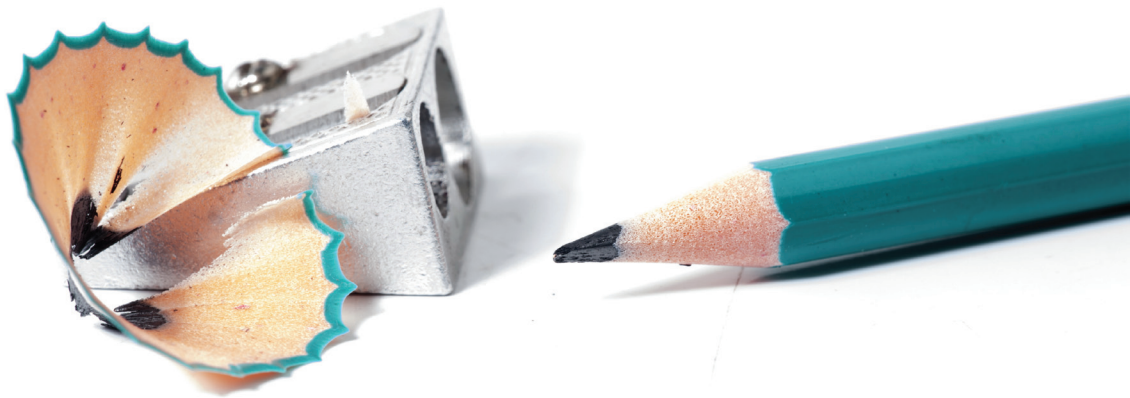


Getting to Work

Removing Barriers

Revealing Blessings &

Making Your Meaningful Contribution *At Last*



Alex Cary, M.A.

Thank You.

I couldn't have done this without you.

To Vincent, I would not be where I am today without your steadfast love and support. Thank you for being you! And, thank you for believing in me.

To Nico, you have truly opened my heart. Thank you for having me be your mum.

To my Mum, words cannot do justice to how grateful I am to have you as my mum. Thank you.

To my family, thank you for all that you have done, big and small, to make my life what it is. I love you all.

To my mentors, teachers, coaches, colleagues and clients, thank you for making this work so rich and rewarding.

Why

Dear Reader,

I'm glad you picked up this book. The reason? I hope it will be useful to you in your journey to the other side—into the fullest experience of what you are wanting.

Several years ago, I began a blog project. It was an effort to transform my mind. It had become painfully clear that I was caught in a negative, closed-loop of distraction and drifting. I truly wanted to live with purpose and focus, and to contribute in a meaningful way, but I was struggling to do so. Most of what I was experiencing was the siren call of lack, and the ache of stagnant wanting.

All I knew at the time was that “lack” appeared in almost all of my dialogue, whether inner or outer. It was time for a change. Thus, I decided to blog every day for 365 days about what *was* working. My first entry read:

I recently attended a coaches training and the ice-breaker question was, “what don’t you want me to know about you?” Ugh. So, here’s what I don’t want you to know about me. I’m deeply afraid that I won’t live up to my full potential. I see that I have a tendency (nay neurosis) of focusing on lack, rather than plenty. I believe the antidote to my affliction is to completely rewire my brain by focusing on GOOD every day. I am seeking a way to lay fresh and bouncy neural pathways that are capable of singing like a choir of angels, as sunlight breaks through billowing ivory clouds and dolphins dance in pristine ocean waters ... in other words, [to] create goods things with my mind.

I then wrote every day thereafter about what was good in my world. And quite frankly, it changed everything—because it changed me. Many things were revealed to me over my “year of plenty”, most notable was discovering the transformative power of acceptance, appreciation and action. Employing the three A’s, as I like to call them, has allowed me to write to you from the other side of lack and wanting, from a place of peace, purpose and joy.

So, dear reader, I offer you this: a 52-week practice of revealing blessings, removing barriers, and taking action in service to making your meaningful contribution (sans distractions). This practice changed how I work and live. If you decide to adopt it as your own, I believe it will do the same for you and more. Here’s to that. Here’s to you!

