

Getting Rid Of Head Trash: Five Thoughts That Are Holding You Back

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“You have no idea how unfocused I am. I can’t finish a task to save my life. I’m sure it is because of how lazy I am. I have always been prone to distraction.”

I am on a zoom call with my client, Carry, listening to her talk through her most recent challenge prioritizing at work.

“I know my colleagues think I’m focused,” Carry continues, when I point to the results of her recent evaluation, showing positive marks in drive, focus and follow-through. “But they don’t know the real me. It might look that way from the outside, but if they could see inside my head, they would know the truth.”

Thoughts drive behaviors and behaviors drive impact. For many of my clients, some thoughts feel so solid, so intrinsic or even so inevitable, that to contradict them seems impossible. But serious change requires we examine the thoughts and beliefs driving our actions — exposing those that are helpful and those that are holding us back — in order to fundamentally create the lasting shift we want.

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