

# *Living From Your Heart*



Week 9:

Set Yourself Free From ‘Should-Itis’

# Setting Yourself Free From 'Should-Itis'

Hi,  
Welcome to week 9!

Ok, so we're ready! It's time in week 9 to set yourself free from 'should-itis' – the modern epidemic. And you'll be amazed at how much easier that makes it to live from your heart, rather than your head. It's hard to live from your heart when you're feeling exhausted, overwhelmed, irritable and put-upon. But the only person who can change that is you. This week I want to make that easy for you, so we'll be covering:

- The single magical mindset-shift that FINALLY sets you free from 'should-itis', forever, without turning into a horrible, nasty person!
- How to stop those spinning plates and feel calmer, happier and have more time to do the things you have been dreaming of
- Learn how to consciously choose how to use your energy – and where to give it – plus how you, personally, recharge your batteries – so you can break free from feeling exhausted and overwhelmed

As usual, please read through this workbook, dive into the bonus materials and make the most of the discussions. I'd LOVE to hear how you're getting on.

With love, Namaste,

Clare, ♥

# Are You Suffering From Should-Itis?

---

Words like “should”, “ought to” and “have to” are all classic symptoms of what I call “should-itus” - the early warning sign that we’re following our head, not our heart.

- With a mild case of should-itus, there’s just a general feeling of dis-ease. You’re generally ok and happy, but you’re aware that something is missing.
- As should-itus progresses, the symptoms get stronger. The sense of dis-ease increases and the knowing that something is missing gets stronger.
- Then we squash it with avoidance tactics - and eventually addictive behaviours. These range from “little” things like sugar, chocolate, caffeine or Facebook to narcotics, exercise addictions and other behaviours that can destroy our self-esteem and relationships.

*The more we do what we feel we SHOULD be doing, rather than what our heart and soul is yearning for us to experience, the more dissatisfied we will feel - and the more we’ll try to squash this feeling with distractions and avoidance strategies.*

As we grow up, we can see, deep down, that most people are just “ok”. Raising your hand and yelling to the world that you want more than “ok” is often frowned upon. We don’t want to stand out from the crowd. So we put up with feeling “ok, but mildly dissatisfied” and get on with life... Most of us put up with ‘should-itis’ - for life.



## There's A 'But' In All Of This...

---

*Only you can decide whether you want to cure your 'should-itis' or keep putting up with it...*

The fact is that most of us are too busy 'blaming the lettuce' to get off our backsides and deal with how 'should-itis' makes us feel. Here's what I mean:

*Thích Nhất Hạnh says: "When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, or more water, or less sun. You never blame the lettuce."*

*Yet if we have problems with our friends or family, we blame the other person. But if we know how to take care of them, they will grow well, like the lettuce.*

*Blaming has no positive effect at all, nor does trying to persuade using reason and argument. That is my experience. No blame, no reasoning, no argument, just understanding. If you understand, and you show that you understand, you can love, and the situation will change"*

And it goes even deeper than that.

It's not just about our relationships - the 'blaming-the-lettuce-syndrome' applies to EVERYTHING we create in our lives. If we fall in love with a dream project, but it doesn't go to plan, we blame the lettuce. If our career falls apart or we don't bag that dream promotion or amazing customer, we blame the lettuce. If we feel exhausted or fed up or miserable or lost or stuck or confused or stressed or anxious, chances are we're blaming the lettuce.

Whenever the warning signs come up that we're blocking our happiness - that we're sabotaging our health, happiness, vitality, energy levels, relationships and success - that we're suffering from 'should-itis' - we blame the lettuce.

We do whatever we can to avoid looking in the mirror and taking responsibility for the choices we have made - for the thoughts, words and actions that were ours and ours alone.

In fact, we go further than that. We don't just blame the lettuce, we use it as our excuse - our justification for why things didn't work out the way we wanted. We tell ourselves stories about how we 'have to' or 'don't have a choice' or we're 'stuck' or we 'should', in order to (at a deeply unconscious level) avoid taking responsibility for our choices...

But blaming the lettuce means you're throwing away your personal power - you're keeping yourself stuck, because the lettuce is never going to do anything to change things for you.

Because YOU and ONLY YOU hold the power to make the changes your Soul has been dreaming of. You can always CHOOSE to change your thoughts, your words and your actions.

