

You Have 10 Minutes!  
by Peggy McColl  
<http://www.destinies.com>

A few weeks ago I flew into San Diego. On the approach to San Diego I noticed thick smoke outside the airplane window. Normally this would concern me, however, it appeared that the smoke was not coming from the airplane but from the ground. Since I'm not one to watch the daily news or read the newspaper (as it is generally filled with tons of negativity), I was not aware of the state of San Diego and the surrounding areas. Fires had started on the Saturday and had been burning and spreading for two days by the time I arrived in San Diego. The smoke was so thick the airport staff were wearing Doctor style masks on their face so that they wouldn't inhale any of the smoke or lingering ash in the air.

While I was in San Diego I watched the local news much closer. My news source is typically the internet and while reading the San Diego fire reviews and stories, I stumbled upon a story about a woman who, while in her home, received a telephone call and heard the words "You have 10 minutes to evacuate your home!" Can you imagine? You have 10 minutes to take anything that is important to you and get out of the area as fast as you can. The threat of the fires was upon them, and it was highly likely that their homes would be consumed in flames within a very short period of time.

I just couldn't imagine what it must have been like for this family, and the thousands of other families who received the same warning.

With that story in mind, and while I was working with one of my clients, I made a similar request for evacuation, only this time, it was different. This particular client consistently hung on to "her story" about why things are the way they are in her life, and why she can fully justify her behavior. Consequently she was experiencing an enormous amount of personal pain because she was focusing on lack and limitation (what she didn't have). I searched for a way to get her to lose the "story" and to cherish the gifts within her. So, here's the advise I gave to her:

I said: "You have 10 minutes -- that's it -- only 10 minutes and for those 10 minutes you can take out whatever possession or valuable item you have within you and take it with you. But, the possessions that you bring are the most precious to you - the inner beauty, the gifts you bring. What are they? Tell me now so that we can inventory them and take them with us. Let's do this, right now! You have 10 minutes."

There was no hesitation whatsoever (I'm certain there wasn't any hesitation with any of the people in San Diego either). She immediately started listing the "things" she chose to bring with her:

Here's her "inventory" list:

I'm bringing the overwhelming love I have for my children, for my family and for my friends. I'll take that with me.

I'm bringing my connection to spirit and faith.

I'll bring my health and energy.

I'm bringing my amazing heart - because I don't want to live in this world without it.

I'm bringing my strong sense of knowing when something or someone is not loving me.

I'm bringing my persistence - my dogged determination.

I'm bringing my strong connection with my body and emotions and my knowledge and how they work together.

I'm bringing my strong sense of purpose.

I'm bringing my playful, childlike spirit that says "every day is Christmas".

I'm bringing my belief that every day is a gift and gifts will be in abundance like warm smiles.

I'm bringing my valuable life-learning from all that I've experienced.

I'm bringing my voice because it is one of my magical traits.

I'm bringing my sense of humor.

and on and on she went exceeding her 10 minute limit.

By the time she finished she was feeling completely different. No lack or limitation mindset. She was feeling and thinking as someone who values her gifts and herself. What a gift that was.

You see we tend to forget about the gifts we have inside. And, as you can appreciate from this 10 minute exercise, it doesn't take long to re-connect to the value we have within.

Okay, now it is your turn. You have 10 minutes to bring out the value within you. Grab a pen and paper and start your list. You'll feel appreciated and valued for who you are and for your wonderful gifts. You can do this exercise with your family - make a list of what you would "bring out" of their valuable "assets" if you only had 10 minutes. Do this with your co-workers. Make it a part of a regular ritual.

Peggy McColl

Author of:

On Being...The Creator of Your Destiny

The 8 Proven Secrets to SMART Success

On Being a Dog with a Bone

<http://www.destinies.com>