

## Pathway 1 and Pathway 2

There are two pathways on which you can live your life. All your decisions are made from a place of courage or from fear and self-doubt.

### Pathway 1: The Pathway of Courage

Having the courage to act with intent to make the things you want to happen, happen. It is about having an approach mentality (vs an avoidance mentality) that embraces pressure and opportunities with open arms, motivated to see how far you can go.

- You apply yourself with huge focus, you know what you want but you let go of the outcome and follow a process to get there (eg planning, taking actions that move you forward – do the work and the outcome will take care of itself)
- Don't think about the possibility of failure – you would see this as just a distraction. No self doubt or fear, 100% commitment
- Let go of outcome and focus on process (eg top sales – let go of outcome but have a really robust process to get there - have weekly/daily plans that focus on doing stuff that really matters)
- It's often energising and fun but its really hard and can be painful as you are pushing yourself to your limits
- Push mental/physical limits – uncover your true potential

### Pathway 2: The Pathway of Fear

Your decisions are driven from doubt in your ability and or a fear of doing things wrong or of you failing in some way.

- All about being **careful**. Careful not to fail, not be upset people, not to be judged or rejected
- Your decisions are fear driven.
- Work incredibly hard to prevent mistakes or bad outcomes (eg make a bogey in golf) – this desire becomes your primary motivation in all you do
- Spend time worrying about what others will think
- Life dominated by self doubt and fear of failure. Never feel you are good enough, always worrying that good luck may not last
- Find reasons why you can't, what or who is holding you back
- Because you let fears and doubts dominate and control all your decisions, Pathway 2 is the pathway of cowardice, it is often very stressful and there's a lot of suffering

- It results in you being conservative and careful and often settling for second best (eg going with the safe option for the job you seek, relationship you want, or the business you want to start). And you won't reach your full potential.

**Reflective Questions:**

1. **Are you living your life from Pathway 1 or Pathway 2?**
2. **Where does fear or being careful get in the way of you truly doing what you desire? (at work, home, sports, creative pursuits etc)**
3. **If you were truly courageous, what would you do and how would you act?**

**To become more Pathway 1:**

- Have the big dream
- Set clear and simple goals to get it
- Have short sessions of deep practice regularly
- Follow your weekly schedule
- To generate new habits, repeat a specific set of actions /thoughts day after day and week after week (for the majority, living from Pathway 1 is too hard –therefore you have to find a way to inspire yourself every day)
- Identify one or two key behaviours that when you do them, make you feel courage, pride, confidence, and self-belief. Choose very simple actions