Ep #229: 9 Step Process For Spiritually Aligned Successful Actions

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With Your Host

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Get a 6-Figure Job You Love with Natalie Fisher

Welcome to the Get a Six Figure, Drive You Love podcast and YouTube channel. This is episode 229 of the Get a Six Figure, Drive You Love podcast and today I'm doing something a little different. I'm talking about the nine step process for spiritually aligned successful actions.

I'm going to go through each of the nine steps and I'm going to give you a little overview of how I used to operate versus how I operate now and how much better it feels and how much more successful it is and how much things will work better and flow better and are easier than before because I think probably a lot of you are operating how I was operating before and that's because that's how I was taught to. That's how I learned to. That's kind of how school would have us learn to operate and move through the world and so I just want to offer you something a little different today and if this resonates with you I hope that you can start seeing a lot more ease in your daily processes and your daily actions towards success as well because it doesn't have to be as hard as we make it for ourselves.

So let's dive into the nine step process. So the first process or the first step is figuring out what you desire and a lot of people miss this step right and a lot of people get caught up in this step and it takes a really long time to figure out what they want and then they don't really go towards anything or they just kind of end up taking whatever comes along because they haven't decided. They haven't energetically decided.

They haven't wholeheartedly decided and because making that decision is scary a lot of the times people will be like well I like a lot of things. I don't want to cut off the opportunity for something else but just know that when you have a decision made it is going to be easier to see where your path forward is going to be. So I had a client who comes to mind her name is Carol and she was like I'm not getting interviews.

I'm not getting interviews and we pinpointed that the problem was that she didn't know what she actually wanted right so she was applying for a bunch of stuff and it was kind of like a haphazard attempt at just submitting things here submitting things there but it wasn't a focused process and this is just a very common thing to just skip right just especially if you are in like you're feeling desperate or in frantic action you're just like I got to do something I got to take action right now and you don't take the time to energetically decide on what you want and that is a very underrated step. So that's the first step and then also then once you decide your brain's going to come up with a bunch of reasons why either you shouldn't have this or why this is not possible or all these things come up after that right which is why it's sometimes scary to make a decision in the first place right because if you don't make a decision then you're stuck in the I don't know yeah you're stuck in the I don't know so you don't have to move forward you don't have to take a risk an emotional risk you don't have to do anything out of your comfort zone if you're in that I don't know space right so I would challenge you that you do know you do know more about what you want than you think you know and there are steps you can take but you got to figure out what feels good what feels aligned what feels like fun for you what feels like you're lit up by it what are you called to and that's a different kind of questioning than what should I do what can

I do what would just be the fastest and the easiest even though I don't really want it right those are very different things right but I'm going to go out on a limb and say that once you figure out what you want out of inspiration out of inspired guidance out of a genuine desire that that's going to be not only more exciting to go after you're going to keep the momentum going until you get it it's going to be like much more worth it to be able to say I went after what I wanted and I got that right so you have to believe in my opinion and a core belief is that your desire is safe guidance and if you want that thing

then you want it for a reason because not everybody wants it right so there's a reason why I want to be sitting here today talking to you about your career goals or helping you think bigger as far as what's possible for you what you can do how fulfilled you can be like I want to be doing that right and so it helps me to show up every day knowing that that's a choice I made and then I want to continue to do that and so your desires are safe guidance that has to be I believe you don't have to take anything I say ever but I believe that is an important core belief because if you believe that your desire is safe guidance then you can release like shame around wanting it or like not feeling worthy of it because you're like oh that's in me for a reason I'm supposed to go after it it's like my compass it's pointing me in that direction that's what I meant to do I'm going to go do that I'm supposed to figure that out and if you end up giving up or quitting on yourself at one point likelihood is that desire is going to come back and it's going to keep nagging you you're going to keep thinking about it you're going to keep wishing that you could had done it had tried harder had really gone for it right if that's if it's a true desire okay

