

Empowerment in Times of Uncertainty

Kathi Szabo

No Affiliation

Summary

Since March of 2020, life has been filled with uncertainty for the entire world. Covid brought chaos to a world already riddled with uncertainty. Uncertainty in politics. Uncertainty with climate change. Uncertainty about the world of tomorrow.

Life strategist and NY Times bestselling author Tony Robbins has said "The quality of your life is directly related to how much uncertainty you can comfortably handle." When we can feel empowered in chaos, in complete uncertainty like we've had for the past two years, we can feel empowered through anything life may present!

In this session, we will explore how you can create your own certainty. How to gain clarity to your purpose or mission and allow that certainty to bring calm to the chaos that surrounds you. We will look at the monkey mind and how to stop the chatter of uncertainty and replace it with empowering decisions. Taking back the control that was lost.

When we take back control of our thoughts and have a clear vision of our intentions, we create our own certainty.

Theory

We can never have full control of everything that affects our lives. Covid is a prime example, as well as changes in the industry and our companies, changes in our personal relationships. Yet even in an ever-changing world and even when it's in chaos, we can continue to feel empowered when we know our soul purpose and we make powerful decisions based on that soul purpose.

There is a reason you are here. We can believe that we were randomly created that there is no reason for our existence or reason for anyone's existence. That what happens in the universe is purely random. Yet science tells us, everything has a cause and effect. For every action, there is an opposite and equal reaction. So, the action of your creation was a reaction to something here in the world. The world needed what only you can give. Your soul purpose.

Our soul purpose is that which we feel to be our calling. It is what drives us. What brings us feelings of completeness. Our soul purpose is not our job or career. It is much bigger. It is our Why. It is what fulfills us. Allows us to feel engaged in our lives. To have a meaningful contribution in the world. It sets us apart and acknowledges our reason for being.

Action Steps

Discovering your soul purpose, your why, takes understanding what drives you. What resonates with you. Once we understand this soul purpose, we create a mission statement, just like fortune

500 companies. Those that are most successful use their mission statements every time they are faced with a challenge or decision to make. It's the same with a Personal Mission statement.

When we know our why, our mind shifts. We have a new lens, a filter through which we see the world. When we awaken our why our brain now sees opportunities where before it didn't know to show. Our soul purpose is like a North Star, guiding us in every area of our lives and every decision we make.

The steps to crafting a personal mission statement are simple:

- List all you're the things you love and why
- List the "extras" you spend money on and again why
- Write how you want to be remembered

From there notice the overlaps. Notice what is most important. Write your mission statement, your intention for living.

Once your mission statement is written, we do not want to put it aside and only glance at it occasionally. No, we want it in full view every day. It serves as not just a reminder, but it also can engage the reticular activating system in our brain, or RAS for short. It's the part of the brain that connects the subconscious to the conscious part of the brain. See, your brain takes in so much information, it has to filter out those that it deems important to you from that which is not. For example, if someone tells you to find everything blue in the room and you look around the room, you notice all the blue, but then they ask you what was red, you have no idea because your brain filtered that out.

To really engage the RAS, transform your mission statement into a vision board. Many believe a vision board is hokey. That it's just this creative thing life coaches use. The reality is that vision boards, like your mission statement, are scientific tools to activate the process of value tagging in your brain. Telling your brain what is most important.

Conclusion

With clarity on our soul purpose, we no longer live in uncertainty because we have created our own certainty. We believe and trust we are here for a reason. We know that reason. And we make an intention, our mission to bring that purpose to the world. We can live in flow, regardless of what happens around us. We trust that new opportunities will present themselves when things happen outside our control.

When we create a mission statement and/or a vision board, we tell the brain exactly what our life is about. Our brain now can filter out the unnecessary and focus our awareness on the things that relate to our soul purpose, things that are important to what we desire to accomplish. We have a lens to process decisions, ensuring we take the path aligned with our why.