are at those choices. If we believe we will fail, we will. If we believe no-one will love us, they won't. If we believe relationships always end, our relationships will always end! Have you ever thought about buying a new car and suddenly noticed that type of car everywhere you go? Or longed for a relationship and all of a sudden you see couples everywhere? Or babies? Or a Mustang? It is because our consciousness has been alerted to look for these things. *Having a belief functions in a similar way!* No matter what, we will-consciously or unconsciously- gravitate towards situations, places and people that confirm our beliefs.

It is so important to drill down into our belief system, especially when it comes to the two main channels in our world that can bring us the most joy: the beliefs about who we are and what we can achieve; and our beliefs about relationships.

What Happens When We Have a Disconnect?

In order to have successful lives and achieve something functional and positive, our beliefs must align and support what we say and what we do. Otherwise, we will do and say things that align with our unconscious beliefs but may not actually be what we want.

What we believe paves the way for our words and actions. What we do, what we say and what we believe have to be as closely aligned as possible!



Success lies in the centre where beliefs, words and actions overlap.



The demonstrates focussed energy.

If what we believe, do and say do not align, we end up stuck in a tug of war with our energy going all over the place.

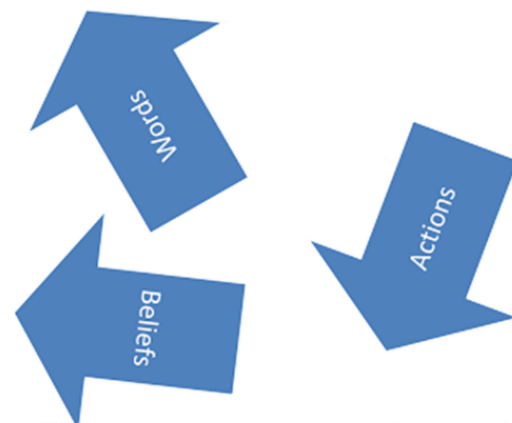
To illustrate this, my friend Elise tells her story: *“When I met my ex fiancée, I spoke about men with negativity. I ranted at the TV when there were happy endings. On one level I wanted desperately to have a relationship with this man and on the other my beliefs were not allowing me to. There was a continual value conflict going on which meant that my actions were*

inconsistent. How can a woman who devalues men have a functional, trusting relationship with a man? How can a woman who lacks faith in relationships get engaged with any hope to achieve a successful marriage? Or in my case after a string of engagements, even a successful bloody wedding!”

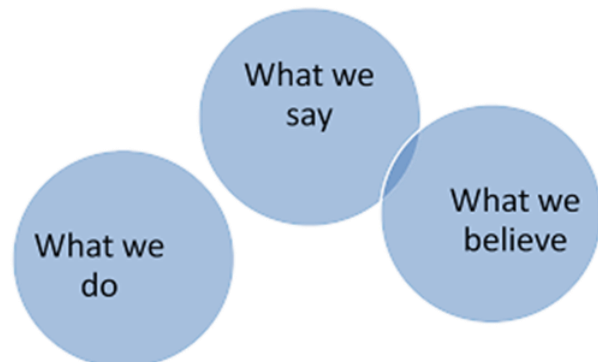
The short answer is- she can't! There was no alignment.

The more disparate the directions of our beliefs, actions and words, the more torment we are likely experiencing.

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The energy is going everywhere and leading nowhere.



There is little overlap or consistency.

How Do We Make The Connection?

If you are finding yourself in a situation where you aren't getting what you want, take a good hard look at what beliefs are underlying your attempts. If things are continually not going right in an area of your life, it is very likely because your words, actions and beliefs aren't aligned.

"When working through why another relationship of mine had failed, I had to go deep and unpack the beliefs I had about relationships in order to create a stable relationship future from my unstable relationship past. This was no easy task but if I hadn't realised that my action (getting engaged) was in stark contrast to my beliefs (relationships are doomed to fail and men are out to hurt you) and my words (bloody men, typical males), I would have continued to repeat the same patterns." (Elise).

Give yourself permission to take the time and unpack the situation for yourself using whatever means works for you. This may include:

- Quiet time to think and reflect
- Reading books on self-discovery to prompt your thinking
- Journaling without judgement or trying to control what you write— just letting the 'free flow' occur. You can also try asking yourself specific questions and journaling your response. Some helpful questions to consider are: what do I believe about this? Is this my voice or someone else's? If I could wake up believing something new and resourceful about this situation, what would that be? What would that change about my situation?
- Talking to a friend or trusted adviser. Word of caution here, you want a friend or adviser who is going to challenge and push you to discover, not just someone who will 'commiserate' with you.
- Get creative with art or your chosen form of self expression
- Meet with a Meta-Coach. A Meta-Coach is trained to access beliefs and the unconscious mental structures and processes we create. This is a very different kind of coaching than GROW coaching which focuses on behaviour.



Photograph by Mariana Insomnia: Deviant Art

Continued on the following page...

How Do We Make The Connection? Continued...

Unpacking continued:

- Stay conscious and stay curious! If you notice a particular behaviour or thought pattern come up, pay attention and ask yourself some questions. Pay attention to *your body and your thoughts* to find out what your beliefs are. Is something feeling right or making you squirm?
- Ask your friends to nudge you if you speak about the topic to help you pay attention to your words.
- Keep a list of all the actions you're taking (or not taking) regarding something you want.



Image Credit: Mintoools.org

A word of caution here, as I have already mentioned, our beliefs are unconscious and can be difficult to uncover. So if you don't know straight away, just stay curious.

If it helps, work backwards! Ask yourself 'In order to achieve this, what do I need to believe?' This is a great process to find out what your real beliefs are because you will be able to recognise if the beliefs you have differ from what you would need to believe in order to make something work! Stay conscious in this process and keep asking yourself questions!

Beliefs:

What are your underlying, deep beliefs about this? Do they serve you anymore?

Words:

What are you saying? What language are you using? Is it constructive or destructive?

Actions:

Are you taking any? If so, in what direction?

Take the time to do this and you will re-navigate yourself in the direction of what you want, taking strong and confident steps. No more forks in the road, u-turns or construction zones for you!



Abby Elizabeth Rees is PunkPDs Principal Consultant, a self-confessed 'education junkie', University Lecturer, Education and Empowerment Writer, Behaviour and Change Specialist, Executive Meta-Coach and artistic thinker.

Energy, Excellence and Tenacity capture Abby's drive and personality.

Thriving on new challenges to design for education and change, Abby leads with a level of energy that earned her the nickname '240' (240 Volt) from her former colleagues. With the tenacity of a Rottweiler, Abby lives and breathes her design projects, providing her clients with a commitment to excellence that is unparalleled. Abby has a lively personal presence, strong interpersonal skills and uses a wide range of innovative and inventive techniques. With rich experience in facilitating diverse groups, Abby has delivered a range of corporate training and developed education, change and communication tools to meet individual needs.

In addition to being recognised with numerous National and International awards for her work, Abby embodies the cliché of 'life-long-learning' and has achieved:

Masters of Educational Leadership

Sustainable Leadership Fellowship Scholarship

New York Un-School of Disruptive Design

Bachelor of Education: Inclusive Education

Graduate Certificate in Public Relations

Executive Meta-Coach Accreditation (ACMC-P)

Neuro-Linguistic Programming Practitioner

HBDI Accredited Practitioner

Graduate Studies in Narrative Therapy and Ethics in the Helping Professions



THE INTERNATIONAL
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Coaching at a higher level for success and transformation

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