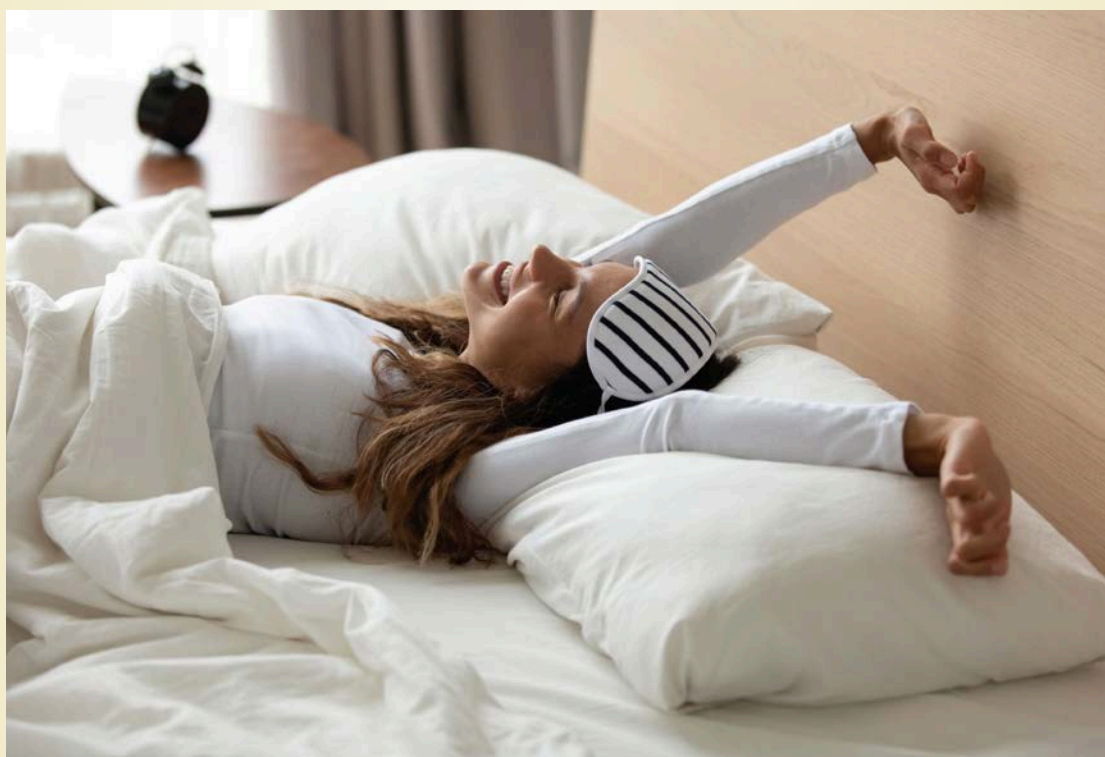


*4 Simple Steps
to Get Out of Your Own Way
and
Live a
Happier Life Now*



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4 Simple Steps to Get Out of Your Own Way and Live a Happier Life Now

Since you picked up this guide, it is clear that you know you can be happier and that you're in your own way. Very likely you're in your own way when it comes to growing your business, looking for a new job, or having a great relationship with that one special person. Whatever you're at work on, you recognize that it's not simply the situation you're in that's the problem. It's you.

This is great news because you can always work on you. And that's what you'll be doing with this little guide.

Most people don't realize how much they're in their own way. Instead of looking at themselves, they blame their situation. They don't look at their thoughts, beliefs, stories, and unconscious messages--what I'm calling "internal conversations" here. They also don't look at the choices they're making, which come out of their *internal conversations*. I am calling the unconscious messages we tell ourselves internal conversations because they are like conversations in that they're comprised of words we usually say to ourselves unconsciously and respond to consciously. In that regard, it's like we're having conversations with ourselves.

One internal conversation I had for years "and which sometimes still comes up is that

"I'm not smart." I inherited this internal conversation from my father, teachers, and friends, and took it on as the truth even though it's not and never was. But because I related to it as the truth, I responded to it by not doing my homework in junior high school and eventually stopping to go to high school altogether. That's the power of our internal conversations.



It doesn't matter today that I have three degrees and graduated college with honors. What matters is what we unconsciously tell ourselves and believe. So how do we change that? Do each of the 4 steps.

The first step is to write down what you want from life and say why you want it. Doing this is very important because it will help you get clear about what you really want. And the clearer you are about that, the better chance you'll have of actually achieving what you want. Knowing what you want will also help you recognize what's in the way of getting it, including how you may be in your own way. So start thinking about what you really want out of life. There is no reason to be reserved here.

STEP 1 | Get clear about what you want from life (what will make you happy) and why you want it!

[illegible][illegible]

Great! Now you know what you want, why you want it, and how getting it will make you feel. Excellent!



The **second step** is to uncover the internal conversations that stop you from having everything you want and being happier.

And instead of focusing on your situation or the circumstances around your unhappiness, focus on the self-judgments you have. We all have them. They're part of our internal conversations.

Here's an example: Let's say I'm not happy with the amount of money I'm earning at my job. Instead of focusing on my job being a lousy job, the opportunity for me to ask myself why I'm accepting a job that is paying me less than I think I deserve. This allows me to look at the disempowering conversations that I am having with myself. One of them is not believing I really deserve more money. Then I can take that deeper and ask myself, "Why don't I think I deserve more?"

