



Moved, touched and inspired ... so you can thrive!

Dear Reader

This edition of Uncommon is more of a personal reflection. Almost like a journal entry about a couple of things that happened last week which led to what felt like a significant moment of clarity.

I hope you find it helpful ...

I spent last weekend at an event in Spain. The event was like a conference, but not a conference. The Viva event is more relaxed and fun than any conference I have ever been on. And of course, the fact it was in Spain made it really appealing at this time of year.

Viva is all about an understanding called the Three Principles. I won't try to explain what the Three Principles are but will say they are a powerful understanding about how our minds work. This understanding has had a big impact on me over the last five years.

Since I came across these principles my stress, worry and anxiety levels have decreased significantly and my levels of peace, calm and contentment have increased, also significantly. If you'd like to receive a link to a brilliant fourteen-minute TedTalk that explains the three principles, let me know and I'll send you a link.

One of the things that is often talked about within the Three Principles community is the idea that we all possess innate (mental) health. So, it was interesting for me to hear Dominic Scaffidi, one of the main speakers at Viva, suggest that when he first heard about the idea of innate health, it didn't excite him. He went on to say that he didn't think we were here to just be healthy, but to thrive.

This idea resonated with me a lot. I love it when my clients are thriving and growing in their lives no matter what is going on for them.

While I was at the Viva event, I also met Jere Friedman. Jere had travelled from Colorado with his wife Ellen who was attending the event. Jere is a lawyer, a coach and a masterful creator of communities. I had met him briefly online during the summer and felt really inspired being with him, so I was really looking forward to spending more time with him in-person.

Here is a photo of Jere and myself with our wives Jules and Ellen (left to right)



We had coffee one afternoon and he shared with me about the many ways he connects with people and creates community in his life. He shared with me about how he had moved home from a city he had spent many years to another city, leaving behind all his connections, friends and community. Moving to a city where he didn't have friends or community wasn't a problem for Jere, he just set about creating community.

Again, my time with him was truly inspiring. He talked about everything he did being fuelled by a desire to move, touch and inspire the people he works with or connects with. I have heard these words or similar used before, but as Jere used them, they landed differently for me. There was no sense of duty or have-to or striving or pressure to get somewhere about how he used them. The desire to move, touch and inspire people was coming from his heart, and I felt it.

I have spent a lot of time over the last ten years wondering about and trying to figure out my purpose or vision. I used to think I needed to know the answer to this so I could really make an impact.

I know what I am meant to do. That's the easy part ... to coach people. There are not many things that make me feel more alive than being in a coaching conversation. But what about the purpose? Why am I here? What about the vision? What is the big picture of the future I am working on creating?

I realised last week that I had been complicating it, looking for a grand thing that I was meant to be working on. My time with Jere and listening to Dominic clarified things for me.

I don't need a big vision of the future. I don't need to change the world in a big way. I don't need to be the best coach on the planet (not comparatively anyway). I don't need to have a following. I don't need to create a big community.

That last paragraph reminds me of the conversation I had with my coach Ankush in March when I renewed my coaching agreement with him. As we talked about what I wanted to work on, I told him that a big financial goal wouldn't excite me, at least not for long. He told me that he saw in me that my own growth and change excited me. He was right. So, we are working on changing and growing me through me being increasingly committed to being my document. As I change and grow, the way I will show up to my clients, and to all of my life will change and people will be impacted and changed by that.

You see, I am a change maker.

What I saw last week with great clarity is that what I want is to have powerful conversations that move, touch and inspire people or teams or businesses in a way that leads them to thrive and perform in ways they have never experienced before.

I want to be the person who keeps creating that in every conversation I have with every person I meet. That will change their world and because we are all connected, that will change the world. That is the impact I want to have.

One of the lines in my document is, ***'I am an incredible force of nature and people's lives transform when they spend time with me.'*** In some way it feels like one of the most important lines because it was created from an extremely harsh old belief that I held about myself.

This line has been right in front of me for two years and I didn't see it through the lens of purpose.

When I show up to life being this line in my document, people will be moved, touched and inspired and they will thrive in all sorts of new ways because of what they create in their lives, their businesses and their relationships.

This is going to be so much fun.

If you want to feel moved, touched and inspired so that you can thrive in all sorts of new ways in your life, your business or your relationships ... get in touch! I may be able to help.

Have a great week.

Peter



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