

Change the quality of your experience and you'll change the quality of your thoughts.

INTENTIONS

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"We act as though comfort and luxury were the chief requirements of life, when all that we need to make us really happy is something to be enthusiastic about."
- Charles Kingsley

Pre-flight for Success

In just the past two weeks alone, there have been eleven practice members who have enjoyed the attainment of significant goals. Congratulations!

Interestingly, within the achievement of these goals were some rather unexpected feelings. After the somewhat expected glee and joyful exuberance, many reported what might be considered a "flat" feeling and even a sense of tiredness, fatigue and boredom.

Here are several insights to register:

Insight #1 - Upon arriving, just like when you arrive at your destination in a car, you slow down and put it in park. As much as you're pleased that you've gotten there, the fun of the journey is over.

Insight #2 - This awareness supports the notion that being in the present moment is truly the gift, isn't it? We tend to think that the attainment of a delicious outcome is what we really, really, want. Now, we realize that the outcome truly is but a fleeting moment. Shortly after the goal is achieved, our attention goes to the next desire, intention, problem or challenge. So the insight is that true satisfaction comes from the progressive participation of worthwhile goals more than their attainment. We, therefore, are served well to keep our awareness firmly established in the process, the joy found within the present moment. In this way, we don't defer our happiness in exchange for some elusive future point in time.

Insight #3 - Our natural drive, like a heat seeking missile, wants to create, continue to grow, get back in the car and do some more driving, to the next plateau. The fun is in the fielding of the challenges, dancing around obstacles and watching our own growth.
Isn't it wonderful?

Insight #4 - Are we getting our juice from adrenalin, pressure, pushing, etc.? Could this flat/boring feeling be the result of the absence of stress?!?! Perhaps we are unfamiliar with the feeling of peacefulness. Consider reappraising these feelings as peaceful, satisfying, calm, even blissful. The choice is yours.

Before you start rushing off to the next destination, consider some of the following ideas:

Celebrate - Celebrate your success in anyway you see fit. Bask in the sun of your achievement and acknowledge yourself in some way. Create a ritual that you can revisit when you arrive at the next plateau. After the celebration, sober up a bit, and do some...

Mindful Reflection - I'm reminded of my flight training. With every flight we had a pre-flight briefing, then we were fully attentive to the flight itself and lastly, we had a post flight-briefing.

So prior to planning your next flight, take a page out of the pilot's operating handbook and do a thorough debriefing of your most recent success.

"Programs designed with the whole brain in mind."

John Felitto, trainer & coach

Here are a few whole brain exercises designed to prime your success engine. When you conduct these exercises you'll begin with your eyes opened or closed, whichever is more comfortable for you, you'll take a few deep breaths, keep your attention on your breathing for a little while and relax. You're ready to begin an exercise when a sense of ease comes to you.

EXERCISE I - Post Flight Debriefing - The Challenges & Strategies

What challenges did you face? What obstacles did you overcome? What strategies, techniques did you use to overcome them? What players were involved? Who were the key people who supported you along the way? What did you learn from the obstacles? How were the obstacles gifts to your professionalism?

EXERCISE II - Post Flight Debriefing - The Insights & Achievements

Relive the journey and the arrival of this success. This will tune your brain-radio to the success channel where you can create more successes. What value did this success bring you? How has this success altered your previous plans, that is, were there things, benefits, stuff, that you wanted before this journey that now seem less important or less attractive than before you set out on this trip? How has this success reaffirmed aspects of your previous plans, that is, are there things, benefits, stuff, that you now know you really do wish to continue to pursue? Acknowledge how your belief in yourself and your capacity to achieve great things has grown. Spend some time expressing gratitude.

EXERCISE III - Pre-flight Briefing - The Benefits

Grab a piece of paper and write down the benefits you desire to enjoy in your life. Be intentionally illogical. Imagine you have a magic wand and you can have it all. This will stir your creativity. First draw on inspiration and intuition and then use your intellect to organize your insights.

What are the benefits for YOU alone? Make this list as long as possible.
Read the list back to yourself OUT LOUD (important).

Repeat exercise #3, but this time list the benefits OTHERS will enjoy upon arrival at your next destination.

EXERCISE IV - Pre-flight Briefing - Artistic Life Design

Begin as the artist, with a fresh sheet on your metaphoric easel and, in a present moment context, see yourself living the life you imagine. See yourself doing your ideal work. Enjoying your ideal relationships. Your ideal fun and joyful pastimes. Your ideal contributions to the world. All with enormous gratitude. All in perfect health.

PRIOR TO DEPARTURE

Since we realize that the joy is in the process of pursuing worthwhile goals, it makes perfect sense to prepare an enjoyable "process" environment.

Prior to a flight, a professional pilot will clean up the cockpit, select the right crew members and have all systems and charts in tip-top shape. Prior to your journey, be certain to have your personal/work environment in order, your support staff carefully selected and all of your systems in place. Some feel guilty setting up these essentials, thinking that they are less important than doing the urgent aspects of their job. If you feel this way, ask yourself what the consequences might be if a pilot jumped into a substandard aircraft with faulty systems, chose incompetent flight crew, outdated charts and flew unknowingly into inclement weather. Having an organized and enjoyable environment will quiet the critical mind and allow your creative mind to see more possibilities. As with any journey, expect the unexpected. These unexpected circumstances are highly desirable. The new people and events you'll attract will not only add fun and color to your travels, but will also reveal new opportunities that are in alignment with your mindful intentions.

Your on-board radio (mind) is now tuned to the success channel and ready for departure. Have a terrific flight Captain; you are cleared for takeoff.

"Intentions" is a free publication promoting the use of the whole brain and mind, to live life mindfully and purposefully through the awesome power of awareness and intention, for the benefit of all. Written by: John Felitto, Mind Development Trainer & Coach, 65 Mendolia Ct., Pearl River, NY 10965 (845) 735-4284 Email comments to: John@EvokeYourGreatness.com.