



Coach Jane

## The Bird In The Window!

On a sunny day earlier this fall, I watched in fascination as a small sparrow sat on my basement window sill and tried in vain to fly into my basement. He obviously could fly but not through the glass. I watched as he tried and tried.

Why he wanted to come into my basement is anyone's guess. Finally, as I watched he turned around and flew to the fence with ease. As soon as he got to the fence he turned around and once again flew back to the window. He did this two times.

How many of us do the same thing? We keep trying to make something work that is impossible. If we would just turn around and look in a different direction the sky would be the limit. What if you too could fly just as easily as this little sparrow did once he changed direction?

Many times we get stuck in a situation or challenge and keep trying the same approaches over and over. Chances are if it didn't work the first or second time, it is still not going to work no matter how hard we try.

Just like this little sparrow, is there a glass window or ceiling that is blocking you from getting you to where you want to be? Do you need to change your approach or maybe fly in a completely new direction? Change can be very frightening, it usually means we have to move past our comfort zone.

Change can be overwhelming, especially if it is a change you really didn't want to make. Where do you start? Change starts with an awareness that change needs to happen. Identify the problem, what is the truth as you know it? Usually when we are in the middle of change we tend to see only what is directly in front of us. Like the little sparrow all he saw was my window and he wanted in. In that moment he could not see what was all around him.

Start viewing the change from different perspectives. Ask yourself many questions to see all the possibilities. What would happen if things didn't change? What can I do to make the change as easy as possible? What do I fear the most? What will I be glad to change? What will I be giving up? What will be exciting about this change? What can I do now? What impact will this change have on my life, six months from now, a year from now and five years from now? What do I have to let go of?

I encourage you to write all the questions and answers down in a journal. The act of writing helps you to clear your mind. There is power in exploring all the possibilities and before you know it there will be several solutions that will begin to appear. If the change you are navigating is going to dramatically impact your life then you really want to take your time, explore all the possibilities and ask for input and guidance where you can.

Once you have some possible solutions, repeat the process and ask yourself the same list of questions for each solution. Sometimes listing the answers under the headings of pros and cons is really helpful. It gives you a visual list and way to assess the direction that is the best fit for you. Most of us feel much better about change when we can see our options.

Now you know what is possible it is time to go for it. Be like the little sparrow, ***spread your wings and fly – the sky is the limit!***

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