



Five blocks that
keep you from
being your
magnificent self

and how to transform them!

- Chris Henderson -

TABLE OF CONTENTS



Introduction



~~Letting your dreams die~~
Keep that vision strong!



~~Disconnection from reality~~
Be passionately connected



~~Believing your worst critics~~
Believe in your best self



~~Staying small with your head down~~
Stand tall with your head up



~~Making it hard work~~
Life *can* be easy



Bringing it all together



Introduction

***May the space between where I am
and where I want to be inspire me***

Tracee Ellis Ross

*What's the future you want?
What are you doing to have that happen?*

I believe the future of our planet depends on women claiming their power and stepping up to make the difference they're here for.

In my thirty plus years of working with women in education, coaching and in the peace movement, I have been blessed to know the brilliance, wisdom and leadership of women that is so badly needed by the world. I've also identified patterns in the ways we women are stopped from achieving our potential. We recognise the considerable external challenges facing women and work with those. It's the internal blocks that I believe are particularly challenging and insidious – running undistinguished, keeping us small, catching us every time – yet are within our power to deal with.

Transformation happens when we choose with awareness and then implement small change consistently and for sustainability.

This free gift connects us as women with our future; with the gap between here and that future; and with resources you already have available to uncover and use. It is not pretending to be rocket science - and yet in some ways it damn well IS, for imagine what unleashing the individual and collective potential of women would do for our community AND our planet! In that sense, these ARE rocket launchers! Read on. Connect with what YOU need so that the space between where you are and where you want to be does truly inspire you – and you launch yourself and FLY, grrr!!!

The world so needs you and what you have to offer. Do what it takes to be in action – each day choose a breakthrough tip from these pages and implement it. Know your tribe is here for you. We are a stand for you.



ONE

~~Letting your dreams die~~
Keep that vision strong!

~~Letting your dreams die~~ Keep that vision strong!

The world so needs what you have to offer

The women I meet and have the honour of working with invariably have visions that are huge, and inspiring contributions to make that, for many, go way, way beyond what they are currently doing. Sound familiar?

Perhaps you too have a long-held deep sense that there's something important and unique for you to contribute... a legacy to be passed forward, not for the purpose of remembering you, but for the difference this will make for others. You're passionate about this. It pulls you forward.

You might also have noticed how you've been gradually disconnecting from this dream yet yearning more. In darker moments you wonder if you've missed the boat and you question do you, did you ever even have it in you – or, at least as scary a thought, what if you *did* step into your brilliance, what then ; would you be up to it? You know how to hide your dream from the naysayers, or at least the vulnerable parts of the dream that matter, while also finding yourself collecting evidence of why you *shouldn't* honour your 'why', that difference you feel you are here for.

At the same time, you know this is not a life, or at any rate, not YOUR life. Even with that crap running inside, you know –

- **You are a woman of determination**
- **While it's a scary thought, you would love to have someone believe in your greatness and what you have to offer.**
- **You refuse to die with "potential intact".**

Listen for the evidence that your inspiration is alive, and she will carry you. Breathe into those spaces. They are there. Do this. Keep that dream alive.



Listen up for the evidence that your inspiration is alive, and she will carry you. Breathe into those spaces.



Photo credit: Chris Henderson

Another world is not only possible,
she is on her way. On a still day,
I can hear her breathing. - Arundhanti Roi

Connect with stories that nourish your heart.



“For decades I have wanted to write a book. My dyslexia and second language writing were impediments but above all it was my inspiration that I’d lost and needed to regain. And I have. My first book is now published and I am onto my second book.”

ELINA JUUSOLA

Breakthrough tips: How to keep that dream alive!

Make your vision real: get intimately, passionately connected with what your heart and spirit wants in (1, 5) years. Give yourself permission to listen and think big.

Imagine being in that future – right now. Bring *that* feeling into your NOW. Sprinkle it around. Live and work inside that feeling for moments or hours – for the pure joy and to keep it *alive*. Share the experience.

Have it happen now: do something each week/month as if you're already there.



Before you tell your life what truths and values you have decided to live up to, let your life tell you what truths you embody, what values you represent.

PARKER PALMER



TWO

~~Disconnecting from
reality~~

Passionately connected

~~Disconnecting from reality~~ Passionately connected

Choose it!

