



PENNY HOLBURN COACHING

It's about You and Results

Myths Society Feeds Us

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We, as human beings, are our own worst enemies. There is nothing new in that statement. We know it. One of the ways in which we hurt ourselves is that we live in a society that perpetuates myths about how life should be. And then when life is not like that, we stress, we berate ourselves, we get anxious, and we wonder what we are doing wrong. Why is life not like this for us when it is so for others? Except that is the myth. It just looks easy for others. In reality it is as hard for them as it is for us.

I was recently talking to a client who was furious with himself for having put in place an idea to get more clients which didn't work out. I asked him why he was so upset with himself. He came up with a new idea. He tried it out. That is good. That is the path to success. That is how you get ahead. You are going nowhere if you don't try out new things. Try and fail, and try something else and fail, and then try something different and fail, and so it goes. That is how you get somewhere in life. That is the formula for success. However, the stories he has read and heard about business tell him something else. He and others hear about successful people and think it seems quite easy and fairly quick to achieve the heights of business prominence. He was of the view that after starting something and trying a few things for a short while, it should all just fall into place.



And that is because one of the myths society feeds us is only the end result of success stories. And it all looks so wonderful. What we don't get told or get to read is how incredibly hard it is to be successful. And how much people have tried and done the wrong things over and over again, until they do a lot of right things. So don't berate yourself mercilessly because something didn't work out. Most of the time things don't work out - and certainly not in the beginning of a new venture. Try and fail, try and fail, try and fail, and then eventually try and succeed is how we move forward in life. It so happened that I was rereading Martha Beck's book, "Finding your North Star", the night before, and I shared with him a quote I love that

she mentions in her book. "This is much worse than I expected, and that is okay." I just love that statement. I use it a lot myself.

I also have clients who say to me, "I thought I dealt with this", when something to do with a previous trauma resurfaces in their lives. And this is because we have a myth in society that says, deal with it and put it to bed. Actually nothing is ever fully put to bed. At the time you deal with what you can. And then you get on with life. And then some new event happens which rocks your world and shocks you, and suddenly you are thrown back into aspects of your previous trauma that you thought you had dealt with. Then people start to wonder what is wrong with them. And I need to tell them that nothing is wrong with them. That is life. Reminders come up in life and throw issues we thought we had dealt with wide open again for some more processing. Now this doesn't mean that you can't be happy. It doesn't mean that thoughts of the trauma will stay in your mind for a long time. You can be happy, and for long periods of time forget about what happened. But life is messy. Nothing is 100% predictable and everything is very complex. So things will happen every now and again to throw you upside down. Success will seem ever elusive until one day you realise you actually are successful.



To get life to work well for you, you need to plan, you need to try out new things, you need to work at what you can, and yet you also need to go with the flow. But most of all you need to persevere. Because sticking at it is the most important ingredient in any successful life.