



# DreamLift

August 2007

*a monthly newsletter from*

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*Imagine that every person in the world is enlightened but you. They are all your teachers, each doing just the right thing to help you learn perfect patience, perfect wisdom and perfect compassion.*

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[www.inspirationpeak.com](http://www.inspirationpeak.com)

## **It Only Seems So Far...**

I'm sitting in my office watching a fly. For the last 10 minutes, it has repeatedly bashed itself against the pane of glass in my window. It wants to go outside. It can see it...if flies can taste, it can probably taste it. Freedom. It's right there...but the fly just cannot reach it.

Here's the thing. Three inches to the left, the window is wide open. The fly could go free. If only it moved three inches to the left.

How often do people create the illusion of barriers and barricades, when the truth is that a minor shift in thinking could mean freedom?

How often do I bash myself against the window when the opening I seek is mere inches away?

That little, frustrated fly taught me quite a lesson.

I'm sure you've heard the expression, "If you always do what you've always done, you'll always get what you've always gotten."

Do you intend to keep hitting the wall? Or, are you willing to at least entertain the idea of another option?

What would it take to make that little shift? What small step could change everything?

## **PLAYTIME**

I want you to experience the great and amazing difference a small change can make. So, of course, I have a little exercise for you.

Pick the area of your life in which you regularly feel most frustrated. Just one. If you're having trouble coming up with one, here are some possible areas:

- Career/Business
- Relationships
- Children
- Finances
- Personal Development
- Health/Fitness
- Recreation

Pick the one area that tends to generally create a feeling of frustration.

Next, think about your "typical behaviors" in that aspect of your life. For example, if you chose Career/Business, these might be some of your typical behaviors:

- I get involved in too much gossip
- I waste time
- I assume too much
- I am afraid to express my opinion
- I allow things to get too frustrating before I address them, and when I do, I tend to explode inappropriately

Now, it's time to make the shift. It's time to move those three inches to the left that can make all the difference.

Pick one behavior and ask yourself these questions: "How could I do this just a little differently? What is a small step I could take that that could bring a different outcome?"

For example, if a person decided to change the behavior of "I assume too much", he or she could choose to change that behavior by asking more questions to press for greater understanding and clarity. Simple. Effective. Perfect.

Think about our little fly teacher. It doesn't take a lot to make a big change. Make a little shift today. You'll be surprised.