The most important thing is to do your best to recognize how some of the things you are telling yourself are stopping you from having what you want. And this can be challenging because no one wants to actually believe that they are telling themselves things that are disempowering. But we all do this.

We all have self-judgments. And until we uncover what they are, they are going to continue to get in our way.

Keep in mind that there is no right way to do this as long as you keep the focus on your self-judgments. If you feel like you don't have any or that you don't know what they are, that's fine. But since we all have them, it would be helpful if you knew what yours were because then you can do something about them.

If you want help with uncovering what some of yours are, I'd be glad to help you with that. Please [contact me](#). We can work on finding them and then dismantling them. In the meantime, write down whatever you think they may be.



STEP 2

Write down two disempowering, internal conversations you have about yourself.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Excellent! You now know two things you have been telling yourself that have been getting in the way of you being happier and having the life you want. It's really great that you are clear about what these two internal conversations are. You can now start looking at these two internal conversations objectively, recognizing that they don't represent the truth. They're just self-judgments that are not helping you reach your goals or achieve your dreams.

STEP 3

Recognize the impact that your internal conversations have been having on your life.

Now that you've distinguished two disempowering internal conversations, it is very important to look at how they have been affecting your choices and your life. For example, if I have an internal conversation that has me believe I'm not deserving to earn more money than I already do, it's going to impact a lot of my choices. It's going to impact the kind of car I buy, who I get into a relationship with or if I get into a relationship at all, and how much energy I devote to creating my own business or if I will devote any energy at all to it.

We want to recognize how these internal conversations (also known as our self-judgments) are affecting our lives. For **step 3**, all you have to do is look at two choices you've made in the last year that you're not happy about and ask yourself which of your internal conversations led you to make those choices.

A man with short brown hair is shown from the chest up in the bottom right corner, looking upwards and to the left. The rest of the image is a large white area with horizontal grey lines, resembling a notepad or a space for writing.

STEP 4

Get clear about what it's going to take for you to get into action, so you can be happier and have the life you want.

This **last step** is all about getting clear as to what it's going to take to move you into action, so you can be a happier person and start living the life you want to live. With the awareness you now have about how some of your internal conversations get in your way, you can use that awareness to not let them.

So what are the next actions you can take to bring you closer to creating the life you want? And what will it take for you to start taking those actions?

Only you know. Clearly, different things motivate each of us into action. I know for me, it has sometimes taken me hitting rock-bottom, which means being so disgusted with the way things are, that I knew if I didn't do something different, I'd be miserable.

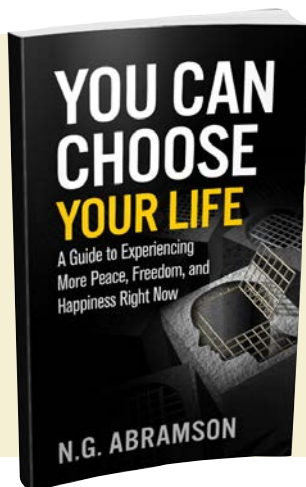
For you it may take finding the right person or people to encourage and motivate you. It may take you finding someone who believes in you, your dreams, and goals more than you do yourself. I have often searched for coaches, therapists, and mentors to support me. In fact, I doubt very much I'd be where I am today with a book published and a personal growth business if I hadn't found coaches, therapists, and mentors to support me in getting out of my own way, so I could move forward in my life.

What it will take for you to get into action only you know. But without action, nothing will change.

But even if things do not seem to be changing very much at the moment, give yourself credit for have gone through this guide and each of the steps. Whether you realize it or not, just by having done that, you have taken action to become a happier person. You have been willing to look at how you've been in your own way. And now you can do something about it. That's huge!

On the lines below, write down what it's going to take for you to take even more action. And what actions do you plan to take once you're out of your own way.

FOR ADDITIONAL SUPPORT...

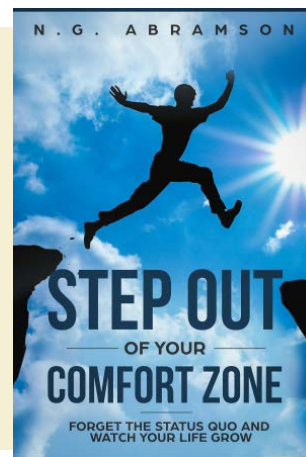


If you found this guide helpful and want to learn more about how your disempowering, internal conversations hold you back in your life and what you can do to lessen their impact, please get my book [**You Can Choose Your Life: A Guide to Experiencing More Peace Freedom, and Happiness Right Now**](#). In this book, I go into everything you need to know to powerfully choose the life you have and create the life you want.

To your success and happiness!

If you are interested in even more, I have another great eBook for you to read. It's called [**Step Out of Your Comfort Zone: Forget the Status Quo and Watch Your Life Grow**](#). Click on the above link to get it for \$12. However, if you purchase my book, *You Can Choose Your Life*, there is a link inside it which will allow you to get *Step Out of Your Comfort Zone* for free.

And don't forget that you can always [**contact me**](#).
I'd love to be able to work with you.



N. G. ABRAMSON

Author of #1 Amazon Bestseller, *You Can Choose Your Life*.
www.YouCanChooseYourLife.com

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