

# *No Something Better*

## MEANING MAKING NO.4

How many times have we thought to ourselves how much we wanted to get better at this, or that, but never actually take the steps to start the process. We keep coming back to that skill, hobby, or personal characteristic with a yearning to get better at it. There's a part of us that knows why and what it would change for us if we did invest more focus, time, and energy - but for some reason instead we continue to put it off. We don't really integrate those reasons and unknowingly push them aside as if they didn't even present themselves to us in the first place. Maybe, we even take some steps to make it happen. Often though, we find that other things, and sometimes things by our own doing, get in the way. We then might end up feeling guilty or start being self-criticizing, blaming ourselves for not being good enough, not being worthy, etc. And then that thing that started from a positive desire turns into something more complicated and difficult.

Here's a chance to set aside some time to really wonder about why you desire this change in the first place, what value it would bring to your life or the lives of others, what gets in your way, and what you can do to start making change or finally put it aside because you realize it's something your heart truly doesn't desire.

Be honest with yourself and without self-judgment answer the following:

What is it that I would like to get better at?

What does "getting better" mean for this?

What does "better" look like?

How would I know that I reached being better?

What made me realize I wanted or needed to get better?

After I had the realization, when and why did I decide to make it a goal?

Was it first a want or a need?

Is it now a want or a need?

What would the process require of me?

Imagine that it was a requirement, how would it fit into my current life?

When I visualize reaching the goal, how do I feel?

What positive changes would result?

What are my thoughts about myself?

If someone asked me what I learned about myself in the process, what would I say?

Imagine that the goal is reached and has been sustained for a long period of time that it has become a part of who you are and your life, what advice would you give your past self who was at the beginning of the process?

What's one small step I can take to get started today?

What's one small step I can take to make progress in the next week? Month? Six months? Year?