Number two is allowing all those things to come up and just paying attention to what comes up when you make the decision so say if you make the decision to go after a particular job a particular position say it's a business analyst or something you're like I've decided I'm going to become a business analyst right or I've got a lot of clients too who want to start businesses or who are starting businesses right that could be a decision as well it's like I've decided I want to start this business I want to do this is the way I want to serve people this is the way I want to help people right then allow and watch for all those things to come in that your brain is going to say it's going to probably and this is very normal just so you know it's going to come up with a bunch of reasons why you shouldn't do it and it's like the self-doubt coming up the everything that your brain can come up with to protect you right

I have a YouTube video that's very famously referenced and I talk about the self-doubt as being max in the passenger seat and max is just the person who he's like another person he or she or they is another person and they're the ones saying well you can't go there like say if you decide you want to drive the example I used was you want to drive to I don't know from Vancouver to San Francisco or Las Vegas or something you want to drive there and it's a long drive but it's very exciting and it'll be very fun once you get there max like say you've decided you're going to do that max is the person in the passenger seat who's along for the ride and he's saying things like oh but what if you get stuck in traffic what if your car breaks down what if you get lost along the way what if you get stranded in the middle of a desert and you can't get out what if you die what if you you know max is really good at coming up with all those things that will deter you from ever wanting from taking that drive right and so you need to watch max listen to max say yep yep yep okay and then like counter all of his points so if he says yeah well what if we run out of gas you can say okay well we'll map out all the gas stations on the route right or if he says well what if we get stuck in traffic and you can say okay well we'll make sure we've got ac and snacks and that we're well equipped and we'll check the google maps to see you know what routes have the most traffic and which ones are the best to go on he might say well what if you get stuck in the desert and die you can say okay well we'll make sure we've got plenty of like a spare supply of water and we'll have some extra gas in case we get stranded and we'll have like you know a spare tire jack and all that we'll do our best to prepare for that so that that doesn't happen right like you can be the counter to max and that's what you kind of have to do on the road to doing bigger things right because max is going to show up he's going to sit there and he's going to be nagging you about all the things that you shouldn't be doing right he's like well what if this happens what if this happens right and so there's an exercise you could do that

I've given out for homework for my clients before and it's deemed very useful and it's like you write down everything max says and like as an obstacle and then you create a strategy for it and you say okay

this is the strategy we're going to handle if this happens we're going to handle it by doing this if this handle happens we're going to handle it by doing this right

So you allow all those reasons to come up and then you tell you counter those reasons so that's step three you decide to counter those reasons and then you take it a step further and give it the most positive thing you could have to say so if max says oh what if we run out of gas you can say yeah what if we don't and what if we just breeze through and we've got gas stations all along the way and we know exactly where they are and it's going to work out perfectly and we can have a spare gas canister in the back and it's going to be no problem and you know maybe we know someone in this city or we know where the car shops are in case we break down we'll be able to make it there or we'll know who to call maybe we'll have triple a like you'll be able to call it out as what if the best happens and if the worst happens we have a plan for it anyway right it kind of gives your brain it gives max nowhere to go right he has to kind of be like okay well i guess we're going and he might still have a negative attitude but he can't counter anymore he's like okay well i guess that's a good solution or that could be helpful right so the step three is you counter the arguments that your brain is going to give you and you start to entertain new better ways that it could go so what if it goes perfectly what if we breeze through what if we have the best time on that trip what if we enjoy ourselves so much that we drive right through and we end up at the grand canyon and we end up having the best time and we're so exhausted because of how much fun we were having right

