

The Freedom of the "Do Over!"

Ann Tardy

What does it take to do anything you want? What's the secret to getting unstuck and finally making the first move on your new business, career change, product or service launch, closing of a sale, move to a new city? The freedom of a "Do Over!" Remember playing games on the playground in grade school? If we made a mistake, we just had to call out "Do over!" and suddenly we got the chance to try again. What if we approached life the same way?

There are three questions to ask yourself to embrace the freedom of the "Do over!": (1) what's the worst that can happen?, (2) what's the best that can happen?, and (3) what can I learn?

What's the Worst That Can Happen?

Do you notice how many times in life we don't make a move because we are afraid of what could happen? But how often do we stop and ask ourselves the question "what's the worst that can happen?" If you can handle the worst, you can handle everything in between.

What's the Best That Can Happen?

So often, people don't move because of their fear of the unknown; while we would be better served by being excited about it. You know what this life (job, career, city, situation) looks like; what you don't know is what is on the horizon. You can always come back to the known – this life (job, career, city, situation) will always be here in some format for you. The adventure is what is awaiting.

What Can I Learn?

No matter what happens in your adventure, you will learn something. If your business fails, you will learn what to do differently next time; if you don't get the new job, ask why and learn about yourself; if you don't close the sale, ask why and learn about objections to your product or service; if you dislike the new city, you've learned about a new culture and you move home. No matter how big or small your step is, you will inevitably learn about yourself and that alone is worth the journey.

Life is just too short and too exciting to stay stuck. If we give ourselves the freedom of a "Do over!", then we have nothing to lose by trying and everything to experience.