



TAKING THE “im” OUT OF imPOSSIBLE

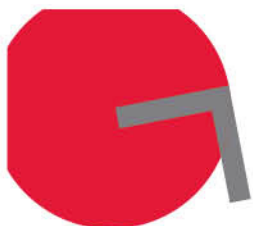
By Gina Mollicone-Long ©2009

This technique is very powerful for shifting energy. The mind tends to divide the world into 1) things that are possible and 2) things that are impossible. If we conform to these constraints, we are limiting ourselves as to what we can achieve. If you are feeling particularly stuck, a great way to get moving is to pick something that is imPOSSIBLE to do and then do it. Once you have achieved “the imPOSSIBLE,” you are free to explore what other things might also be possible. When you blur the edges of what is possible then you can begin to redefine your reality.

I developed this technique at a time in my life when I was feeling quite stuck in my own limits. After having two children very close together, I reached a point where my circumstances were more than I could handle. I was used to being good at everything in my life. I was used to mastering my reality. Motherhood was a big wake-up call for me. I felt completely inadequate and there was no training manual in sight. Being good at motherhood was beginning to look more and more impossible every day. I decided to randomly pick something from my imPOSSIBLE category and take on the challenge of achieving it. I desperately needed to do something that would break the pattern that I had created in my life. I knew that if I could achieve something from the imPOSSIBLE list then I could recreate my entire experience.

I chose running a marathon. This is not earth-shattering for many people. But if you knew me, you would understand just how impossible it really was. Believe me when I tell you that I am not a marathoner and it was probably more likely that pigs would fly. At best, I am a slow walker. But I run because I love to run—I love to feel the wind in my hair and the continuous meditative rhythm of my feet hitting the ground. I became a marathoner in the moment that I decided to do it. I filled my days with training and visualizations.

The actual race provided me with one of those insightful, life-changing moments where things are never the same again. Seriously, as an expert in peak performance and self development, I pray for moments like the one I had in my marathon. When I “hit the wall” in that race, I finally understood what it meant to be the source of my own angst and that a shift in my own beliefs and energy was all that was needed to overcome even the most insurmountable obstacles. My ego dissolved the instant I realized that finishing that race came down to one choice I had to make about myself. In choosing to believe in myself, I was able to overcome all the physical challenges that had doomed my race minutes earlier. At the moment I crossed that finish line, I knew I had shifted my energy to a completely different level.



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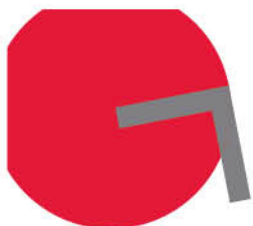
I triumphantly crossed that finish line at a whopping 6 hours and 9 minutes. Now, most people who run are gasping, “Wow, why did it take you so long?” You can imagine how devastating it would be for a world-class runner to take that long to complete a marathon. I, however, was ecstatic, jubilant and even giddy for finishing the marathon in ONLY 6 hours and 9 minutes. You see, there was a particularly “dark” part of the race for me where I almost gave up. I didn’t think I could finish. But in that darkest moment I learned what I was really made of. I learned to believe in myself for the first time in my adult life. I learned to choose happiness regardless of what was happening to me.

Finishing that race was one of the greatest things that ever happened to me because I finally learned to let go of my attachments. But, for others, it might have been devastating. It’s all about the meaning that was attached to the result. For me, the meaning was powerful, so the result was powerful. It was a choice. A choice I made the moment I decided to finish that race, no matter what it took, no matter what it looked like. I chose to be happy well before I crossed the finish line, and it was the most invigorating experience of my life. I chose happiness FIRST. This was a change on the inside. As soon as I changed on the inside, the outside immediately followed suit and the results reflected this change exactly.

Consider that *NOT getting what you want is exactly what you need*. It doesn’t matter what you get in life; your happiness doesn’t depend on it. You get what you get and that’s the way it is. Everything that happens in your life is perfect for you. It couldn’t be any other way. Your life needs to unfold exactly as it is unfolding because that’s exactly what you have chosen. Any failure is merely feedback about what’s happening on the inside. Failure contains all the clues necessary for you to learn what is standing in your way. Failure is actually a gift, a built-in mechanism that contains all the answers that you are looking for.

How many times have you heard, “In hindsight, that [devastating thing] was the greatest thing that ever happened to me”? For example, you really needed to leave for work on time because you had a huge sales meeting, but your children needed extra attention in the morning so you were late for work. Because you were late leaving the house, you missed being in a huge multi-car pileup on the freeway. Has this ever happened to you? How many times have you looked back on something with a new perspective and been happy that it turned out the way it did? This occurs all the time.

Instead of relegating this experience to hindsight, I’d like to suggest that you can trust in the wisdom of what is happening *as it happens*. This will allow you to leverage the power of the experience such that you will be able to use it to your advantage



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immediately, instead of waiting for some vague time in the future when it will finally make sense. There are no accidents in the universe. Everything happens exactly as it should based on your choices every single day. It couldn't be any other way.

We attract what we think about and expect. Failure is an indication that something didn't work. There was a disconnect in the attraction process that led to an unwanted result. By understanding this concept, you can harness the lesson that exists in every single outcome you generate. Where did the disconnect occur? Was it in your choice about who you were being or was it in your actions? Were you consistent with your higher purpose? Were you being who you really are or were you trying to be someone else? Only you know for sure, and the only way to learn is to try. Remember, the first time you try to use failure will be the hardest, but if you persist, you can become a master at directing your life—simply by paying attention to the clues being reflected to you.

Failing is the greatest thing that can happen to you, *if* you learn to use it. If you learn to read it and act on it. The key to really leveraging failure is realizing that you have to change something on the inside in order for your outer-world results to change. If you don't, you are simply doing the same thing over and over again expecting different results. This will drive you crazy. To get something different, you have to try something different. The best way to decide what to do differently is to pay attention to your feedback—your failure—and then make a change on the inside. Hey, with this perspective, you just might find that failing is actually fun!

Another possibility is that you might begin to enjoy the process of living your life now, instead of waiting for something to happen “out there” before you love life. You might start to see that “going for it” is just as much fun, if not more than, “getting it.” You might begin to notice the little nuggets of joy that exist everywhere in the present moment. As you become more aware of being happy in the present, you will finally be free to notice the little things in life that really matter. By shifting your focus from lack to abundance and gratitude, you allow yourself to expand, grow and live.

Take what is imPOSSIBLE for you and do it. Then start knocking off all the other things that used to be imPOSSIBLE and aren't anymore. Once you deconstruct the division between imPOSSIBLE and POSSIBLE, you will have shifted your energy to a new level, never to return again.



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Gina Mollicone-Long helps people get what they want. She is an international best-selling author, compelling speaker and peak performance specialist with a mission to reveal greatness in individuals, teams and organizations. She is the co-founder and CEO of The Greatness Group, a multi-national corporate team building and training company. Since 1998, she has trained, coached or spoken to tens of thousands of people globally. Her books, *Think or Sink* and *The Secret of Successful Failing* are widely read and enjoyed by people around the world. She can show you exactly how to get out of your own way.