Like instead of all the things that could go wrong you want to flip them very on purpose very intentionally into what could go right right and then of course your brain won't necessarily believe that right away it's might be like yeah but there's still a chance this could go wrong there's still a chance that could go wrong my god like i like these ideas like your brain's going to be like oh that's starting to feel pretty good i do like the possibility of it going perfectly i do love the possibility of that you know breezing through and having so much fun and like yeah i like that i don't want to miss out on that experience right but your brain might still have those nagging safety thoughts from max saying oh yeah but you gotta be careful because blah blah blah so your job is to just start bringing yourself back to the things you want to believe and the things you want to think and the things you want to focus on and this is the tricky part because you will have to do that literally a thousand times a day sometimes like a million times a day you've got to do your work and this is what i mean by the spiritual work you've got to do that work first this is like preparing yourself for the journey

So step number four is you start to entertain the new story so the new story is the story you want to be like you want to happen your ideal scenario right So we can use real quick another example because this will be very relevant to a lot of my clients and people listening for the job search or for your career your for your promotion right like if you decide i want to get a new job at higher pay doing this kind of work or even if you decide i want to move up i want to get this promotion your brain is going to have all those things come in right it's going to be like yeah but what if you can't what if they're not going to give it to you ah they haven't given it to you this far oh you've been rejected all these times oh that's not going to work blah blah you already know you can't do it you already tried you failed blah blah it's going to tell you all those things right so your job is to let those things come up and then decide on what your counters are to those arguments and then tell a way better more empowering story and this is where coaching is fantastic because basically what a coach's job is is to help you craft that empowering story so that it resonates specifically with you right i've had so many mic drop moments with my coaches where it just hits right where it needs to hit in my brain and i am literally set free right i had this doubt and then i couldn't release this doubt i couldn't counter it and then they either gave like the best argument for it that i could no longer argue they it's like kind of like they wiggle something

loose in my brain where i was like okay i can no longer think that because if i think that now i feel stupid like literally that doesn't even work for me anymore so and this is where coaching is just such a fantastic tool because that is what you like in the coaching school where i learned how to coach it's like that was a step in the process right it's like now you offer new thoughts you offer new thoughts and so i've become really good i get going on like rampages for clients with new amazing huge mind-blowing possibility thoughts that they didn't think of that allows them to start to see what that's like right and starts to help them be in a new energy be in a new frame of mind start to think something differently start to feel something differently and start to go off and create in a new way in the world right so to recap first you figure out what it is you desire and part of that step is believing your desires are safe guidance and believing you're worthy of the desires two is allowing all the things to come up that your brain says you know are reasons for not doing it are reasons you won't succeed blah blah blah three is you're going to counter them you're going to give a counter argument to what those are so it's like you're going to listen to the obstacles that max gives you then you're going to provide a strategy and then four is you're going to start to entertain an even better possibility like oh my god what if this could be so great what if it could go perfectly what if this could happen

And then five is where you're going to start to have to embody that new way of being right embodying the new person who you're becoming who now believes this new thing can happen for you like oh this new this is going to be amazing it's going to go perfectly the trip's going to be so fun we're going to meet this person and this person and then this person's going to help us here and they're going to redirect us here and i'm going to learn this and then it's just going to come through perfectly i'm not going to have to jump through a bunch of hoops it's all going to be great and starting to actually embody that story and live that story day to day and believe that story because you can have a new story but then you don't necessarily believe it so then it's work to believe it and yes you will have to sFfhift yourself back over and over and over and over trust me and if with some things it is very sticky and it is very hard to do but the beautiful thing is our brain is capable of it like we can literally do anything we want by changing our mind and i'm immensely grateful for that because i've seen it like i can look at my trajectory it's definitely a an up and then there's some downs and there's some stagnant periods but it's trending up for sure right and so we can do this so we might as well take advantage of this but it is hard work it is the spiritual it is the mindset it is the inner work that needs to be done before we start to do the outer stuff So then you start embodying the new story that's number five okay

