



The Board Room

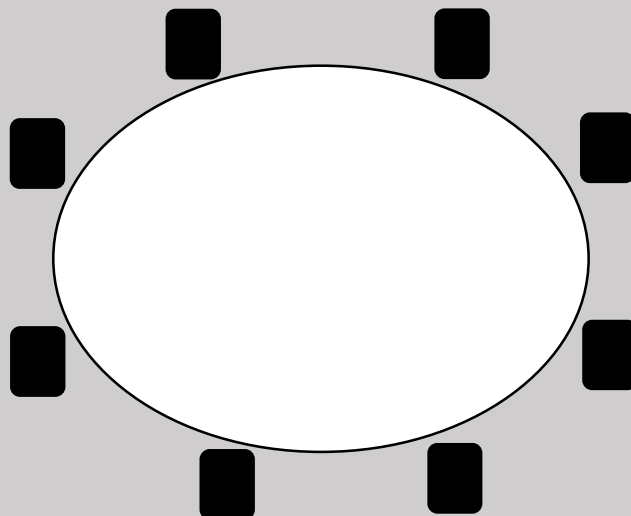
The board room tool is an effective method for understanding who or what is holding you back from achieving your goals.

To some, how to go about achieving a goal, as well as the final result can often be implemented with the intention of pleasing others, rather than doing things in alignment with your needs and desires. Operating in this frame of mind often pressures us to try and make everything perfect. Making sure our methods and actions are done so in the hope of obtaining the satisfaction and validation of others. While this can have its motivational benefits in some unique environments (workplaces and sports), it can have a huge negative impact. By spending most of your time and energy with the thought of being perfect for others, you'll slowly lose your own personal authenticity, and thus, your true identity. Two characteristics that are key for you living to your true potential.

What you're ultimately looking to achieve here, is to be in a space where you're no longer giving your energy and power to others, but rather taking it back for yourself, and giving yourself the permission to do things your way.

The Board Room Tool

Take some time to reflect on your current situation and environment. Next, select the members of your inner board of directors. These are the people (real and/or imaginary) who have an influence on your life. Common examples are parents, siblings, friends, old teachers, old/current bosses etc. You can use the diagram below as a visual guide if it helps. Remain open minded during this process.



Now all members have been identified, answer the following questions with as much honesty and detail as possible:

1. Who is in charge?
2. Who is holding you back?
3. Who is being listened to the most?
4. Who's not being listened too?

Next, you start making the positive changes:

5. Who would you remove from the board?
 - a. What would this do?
 - b. What effect will it have?
6. Who if any, are the new members of the board you'd like to bring in? (Real or imaginary)
7. What would they bring?
8. Who is in charge now?
9. What will this new board of directors bring to your life?

Now you've completed the questions, hopefully you've been able to identify those individuals who have been possibly holding you back. Please don't take any frustration or blame from this. This will most likely have been from past events, which have caused these people to become an important figure in the way you've made decisions and gone about your actions. By removing them from power (from the board of directors) you've made the one of the biggest steps you could ever imagine towards regaining power of your inner board room.

Take a moment now to look at your new board of directors. You should now have a director in charge (Yourself) that's in complete control. You've now surrounded yourself by those who only want what's best for you and look to, and see the positive, the real authentic version of you. The last thing left, is to give yourself the permission to stay in charge.