

Shift your shoulds

GET CLEAR ON WHAT YOU REALLY WANT





Illuminating your expectations can help in designing a life that is really yours.

When you're designing a life and career that you really love, one of the things that can get in the way is expectations...or *Shoulds*.

I hear a whole lot of them:

I should apply for that role. I should work harder. I should try and buy a house. I shouldn't put myself first. I shouldn't want that. I should have worked out my career by now. I shouldn't feel angry. I should have children. I should have more friends. I should have travelled on my own. I should get off my phone. I should have known better. I should be more confident...

What are they?

Shoulds are expectations, they form a belief system that shapes your life. They come from a number of places – from your family, your culture, your community, your colleagues, your friends, and from yourself.

What do they do?

They often operate insidiously, subtly shaping your choices without you even being aware. Or you might recognise them in action but feel them so powerfully that an alternative seems impossible. *Shoulds* can keep you from making choices that will lead you to a life that feels really good, that reflects the person you really are.

What can I do?

In order to design and build an authentic life, it can be helpful to illuminate your *Shoulds* and then consciously create your own framework for living.

You might like to try this simple Four-Step Strategy on the following page.



Step 1: Identify

Jot down any Shoulds that come to mind (there might be HEAPS! Don't worry!)

Your answers could look something like this:

- *I should*
- *I shouldn't*
- *I should never*
- *I should always*
- *By now I should have*

Step 2: Explore

For each Should you wrote down, ask yourself: **where did you come from?**



Hi, I'm Alex Kingsmill, founder of Upstairs Coaching.

As an evidence-based Life and Career Coach, my focus is on helping you design and build a life and career that is really yours, one that you will love.

If you have questions about coaching, I'd love to help!

You can email me at alex@upstairs.net.au or message @upstairscoaching

Or if you're ready for some positive change you might like to book an evidence-based coaching session, at upstairs.net.au/shops/

Alex

