



Finding your Inner Wisdom

Why is finding your inner wisdom important?

Much of the time we don't give much thought to the decisions we make, and many of them don't need much thought. We've either automated them – I just get on my bike to go to work (no need to decide shall I walk, drive or take the bus), or we just take them as they come, working through the tasks in hand.

But sometimes you can get stuck, there's a situation with a colleague you don't know how to handle, there's so much to do that you have no idea where to start.

You could ask a colleague, a friend, a partner, your boss, the board.... but if you just do what they say, will it be the right choice for you?

Far better to be able to find your inner wisdom (which might include listening to advice from others)

Why is it so difficult to find that inner wisdom?

Lack of Practice

We're so used to our usual ways of doing things. Maybe you're someone who writes down the pros and cons or maybe you always follow your gut feeling. Or maybe you always consult others if you're stuck or confused.

Time fears

In a sticky situation, things can often feel urgent so the idea of taking time to find your own inner wisdom can seem like a waste of time.

Lack of self-confidence

When it's a big issue or a new dilemma you can feel ill-equipped and your less confident you inside is busy telling you that you can't cope, it's beyond you, you'll never manage, maybe you're in the wrong job.

How to find your elusive inner Wisdom.

1. Stop

Yes, I know you're busy and you've got to get this thing, whatever it is, sorted, but trust me, stop for a moment.

2. Feel

Yes, feel. What's going on with you? Where is it? Do you feel it in your stomach or your chest maybe? Maybe it's in your throat? And what is it you are feeling, can you name the feeling? – Are you angry, guilty, embarrassed, afraid or something else?



3. Accept

So, now you know how you feel, you can acknowledge it 'I'm afraid' and accept it. It's an emotion. We all have them, all the time. It's really useful information for you.

4. Find out why

You've probably got here already. Your feeling probably came along with a reason 'I'm afraid they'll think I'm incompetent' 'I feel embarrassed that I made such a stupid mistake' 'I'm angry that he doesn't pull his weight'

5. Accept

So, you can accept the reason too. You might feel your emotion is justified or you might see it's a bit silly – for example, you don't need to feel embarrassed about mistakes, everyone makes them

6. Now you can think

Now all that noise is out of the way, you can see things more clearly and you can think. So, believe in yourself, remember you have probably got the answer somewhere and take some time quietly to think it through. You might actually want to talk out loud, or scribble down all your thoughts as they come but stick at it.

7. Look sideways

If just thinking doesn't get you there, try to be imaginative, trick your brain a bit. Say 'if I had all the money (or time/ friends/ resources) in the world, what would I do?' Often you will come up with something that doesn't need lots of money, or you'll have thought of a way to get the money too.

8. Leave it

You know how sometimes you forget someone's name and you try so hard to remember it and then it turns up unexpected when you're doing the washing up the next day? Well, your brain can work for you on other problems too while you're busy doing something else. So, leave it, if you can, even just for half an hour, and come back fresh.

9. Are you there yet?

You've probably reached your answer by now but if you haven't you've at least found out some very important information about your feelings and you've taken the heat out of the situation.

10. Sometimes it's good to get help.

Most of my clients are stuck with something or other. They've tried to find their inner wisdom but have failed. I help them to get there, to find their own answers through the 'magic' which is coaching.