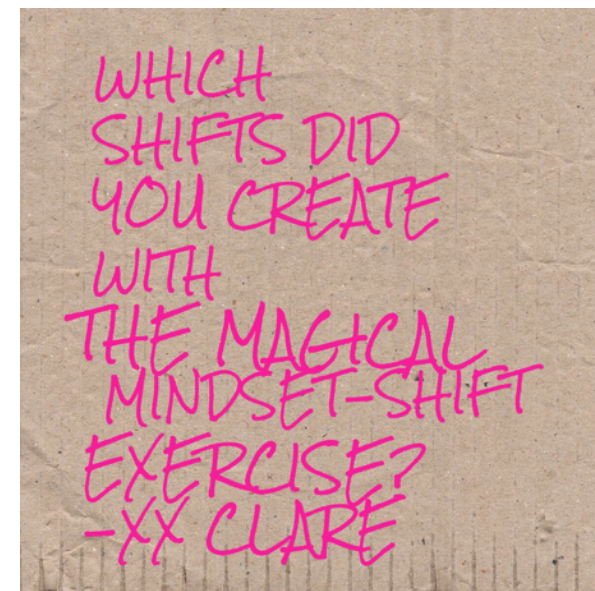
And that can transform your experience of life.

And, what's even more amazing, is that you don't have to wait to take back control and make those changes, you can start with your very next breath. If you want to.

**Let's do it - right now! It's time for that magical mindset-shift:**

1. Sit or stand comfortably, with your back fairly straight, your chin tucked gently under and your shoulders relaxed, your eyes softly closed.
2. Think of something that feels 'stuck' in your life - an example of 'should-itis' (make it a 2-3 out of 10 for now!)
3. Take a deep breath in through your nose and breathe out through your mouth with an 'ahhh' sound, as you let go of stress and tension. Do this 3 times.
4. Now let yourself rest for a few moments, simply observing the physical sensations of your breathing - and if your mind wanders, gently guide it back to watching your breath.
5. When you feel ready:
  - as you breathe in, say to yourself, "I reclaim my power to choose."
  - as you breathe out, say to yourself, "I let go and trust my Inner Wisdom."
  - Keep doing this for the next few minutes, allowing yourself to feel grounded - and perhaps noticing the sense of relief as you let go of trying so hard and you stand in your Soul's power.
6. Now, when you feel that process has created a shift, with each in-breath and each out-breath, say to yourself, "I AM FREE TO CHOOSE!" Keep going for at least 10 breaths, allowing "I AM FREE TO CHOOSE!" to effortlessly permeate every cell in your body.
7. When you feel ready, gently release the practice, dedicating its power to someone or somewhere who needs that energy - because sharing the energy helps it to grow.
8. Open your eyes, have a good stretch and notice what has shifted for you.

Now [let me know, over at the forum!](#)





# It's Time For That 'No-Train' Again!

If you've already watched the video for part 4 of your 'How To Find The Time - Masterclass', then I invite you to watch it again. If you've not watched it yet, the link is below.

This time, I encourage you to watch it through the mental filter of how it could help you with 'should-itis'.

And let me know, via the video's discussion thread (link below the video on the web page) how it helps you to set yourself free from should-itis!

[Watch the video now](#)

Notice how any choice made from obligation creates more obligation - and any choice made from freedom creates more freedom. And guess which option makes it feel easier to live from your heart...?

And you might want to refine the technique in the video, being honest about saying you don't want to, instead of a flat 'no'. What is the worst that could happen if you simply chose to be authentic and truthful (there's some deep life-healing in the answer to that question!)? It is time to put yourself first?



[Click here](#) to watch the video now

# And Let's Deal With Those Spinning Plates

Another brilliant thing to do if you want to deal with 'should-itis' is to discover where you're spinning plates in your life - and to let them go, wherever you can.

I took my kids to the circus for the first time a few weeks ago and the clown was doing the classic spinning plates trick - except that he was totally cheating! He had a metal frame with the metal poles in, to hold the plates, and his plates had a perfect 'dip' in the middle for the end of each pole. It was designed so that the poles would be naturally wobbly and were totally supported, with no risk of falling over. Even if the plates hadn't been spun for a while, the dip in their centre meant they would just slow down and stop, rather than crashing and smashing.

My kids were still impressed - but it reminded me how amazing the rest of us are at spinning those plates, without the support of the framework.

If you find that you're spinning too many plates, here's a fab bonus workbook - it's only a few pages long - with an exercise in it that can help you to put that old habit to bed, once and for all. And if you want to dive in more deeply, you can even use those spinning plates as a way to heal your life - by asking yourself 3 simple questions.

Here's where you can find the workbook: <http://www.clarejosa.com/living-from-your-heart/lfyh-week-9/#spinning>  
Let's call this exercise your week 9 project. I can't wait to [hear how you get on!](#)

And your week 9 affirmation is on the next page:





*i am always*  
FREE TO CHOOSE.

