GET OUT OF YOUR OWN WAY!

If you were to ask a successful person what they most attributed to their success, you would probably get a variety of answers: great mentors, ‘nose to the grind stone’, a good education, luck, great connections, just to name a few.

What you probably won’t hear is, “I drank a lot while I was climbing my way to the top of my industry.” What we usually identify as addictions are not the only things that are holding us back. Compulsive behaviors that we keep repeating over and over get in our way of success more frequently. Procrastination or anger issues can become habits and also prohibit our career and life ambitions. Addiction comes in many flavors. Some people with great potential don’t succeed because they procrastinate action. Some take on the victim role and play the blame game as the reason for their inability to achieve their dreams. Some avoid any kind of conflict, some can’t control their anger and are constantly exhibiting behavior that limits their success.

“Think of all the dreamers you know….Now think of all the dreamers you know who [have] achieved their dreams and made their goals a reality. Chances are you know very few.” [Ferrazzi]. In some cases real institutional barriers are not what keeps us from succeeding, but compulsive behaviors that we repeat, and become habit.

We all know people that have the potential for great success but never seem to get there. Usually you can pinpoint behaviors that have prohibited or delayed their success. Dr. Mark Goulson, author of Get Out of Your Own Way is an expert at diagnosing and coaching clients to work through and out of their behavioral addictions. He uses Alcoholics Anonymous and Weight Watchers as a model: having a support group that you can check in with on a regular basis to keep you accountable to your goals and support you in avoiding addictive destructive behavior. Goulson and Ferrazzi developed LifeCoach Tool 1.0. LifeCoach is designed to have individuals examine their behaviors that get in the way of their goals and dreams and helps clients to develop a support group that will be brutally honest, hold them accountable, and will help them set measurable steps and achievable goals.

Do you have students who can’t seem to get it together? Ever have them examine behavior that might be getting in their way of success? “Bad habits die hard. Unfortunately, great dreams die very easily - behavioral addictions are the number one killer.” It’s not easy to change bad habits... but you’ll find that life is far more rewarding when you do, and far easier when you do it with the help of others.” [Ferrazzi, Keith. ‘Get Over Yourself’. Advocate; 1/29/08; p.23].