



The Joy of Starting

Starting something is almost always an emotional endeavour as we are driven by a feelings to take action and then we create a plan or idea of how we will do that. With taking action we can then spark additional feelings, and if we are not mindful these can become emotional baggage that we collect. Baggage doesn't serve us and this makes starting a slower and momentum even more challenging.

One of the things I've been exploring recently is slowing down and stopping, I'm not saying that's right for everyone, however it's been really interesting as a coach once I reached the point of stopping I can be clear on what I am starting, what I am creating.

““Every moment is a fresh beginning.”

T.S. Eliot

Three Steps to Starting

Starting a new challenge, adventure or goal can be fun, it can be freeing and it can be fulfilling. Here are 3 steps to starting something new for you.

1. There are opportunities, they are everywhere and when we start from a place of openness we can have the freedom to say YES to them, compared to past experiences, unhelpful thinking and 'old ways of doing things' that get in the way of this.
2. The trick to starting is focusing on 1 step not creating a 100 step plan. Humans are incredible at being adaptive and intuitive so leave some room for these things. You don't need to plan every single step out now, instead choose a direction that intrigues, excites and enriches you.
3. Right now might not be right. Ambitious people can be thinking 5-10 steps ahead of your average person. And think this is where I want to start. What they have really done is set a super high standard for themselves creating a challenging criteria for starting. This obviously doesn't serve us, instead focus on a single action that moves you towards that direction, something that offers an opportunity to try, taste, test or touch the goal.

The Joy of Slowing Down

“If you want something you’ve never had, you must be willing to do something you’ve never done.”

Thomas Jefferson

The biggest takeaway for me in slowing down has been seeing how I create these criteria’s for myself, and in doing so create unnecessary hurdles and obstacles is pursuing my goals. This comes from old ‘default thinking’ from past experiences and it’s really useful to have the space and time to observe that, then change the pattern instead of starting from stress, fear or anxiety start from excitement, intrigue and fun.

Happy exploring! If you would like to explore this further or discuss any of the topics I mentioned then I invite you to reach out here:

[Book A Call](#)

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