With Love, Alex

This is a workbook (emphasis on *work*)

No matter if we are a solopreneur or staffer, the desire to create meaning in our lives is universal. Elizabeth Gilbert, best-selling author and speaker, quips, “to say *creative* human is redundant”. We humans create (period). Why not create what we want. Herein lies 52 weeks of cultivating that creation, whatever it may be. And here’s how:

1. **Set a clear intention.** There is nothing more powerful than setting a clear intention. Intention is a form of prayer. We set clear intentions by asking, “what do I want?”, “what do I really want?”, concluded by “what do I really, really want?” Once we are clear, we write it down and set an intention to create that in our lives. In this book, there is ample opportunity to keep our intention fresh and up-to-date.
2. **Be here now.** Consider this: the past is complete; the future has yet to come. And everything we will ever need is right here, right now. We’ll be cultivating our awareness of “all needs met” by checking in with ourselves every day. Now for the three A’s:
3. **Acceptance.** It’s been said that acceptance is the first spiritual law. By simply accepting where we are in life and what *is* in our life, our minds are restored. Robert Holden, world-renown psychologist and coach, writes, “to accept yourself is to make contact with, and see, what is real about you, not just judgments, concepts, and beliefs.” Here’s to seeing what’s real *every day*.
4. **Appreciation.** A grateful heart creates a magical life. I don’t know why, that’s just the way it is.
5. **Action.** Several months into my year of plenty, I had a vivid dream. A man came to my doorway and stated in a matter-of-fact tone, “Alex, there is no substitute for action”, then walked away. I woke in a jolt, knowing exactly what he meant. It was time for me to take action, from the very place I stood. Little did I know, but action would become easier as I practiced acceptance and appreciation. Adding the key element of action has given me the key to my freedom.

I write to you now from a better place. A place of purpose, focus and vibrancy. If you choose to join me for this adventure, I trust you too will be gifted with all the freedom you desire and more. Now, let’s get to work!

Week 1

Sovereign State

I have a client who's making big changes in his life – and like with most big changes, he's hit a few roadblocks. We were discussing what kind of father he wanted to be to his teenaged son. After a few visionary ideas, he ended with, “but I'm too late.” And of course I said, “it's never too late.” (Shear coaching brilliance).

But seriously,

Sorry Ms. Stanton, it's simply too late for women to get the vote. Too late.

Sorry Mr. King, it's just too late for civil rights. Where were you 150 years ago?

Apologies Mathatma Gandhi, it's too late for India to be a sovereign state. What bad timing.

Crazy talk.

Begin. Begin it now.

This year is waiting for you. YOU are waiting for you.

“If we could change ourselves, the tendencies in the world would also change.... We need not wait to see what others do.” — Gandhi

Be the change.

My intention is ...

Monday

★ What's present now is ...

★ Today, I accept ...

★ Today, I appreciate ...

★ Today, I will take action by...

Tuesday

★ What's present now is ...

★ Today, I accept ...

★ Today, I appreciate ...

★ Today, I will take action by...

My intention is ...

Wednesday

★ What's present now is ...

★ Today, I accept ...

★ Today, I appreciate ...

★ Today, I will take action by...

Thursday

★ What's present now is ...

★ Today, I accept ...

★ Today, I appreciate ...

★ Today, I will take action by...

My intention is ...

Friday

★ What's present now is ...

★ Today, I accept ...

★ Today, I appreciate ...

★ Today, I will take action by...

Saturday & Sunday

★ As I reflect on the week, I am aware of ...

Week 2

As far as the eye can see

Vision can be a tough one. When asked what we want, or where we see ourselves in 5 years, the tendency is to lay out our most elaborate dreams, replete with images of private jets and trips to Bora Bora. And then we go back to living our lives as they are.

Yet it is said, “*where there is no vision, the people will perish.*”
Proverbs, KJV

So what if we slow down and be here now. What if our futures are created in this moment.

What is it that you want? In this moment?

If you want peace, connect with the peace that’s inside you right now, while reading these words. If you want to break free from the habit of self-sabotage, bend your knees in devotion to the light that is You. Don’t wait for your mind to tell you it’s okay, or you’re worthy, or it’s the right time. The mind follows Our lead.

My vote?

Lead with the BEST parts of yourself, and see your life transformed.

“Never lose sight of what you cannot see.” — Tasneem Hameed

It's about getting to work.

Have you ever been distracted by feelings of lack, whether it be of time, money or confidence? Do you long to be a contributor to the greater good but find yourself getting in the way? No more.

Spend 52 weeks cultivating the best of You through acceptance, appreciation and action—and discover the true meaning of “getting to work”.



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Alex Cary, M.A. is a life and business coach who works extensively with entre- and intrepreneurs keen to live into their life's work. She assists her clientele in creating a life that is personally fulfilling as well as professionally engaging. For over 15 years, Alex has worked as an internationally established solopreneur, supporting her clients to alter the very trajectory of their lives for the better.

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