

## The FAST Pathways® Academy – Fine Tuning Your Inner Guidance



Life is full of decisions and choices – you make hundreds of them every day, most of them without hesitation. But the tougher decisions can build up, feeling like a real obstacle, stopping you from moving forwards.

This can be amplified even further when the decision affects other people. What you want can become lost in a stream of considerations about who else it impacts, what's best for them; and the possible side effects of each of the options. About what's expected, and what other people would think if you make a certain choice, what that means about you as a person.... And all the time, as the implications get more and more complex, you get more stressed out.

This is a technique for fine-tuning your inner guidance – that gut feel that gives you the certainty about the 'no brainers'; strengthening its signals, so that it becomes easier to separate what you really want, from everything else – from all the other expectations and considerations.

It can also be useful when you've made a decision, but you just seem to keep getting in your own way, putting it off or setting it aside. That might be because, rather than being what you really want, at the deepest level; it was someone else's choice, or an expectation that you've gone along with – and your mind can be very creative with its distractions and delays.

For this exercise, you'll need a couple of pieces of paper, something to write with, and enough space to take several big steps from side to side. It's a technique for making decisions clearer, so begin by choosing something on which you've become stuck – struggling either to decide, or to get started – it can be as big or as small as you like. If you've nothing at the moment, then simply listen to the step-by-step guidance, and come back to do it when you want to get un-stuck and moving.

It might be that the answer you get wasn't what you were expecting, or even hoping. That's the answer of your outside-awareness thinking (which shapes your behaviour and emotions) whether or not it's aligned with your on-purpose thinking.

So if your 'Yes' or 'No' has consequences to be dealt with, take a little time to think through how best to do that. Perhaps it means letting someone down, or walking away from an investment that you've already made. Acknowledging it, and planning how to do it as smoothly and responsibly as possible, clears away the stress of the indecision.

Perhaps you got a 'No' for something which you're going to have to do anyway. Being aware that you're doing it for reasons other than genuine want, will help you go about it differently; avoiding the stress and internal conflict which it may otherwise have caused.



Even when your gut reaction is a surprise to your conscious awareness, differing from what you'd have expected; following it more often is a great way for the parts of your thinking to get along better with each other. And as that inner conflict reduces, life can get a whole lot easier.

## Day-to-Day Inner Guidance

Once you've fine-tuned your inner guidance, and started to notice more clearly the differences between your inner 'Yes' and 'No'; as well as using them for the big decisions, you can start to use them more, day to day.

You can re-visit and strengthen those internal signals every now and again, looking through your lists and building each of the feelings, so the differences between them become strong and clear. That way, you'll notice them as they happen, without having to repeat the exercise with each decision you've to make – so that even the every day decisions get easier.

If you're feeling overloaded, with more to do than you've time for, this stronger inner guidance can also help you prioritise: Managing your time differently, to make sure you do what really matters, and finding other ways to deal with the rest. Maybe you keep a 'To Do' list, to help keep track of things. It can be quite satisfying, crossing things off once they're done. But if things are getting added on to the list faster than they're coming off, it can become more stressful than helpful.

Or maybe, there's that one thing which has been languishing on the list for ages, which you're making yourself feel really bad about, and still not doing. Before you add anything to the list, get into the habit of taking a few extra seconds, to check it out against your internal signals. If the thing's a 'No', the chances are you're going to keep putting it off, making yourself feel guilty about not doing it.

Is it something you really have to do? Be brave about admitting that it's not going to happen. I still struggle with this sometimes (I tend to add non-essential to-do's, declaring that I'll find time somehow...). But if something's a 'No', I know it won't happen without some extra effort or adjustments, so it's much more likely not to get added to the list.

If a 'No' really does have to be done, change the characteristics of how you're picturing that thing, or talking to yourself about it, until it becomes more attractive. Make the pictures big and bright – seeing it through your own eyes as you get it done. Letting yourself feel that satisfaction (or relief) at having it out of the way.

Make the voice in your mind sound encouraging and supportive, as you imagine each of the steps to getting it done, and the great feeling you'll get finishing it off – as you get really good at tweaking your thinking, you can turn it to something you can't wait to get to!