As human beings, most of us have been here at some stage:

- We don't want things the way they are, yet we don't know what to do other than resisting and feeling defeated and exhausted from the start.
- We find yourself hitting a brick wall and experiencing frequent upsets.
- We feel as though we have the accelerator – AND the brake! – full on at the same time. Frustration! And such a sense of wasting resources.

You're ready for life to roll your way for a change. You want a clearing to get on with what you're *meant* to be doing, and to experience that elusive satisfaction of *being centred in yourself*, aligned with the universe, expressing your full potential *and* being the difference you're here for.

The second breakthrough: actively connect with reality and live in the present.

That can sound both daunting and easy. It really takes something . As human beings, we're hardly *ever* present in reality, in this second. Where are we? We'll be cycling between the past and the future. Through our thoughts and language we keep the past (especially upsets) alive and kicking as though it truly still existed – and we allow our reactions to the past to dictate how we experience and respond to the present. Similarly, we worry about the future and let that keep us small.

The solution? Start by listening for 'what's running you' and by getting grounded and connected with the present moment. In doing so, the path becomes not easy but simple. The fear caused by our stories also dispels, enabling us to know what we're dealing with and to respond appropriately.

In these times...

Choose and honour your daily practice for living in the present.



Photo: Chris Henderson

b r e a t h e

chrishendersoncoaching.com

Connect with stories that nourish: choose the way life is.



“I’d been locked in a pattern of denying and objecting to the way my life was. Seeing this has been a huge aha. The struggle has gone. I now have the energy I’d wanted, I get to enjoy life and my choices are creating the results I’ve wanted for my practice and my future. Thanks Chris!” CHERYL

Breakthrough tips: How to stay in reality.

- ★ Listen for your words and phrases that repeat past woes or create the future as worry. Begin to understand that these words are keeping you *stuck*. Recognising these words and changing them to something realistic yet positive will help in releasing blocks and living in the present.
- ★ Have at least 1 daily calming practice in your life – eg meditation, mindfulness, yoga, breathing – even just for 5 minutes. The key lies in daily practice of living in the present, this second...and then this one....



Growth is the willingness to let reality be new every moment.

DEEPAK CHOPRA



BLOCK THREE

~~Believing your worst critics~~
Believe in your best self

~~Believing your worst critics~~ Believe in your best self

Ah ha, look who's been running me most of my life!

Feeling stuck, overwhelmed and in fear of getting it wrong are just some of the things that get in the way EXACTLY when we are aching to get on with it. It could look show up as procrastination, fear of being seen as a fraud or freezing partway along the skinny branches in terror that we'd got it wrong.

Much of the time we're so ruled by our inner dialogue that we're not even present to what's actually going on. And the biggest critics are the ones WE bring to the table. Worst of all, we listen to them as though they're the truth – despite heaps of evidence to the contrary.

While they're in the driver's seat, these little darlings keep us stuck, small and run by f.e.a.r. (false expectations appearing real), bolstered by our own variation of the old *I'm not good enough* mantra.

The bottom line: you miss out. The world misses out. Even though

- You are so ready to step over the line to be your full potential and create extraordinary results.
- You want every day to be the life you love and choose – not just the end point, the occasional point, the easy parts.

The starting point for the fastest difference? Your relationship to fear. The keys are awareness, practice and little steps. Become an inquisitive observer, a life scientist. Notice what's happening in your world, where in your past the voices come from, and your reactions. Instead of checking out at the first signs of fear, check in! Move closer, get used to the sensation, breathe into it, observe without ascribing meaning. Keep checking in. Simple hey, and it gets easier, just as does yoga or driving a car.

Friend your inner critic and teach her how to speak nicely to you



*The best way to teach your inner critic: demonstrate to her **exactly** how you want her to speak to you, as well as what to focus on. Note – don't think of this as a one-off lesson, okay! Model what you want, consistently and frequently, and compliment her on her good behaviour. It works! Try it. ~ Image credit: Kat Chadwick*

Connect with stories that nourish: choose beliefs that support you.



Belinda felt trapped by low self esteem and a job she didn't enjoy. The 'light bulb' moment was when in one session she was able to pinpoint the negative belief system which was holding her back. We formed an awesome strategy that enabled her to move into a job that inspired both her and others.

Breakthrough tips: How to believe in your best self.

Collect data on your inner voices. Be aware.

