

What if?



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From years of coaching in all different industries – one of the most common issues I find that stops many people from wholeheartedly pursuing their endeavors is their own hesitation. Most of these people have already identified their goals and have a good sense of the life they want to create for themselves, their families and loved ones – yet they delay.

In this inaction, they are unable to take the first step. It's like not boarding your train. You know the direction and destination you want to go and the destination you want to be at – but you do not get on the train, and therefore have not left the station.

Hesitate: **1.** to be reluctant or wait to act because of fear, indecision, or disinclination.
2. to have doubts; be unwilling.

Hesitation, the state of uncertainty, causes indefinite delays – or worst – even kills many great ideas before they have a chance to be further explored and vetted. This energy of hesitation, like any other energy, attracts the like.

So when there is doubt or trepidation – more types of these energies will be drawn to “confirm” that person's current point of view. Negative mental chatter such as lack of resources, lack of time, lack of knowledge, lack of self worth, lack of feeling deserving, lack of confidence and other fear based concerns grow roots in hesitating minds.

At this entrepreneur conference media guru Donny Deutsch spoke. He was engaging and authentic with great stories on how he got his start in business. A simple exercise he shared with us was to simply ask yourself: “What if?”

That's it. Those two words are the most liberating and empowering words in the world. What if? Really, it's just posing a question, a possibility – it's plucking your one idea from the infinite universe of possibilities. As overly simple as it is – it is the most powerful question you can ask yourself.

In my experience working with people, I find the majority of folks don't necessarily have difficulty in accomplishing their goals – but really in just starting their goals.

So if you can ask yourself “what if” and take just one step toward this – what happens next is Providence. From this first step, no matter how teeny tiny of a step it may appear to be – things begin to magically fall into place.

Once the train gets rolling and catches momentum – people, things, situations just seem to come to their aid in support of their goals and before they know it – they've accomplished what they thought they couldn't even start.

So it's not necessarily the difficulty in starting – but rather it's the “not starting” that makes it so difficult. Get it? It's really a mental game of healthy curiosity that shrinks any daunting endeavor that appears to be insurmountable.

The next time you have an issue or challenge that may appear overwhelming – just take the first step – board that train and watch as everything else follows once you leave the station. **CCR**

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All these negative “lacks” continue to pile up until it literally buries a dream alive. There is a simple solution to eradicate these types of non-serving thoughts. I'm sure many people use this powerful tool in various areas of their lives. I first heard of it at a 2005 entrepreneur conference and since then I consciously try to keep it in practice; at the forefront of my mind.