And then six is you double down on it you make it a part of you you start to embody the to the point where you are that person kind of like you're an actor or an actress who is embodying that experience like you are having that experience now of it going really well of things falling into place for you of things working out for you of you solving problems really quickly and strategically and efficiently when they don't work out for you right like just somebody who's moving through the world and in a different way than you have been right so if for example you are getting rejected right but you're in that state of you know this is working this is happening for me then immediately you do get the rejection you will actually believe that it's a redirection and you'll say yep that was safe protection that was safe guidance that happened for a reason i know exactly that i'm on the right path and like you'll just have those embodied thoughts more easily right

So then the next step number seven is releasing the attachment to the thing that you want okay so then you're like okay i'm just working towards it i'm becoming this person i'm feeling it i'm vibing it it's happening and and you just know that it is and you're looking for the opportunities to take the opportunities you're looking for things to respond to in your world and you know that they're going to

show up right you know that you're going to be guided you know that you're going to be led you know that you're going to have an idea like you trust that that stuff is going to happen right like you trust that you will have the information when you need it and you trust that you will know what to do when it's time to take that action okay

And then eight is to take the inspired action is to actually do the thing and that for me that feels like an urge it feels like something easy it feels like an email i just have to write like i can't help myself i have to grab my phone and write out an email or it feels like a podcast i just have to come and record it like it just feels easy and like i don't have to overthink it at all i'm just doing it okay so your job you have to take that inspired action and if your brain tries to talk you out of it don't let it just act on the inspiration so if you have an idea you're like oh i just thought of mike from my previous work i should probably reach out to him he'd mentioned something about talking about this opportunity if i needed help or whatever i should definitely reach out to him then just do it like do it as quickly as you can don't let your brain talk you out of it right because your brain will start saying oh but if you reach out to him maybe it's too close to the holidays maybe he's going to be too busy maybe he won't respond oh i don't know what to say like maybe i should wait and ask somebody exactly how i should word this message before i said it like no no no just do it okay the best things come from that inspired action

And then step nine is being in the energy of receiving it being in that confident expectation that it is happening for you and as long as you are in that confident expectation and you might be reworking these nine steps like especially the one where you are embodying the new story you're believing the new story which will require you to shift back into the new story because you'll be in and out of like the old story the old version of you you'll have to shift yourself very intentionally back into the new story then you will have what you need you have everything you need to to make this happen and you will need to receive the thing so you will have to be in receptive energy as far as confident expectation goes you will know that that thing is yours all right those are the nine steps so in my identity challenge which we just wrapped up which will be available for self-study by the way we dug into a lot of these things with a lot of people's specific limiting beliefs we shifted them and we got them on a new path so you will have stories that are coming up from max that you won't even know necessarily are problem you might just think oh no that's the way it is right but you actually want to create the new stories as that's just the way it is right so if you could get on board with a belief like job offers come to me easily like people are always offering me jobs that is one of my core beliefs and that is truth i constantly get job offers even from people that i haven't worked with for years they're like oh would you consider you know applying for this would you consider coming back oh we love your content would you do that like it just happens like i get job offers right and it's not something that i ever thought was not a thing like i'm just like oh yeah that is just that is the way it is right and because i believe it that is true right

So with that said we dive deep into this process inside the identity challenge there are i believe more than 30 videos in there of me answering specific questions on this process helping all of the participants shift specific beliefs that they had and helping them to emerge through the process in a new state in a new place and be able to create in a new completely different way for them so the only reason something is hard is because you're believing it's hard and you're seeing the evidence of it being hard and you're perpetuating that being hard right and so that's a very common belief like oh it's hard it's hard to get the job i want it's hard to do this it's hard to do that and that is one of max's things he says he's like oh it's hard and then he'll be like oh look but it's hard for that person it's hard for that person and look ccc look at all these things the job market is really tough right now it's hard it's hard it's hard and while there's truth to that while there's truth to the things that are happening in the world your truth is what you decide for yourself now i know that's controversial for some people they're like oh

yeah you can't just believe your way into a new reality but you know what i believe that's true like you can actually believe yourself into a new reality you can actually create what you want from your mindset alone all right that's what i've got for you today and i will talk to you next week.