



Cleaning Up After Messing Up!

Dear Reader

My wife Jules and I were sitting having our meal last night. It was just a regular evening meal. Just the two of us having a conversation over a meal in the kitchen. Our dogs hovering just in case there might be a little bit more for them.

Jules' mum had been in hospital over the weekend. She had a surgery not long before Christmas and had been recovering well until last week when she developed severe pain in the area of the surgery. This resulted in her spending over 48 hours in the emergency department of our local hospital before things were under control.

She has been home for a couple of days now and Jules was just telling me how she was getting on and about some of the things that were concerning her about her recovery. In response to something Jules said, I responded with what I thought was a little bit of light humour. In my mind we had a short laugh before the conversation moved in a different direction. I didn't read it at all at the time but, but Jules had taken my comment personally and was annoyed.

When she went to bed later, I was in my home office working through some emails. Jules usually comes in and says, 'Good night'. I noticed she didn't, but I didn't dwell on that as she had also just received some sad news about another family member.

This morning as we were about to get up, she told me she thought my comment was pretty cutting and that she had been annoyed. I was surprised. We talked about it for a few minutes. I asked a couple of questions. I listened. I figured out that was the real reason she hadn't come into my office the previous night to say good night. I had never intended to be sharp or annoy her and apologised. Jules heard me and we moved on.

My document is important to me. In addition to my document, I have created a short list of goals I am currently focussed on. These four goals are represented by four 'I am ...' statements. One of these is, 'I am creating a million-dollar marriage, every day'. I first heard this phrase from Otto Collins who co-authored an incredible book on relationships called 'Big Fat Love'. If you ever want to read a book that can help you move the needle on your relationship with your husband, wife or partner ... I highly recommend you read this book. In an interview I heard Otto ask the question, 'Do you want a 49cent marriage or a million-dollar marriage?'. You can fill in the blanks for yourself of what those two options might look like. It wasn't hard for me to know which one I wanted.

Being my word is becoming more and more important to me. It's becoming fundamental to how I live my life. This isn't just a matter of doing what I say I am going to do. It also means cleaning things up when I go off track or make a mess.

When my word is that 'I am creating a million-dollar marriage' it's pretty easy to see that making sharp remarks I think are funny but actually result in Jules feeling hurt and annoyance, even if I didn't intend it, is definitely not creating a million-dollar marriage. Once I see that I am not creating a million-dollar marriage, I know I need to clean up. This usually means asking questions and listening to get clear about where I went off track and then cleaning things up. That might need me to do something, or it may need an apology. So, when I make a mess, I clean up and get back to creating a million-dollar marriage.

What I shared above, even though it was a fairly small issue, would likely have become something bigger in the past. On realising I had upset Jules, in the past I would probably have become defensive and not heard what she needed me to hear while trying to defend or justify myself. That would probably have resulted in an argument or more likely day of silence (or longer) or us avoiding each other, before one of us reached across the silence and started a conversation that would have led to us getting back on track. During the silence I would have done a lot of negative thinking about both of us, but mostly about myself.

Being more committed to being my word, being committed to what I want to create is making my life easier. In those moments it's no longer about winning an argument or proving who's right or wrong. What is important is seeing when I am not being my word and getting back on track with that as soon as possible. The results are great too. The amount of time I spend off track is much less. The amount of time I am well connected with Jules and in her corner, cheering her on in all the amazing things she is doing increases, and I am closer to having the million-dollar marriage I am trying to create.

Being my word isn't just making an impact in my marriage. It is making an impact everywhere. The more I am committed to being my document. The more I am committed to the outcomes I am creating in

my life, my business and my relationships, the simpler life seems to get. When I am clear about what I am creating, it is easier to see when my actions are taking me in the direction of what I want to create, or not. If my actions are taking me in the wrong direction, I adjust my actions or clean up or both. I spend less time thinking about why I did something or didn't do something, less time judging myself or others. I am getting better at catching when I am off track, course correcting, if necessary, cleaning up and just getting back on track with 'being my word', with being committed to what I want to create.

As I practice this, the powerful impact of being my word is becoming clearer and clearer to me. I have been hearing my coach Ankush speak of the power of 'being my word' for a few years now and to be honest, I never really got it. I have had friends like Moritz Lemberg, an incredible coach, talk about his commitment to his relationship with his word and didn't really get it. But the more I have become committed to my document and living it out in an embodied way, the more the power of being my word in me creating great outcomes in my life is becoming clearer.

As you begin 2025 what are the big goals or challenges facing you? Are you clear on what you want to create this year? Are you clear on what a successful 2025 would look like? Are you clear on the actions you need to take to make what you want a reality? How committed are you to those actions? How committed are you to those goals? How committed are you to being your words and turning those goals into a reality?

If you are stuck in any of these areas or want to begin to experience the power of your word to create amazing results in your life, call me ... I may be able to help.

Much love

Peter



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