



Get your Gong on!

They say it takes a minimum of 30 days to make or break a habit. This is a powerful insight when it comes to coaching people into a healthier state of being. Often when I work with people I want to give them the world of information I know that will bring their bodies into balance. This information has taken me over 10+ years to acquire and put into practice. I find it works best if we challenge ourselves to one step at a time. Once you have mastered a step and created a new healthy habit you ignite a fire inside that fuels the desire for the next step. This is where the gong comes in.

Originally I was introduced to the gong practice by Paul Chek. He made me promise to do 100 days of Chi Gong outside with my shoes off everyday. This experience was so transformative that I now use the gong regularly for myself and all my clients.

I want to share this experience with you. Is there something you know you want to accomplish, to do with your life or stop doing. What would the steps be to get you there. Think about it now and break it down to even smaller simple steps. We can't climb a mountain in a single bound but laying out a path with palatable steps keeps us from getting overwhelmed. It is best to start with a step you know you will be successful at because accomplishment will feed your fire and failure can douse your desire.

What is it you know you would like to change and that you might want work on. This can pertain to anything and does not have to be about health. Perhaps you would like to get out side more, drink more water or just spend more time with the kids. (HA! all those things are healthy it's clear where my mindset is) Think about it for a day or two and mentally prepare yourself to make the next step...

COMMITMENT!

I am including two different gong sheets for you to print out and use. One is a 30 day challenge and the other is 100 days. Sometimes it is easier to give something a try when we know that it's only going to be 30 days out of our life. I think the 100 day experience is best for the experienced gonger and has a much deeper influence on our psyche when we think about doing something everyday for 1/4 of a year.

When you print up your gong sheet fill out the bottom with your intentions for your gong. I recommend that you stick with one or two. Often times we want to change our whole lives with one attempt and this often sets us up for failure.

Then write some ways this will bring you closer to your dreams. If you have not taken the time to get clear on your dreams for your life this can also set yourself up for failure. Dreams are the fuel that feeds the fire of desire to change. Your dream can be simple like being a great mom or more complex but it must be clear. I could write a whole paper on this subject alone but that I will save for another time. Be sure to sign and date your gong as this make it official and place it in an area you are sure to see everyday. You can use smiley faces or stickers as you complete each day it does not matter. Last pick a reward. I like to reward myself with something that pertains to the goal/gong I was working on. For example if it was my goal to drink a certain amount of water each day I might buy myself a sweet new water bottle at the end. It would not make sense to reward yourself with a donut if you were trying to quit gluten.

If you find yourself on a journey and you need help don't hold back from asking for support. It is through the love of our friends, family and colleges that we are able to build ourselves up to the next level. If you don't feel supported in your life then it is time to look for a coach or ask spirit for guidance. We are never alone on our journeys and we are all here to give each other a helping hand and heart.

I wish you luck, love and inspiration on this gong if you choose to challenge yourself to the next level of being~