Lean into the fear – a sign you are stepping outside your comfort into your power.

Befriend or parent this younger version of you. Be fair, firm, compassionate – and get on with what you need to do. YOU choose who's in charge of the bus.

Make space to hear your own inner mentor, your wise future self. Seek her counsel for she knows you and has your best interests at heart.



She was unstoppable not because she did not have failures or doubts, but because she continued on despite them.

BEAU TAPLIN



BLOCK FOUR

~~Staying small with your
head down~~

Stand tall with your
head up

~~Staying small~~

Stand tall with your head up

Shimmy outside your comfort zone into the magic!

How often do you keep yourself small through one of the following?

- Automatic people-pleasing and putting others first, yourself last.
- Living inside some variation of shame, of “I’m not good enough”
- Thinking that doing something for yourself is selfish and wrong.
- Belittling yourself through your words and actions.
- Believing that it’s somehow wrong or inappropriate to voluntarily step up and really use your own capacity or achievements.

The transformation you’re wanting to see, however, may be along the lines of:

- Finding/reclaiming your unique voice in the world.
- Speaking your truth.
- Letting your light shine – just as it is – and just as it isn’t!

Brené Brown says, “The original definition of courage is to tell the story of who you are with your whole heart”. “I’m convinced that owning our story and loving ourselves through the process is the bravest thing we’ll ever do,” and “sometimes the bravest and most important thing you can do is just show up”.

From Coco Chanel: “The most courageous act is still to think for yourself. Aloud”.

If your first thought is how that would land, Danielle LaPorte would add: “You will always be too much of something for someone: too big, too loud, too soft, too edgy. If you round out your edges, you lose your edge”.

Embrace this one life and opportunity with all you have.

Be You.

Be The Exception.

Be Your Exception.

Chris Henderson

Connect with stories that nourish: own your big vision.



Fiona Vander Poorten Sawyer stepped into her courage, realised her small language school was limiting for her and has now set up and run the highly successful CAN Film Competition for schools across the state, and which she will also take to NZ.

Breakthrough tips: How to stand tall with your head up.

Become your own life scientist. Practise being vulnerable and daring greatly. See what that means for you. Be real and be yourself! There's probably no other quest more courageous or rewarding.

Know you are enough. You are *always* enough. And enough is *enough*! Truly!

Surround yourself with people who inspire you, who'll be a stand for you, and who'll stand up to you – in order for you to step into being your magnificent self.



Authenticity is the daily practice of letting go who we think we're supposed to be and embracing who we are.

BRENE BROWN



BLOCK FIVE

~~Self sabotage~~
Life can be easy!

Self-sabotage

Life can be easy!

Set it up the way you want

I wonder which of these resonates:

- You feel like you have to go it alone, that there's no one there to support you, and you avoid contact with others who might support you.
- You find you're doing everything from scratch, feeling like there's no existing structure to guide you or resources available.
- You fall into your perfectionist mode, or procrastinate and then make it really hard work for yourself when you *do* get started.
- You schedule everything else first and then attempt the impossible of getting what you need to have done – in the little time that remains, which is often when you should be looking after your own needs.
- You set up time schedules that aren't realistic for self or lifestyle, and if the timelines aren't, it's evidence of being a failure.

All the while, we say we want life to be easy. And it *can* be easy when we set it up to go our way. Here's how.

You'll now have given attention to the other four blocks, and you have some breakthrough tips in place, yes? Cool! The trick now to identify and have in place the accountability structures to keep you on track, some automation in place to lighten the load - *and* a community to believe in you, your vision and what you have to offer. Now that would be 'sweet as', eh!

Think of this as your surround sound system. The elements are in place, they talk to each other and work together, and you have the controls handy for when circumstances change and tweaks are needed. Neat, eh!

Find your positive-focused, likeminded, intentional community.



Gathering at a Women Howling at the Moon dinner. Photo: Chris Henderson.

“If we are willing to embrace the challenge of becoming whole, we cannot embrace it alone – at least, not for long: we need trustworthy relationships to sustain us, tenacious communities of support, to sustain the journey toward an undivided life. Taking an inner journey toward rejoining soul and role requires a rare but real form of community that I call a “circle of trust.” – Parker J. Palmer, ‘A Hidden Wholeness (adapted)



Every morning you have two choices: continue to sleep with your dreams, or wake up and chase them.

