

What Is Your Willingness To Participate?

In What, you say ...

Your Financial Affairs; Relationship; Health; Work/Life Balance; Personal Development; Mental Peace; Spiritual Growth; Emotional Comfort etc., etc.

I had a great reminder last week at 'Life Changing Docos' showing of 'Cancer is Curable Now' at the Arts Centre on the Gold Coast. The filmmaker Marcus Freudenmann and his wife spent five years researching Cancer Patients, their Doctors and Healing centres globally.

What really hit me, while no surprise, were the main criteria used by the healing centres when taking on clients. It was not about money etc., rather it was unequivocally a person's Understanding and Willingness to Participate in their own healing! ***They had a far better success rate when a person participated in all areas of their life*** – that is, they would be prepared to address the Mental, Emotional, Physical and Spiritual aspects, in healing.

What a great analogy for any area of life such as the list in the first paragraph of this text. I have had clients who rated themselves as a 'seven' out of 'ten' in willing to do what it takes to get the outcome they came to me for – and wondered why I wouldn't work with them!

So my challenge to you is as follows ...

1. Look closely at just **One** area of your life needing to change presently
2. Be really honest – meditate on it – see what is the underlying issue
3. Ask yourself what has been your willingness to Change and rate yourself '0' to '10'
4. Now, ask yourself what is your current willingness to Change on the same issue

Ok, if the rating hasn't changed – you're stuck! Accept it!

If the rating shows an increased willingness to Change – that is, ***Do What it Takes***: you have TWO CHOICES ...

1. You will know what you need to do – with increased motivation – Just Do It
2. You don't know what to do (or lack motivation) and may choose to enlist a professional to assist

A client of mine said recently he was concerned he still had a pattern he has displayed for years. I said 'for one, have you had an improvement over these recent years?' 'Oh yes, undoubtedly' he said. Next, I asked him how many hours a day does he spend on personal development. His voice over the phone went quiet as he instantly got the message.

I am continually exposed to people who are in denial of a behaviour or pattern in their life that is no longer supporting them. My heart goes out to them yet I know there is nothing anyone can do for them until they are ready to take action. Sometimes we need more pain!

What is *Your* Willingness to Participate? 😊

Many Thanks ... Jeff Allen ... Ph 0412 737065

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