UNKNOWN

Breakthrough tips: How to have life be easy.

Make timelines that are reasonable with accountability structures in place that work for you.

Create the habits you *want*. Start with daily behaviours. Begin small.

Have a circle of supportive others. Hang out with people who inspire you . Have someone with insight to challenge you when required.

Connect with stories that nourish: the courage to claim your life's work.



It is such a great feeling to be with a group of women of all ages and backgrounds, knowing they have your back. The session on courage was a real turning point for me, helping me step out of my comfort zone and commit to my soul purpose.

- NATASHA ALEXANDER



Bringing it all together

Bringing it all together

Make the difference you're here for

These five blocks are where brilliant women are often stopped from the inside. Transformation happens when we choose with awareness and then implement a small change sustainably, even in just one of these areas.

This is not rocket science - and yet it also *is*, for imagine what unleashing the individual and collective potential of women would do for our community and our planet. In that sense, these are rocket launchers indeed! Some ideas for creating your own transformation in one or even all these areas:

- **Letting your dreams die: Reconnect with your vision.** Share your big dream with someone who is likely to be interested and supportive. Chances are you'll inspire them *and* yourself – *and* gain a champion.
- **Disconnecting from reality: Get grounded and present.** Identify one negative, unhelpful belief you continually recycle from the past. As a 'what if' experiment, park it for a day and see what else shows up.
- **Believing your worst critics: Befriend your inner chorus, the little darlings!** When self-criticism kicks in, stop and rephrase it in a kind voice.
- **Staying small with your head down: Shimmy outside your comfort zone** into the magic of your big life. What's something small you could do that would represent a personal victory over your past? Do that!
- **Making it hard work: It doesn't have to be this way.** Check over which of the above blocks might want attention. Remember you're human, shake all the issues and tasks from your head and heart onto paper, choose one that is do-able and would be personally reinforcing. Do that and celebrate.

Whichever ideas you choose, it's time for you to claim your magnificence and make the difference you're here for. Go to it grrrrl and enjoy.

Have someone to help you hold the space you'll step into.



Photo: Chris Henderson

Connect with stories that nourish: own your big vision.



Chris's tools help me every day in juggling my family of 5 boys, staying on track with my PhD, completing my novels, paying attention to my health and spiritual goals and maintaining an arts practice. I highly recommend her to women who are unafraid to let their light shine!

- FIONA SAWYER

Breakthrough tips: How to bring it all together.

Find a study buddy to keep your focus and energy going.

For those around Brisbane, join [Women Howling at the Moon](#) for an inspiring community of like-minded women.

Join our [online tribe](#).

[Engage a coach](#) as your catalyst to get over the hurdles and shimmy into the results you want.



Create the highest, grandest vision possible for your life, because you become what you create.

OPRAH WINFREY

The next step to YOUR magnificent self

Discover your personal blocks and how to overcome them.

Click below for the link to Chris' calendar to book a complimentary 40 minute no-obligation discovery session.

**Gift me my session.
Thank you!**





About Chris Henderson

***Women realising their vision for the world
is the key to a sustainable planet and global community***

Chris Henderson (Chris Henderson Success Coaching) is a Courage Catalyst and Personal Coach to professional women, principal of Chris Henderson Coaching, and founder of the growing not-for-profit Brisbane-based *Women Howling at the Moon* community for women up for making a positive difference for themselves and the world.

Chris' passion is enabling women to step into their power and become their own catalyst in being unstoppable - on their terms.

Chris holds a Masters in Education (Leadership and Management) and is a certified Life and Business Coach who has 30+ years' experience of coaching and training across education sectors and the not-for-profit activist world. She has developed social justice resources and established highly successful statewide and national projects around areas such as gender equity and bullying, harassment and violence.

Her background includes artist, art teacher, bus driver, wildlife carer and photographer.

Voluntary roles include national board member of the Women's International League for Peace and Freedom (WILPF, ongoing) , editor of Australia's national women's peace journal (2000-10) , supporter of the Kapululangu Aboriginal Women's Law and Culture Centre in remote Western Australia, and founder and national coordinator of *Children of the Gulf War*, a grassroots, self-funded national tour of a photographic exhibition to raise awareness about the impact of war and depleted uranium on children, families and communities.