*i choose from my*

*heart.*



# Time For A Confession....

In this final section for this module, we're going to be looking at how to consciously choose how to use your energy - and where to give it - plus how you, personally, recharge your batteries - so you can break free from feeling exhausted and overwhelmed.

Sounds good? But first, it's time for a confession:

**It's time for me to come out of the closet... And I'm wondering... have you been hiding in there, too?**

*I have been running my own business for over 12 years now, as a certified NLP Trainer, a Meditation Teacher, a Yoga Teacher, a published Author and a senior management Mentor.*

*My inner Leo LOVES getting up on stage and helping people create transformation in their lives.*

*And I LOVE being on video, creating podcasts and writing articles - and meeting people both face-to-face and online.*

*But here's my confession - and it's something that most people don't know about me:*

*I run a really strong 'introvert' pattern.*

*What does that mean?*

*Well, it certainly doesn't mean that I'm shy or lacking in social skills (I hope!). But it DOES mean that I have a huge need to recharge my inner batteries in a quiet, solitary environment. So late-night networking parties where people have to yell over the background music or super-sociable mid-seminar lunches are my personal idea of hell. Nothing drains my batteries faster than having to keep giving, once I'm feeling empty, and dealing with other people's drama drains my batteries faster than running a marathon could.*

And I know I'm far from being alone. You don't have to run an introvert-pattern to end up with empty batteries at the end of the day.

I'm curious: when did you last prioritise your 'me-time'? When did you last put your battery-recharging activities ahead of your 'to do' list? When did you recently choose to take actions to make sure you don't end up with burn-out? Or were other people's needs top of the list, instead?

Maybe you've got this sussed? In which case congratulations! Please share the your tips - and those here - with those you love who still need help with this.

But if you're like the rest of us, trying to be superwoman and wondering why you find it hard to even think straight - or remember which day it is - then you need to prioritise recharging your batteries. And it's a daily thing; not a blitz-it-on-holiday-twice-a-year.

One of the biggest gifts you can give yourself - and it's a perfect antidote to 'should-itis' - is to know how you, personally, love to recharge your batteries - and to schedule at least a few minutes of that in, each and every day. Once it becomes non-negotiable time for you, you'll be surprised how easily others respect it - and how quickly it makes a dramatic difference to your energy levels.

After all, as I said at the beginning, it's tough to live from your heart when you're feeling tired and grumpy! So here are some battery-recharging ideas:

# Discover Your Own Personal Battery Re-Chargers!

## 1. Learn how to pace your energy

It's ok to build in pauses to top up your energy levels.

For example, if you know you have an intense afternoon, schedule yourself some battery-recharge time in the morning and evening.

Even if that means hiding on the loo while you do some mindfulness practice - whatever works for you - those precious minutes of battery recharging will pay dividends to your ability to concentrate in the times you're at your desk.

## 2. Practise saying no

It's ok! And if you can't say 'no', at least practise saying 'later'!

If someone is asking you to do something that you know will overload you with 'people-time', then it's ok to tell them that it doesn't fit for you at that time. Either duck out of the commitment or ask to reschedule it.

This is especially important with things like after-work socialising, which might feel like a semi-compulsory career move, but which might also be your worst nightmare, at the end of a busy day. Experiment with solutions - perhaps telling people you'll leave after an hour or arriving later - be honest with them and they'll respect your choices (and learn from your example).

If you're secretly avoiding this one, go back and **PLEASE** watch the video from page 7 - now!!!

### 3. NNT = Meditation Time

NNT Meditation (non-negotiable time) is perhaps one of the most profoundly powerful ways to rebuild your energy stores and even 10 minutes a day can make a huge difference.

Even something as simple as sitting up straight, gently closing your eyes and letting your attention rest on your belly breathing for 5 minutes will make a difference.

If you don't already have a daily meditation practice - or you've fallen off the wagon and would like to rekindle the habit, then let me know over at the forum and I can help you out with some resources.

### 4. Get out in nature

But one of the absolute best ways to recharge your batteries is to go for a walk in nature. Allow yourself to be present and mindful, rather than wandering aimlessly, whilst worrying about your 'to do' list... [Week 8's Mindful Walking](#) is brilliant for recharging your batteries.

It grounds stressed-out energy and reconnects you, at some deep level, to what is 'real' in life, rather than the stress-stories of your Monkey Mind. This one could be harder, depending on where you live, but getting out of the recycled computer-angst-laden air of your office and breathing fresh(ish) air outdoors will help massively.

If you have the option, spend some time barefoot if possible, or sit under a tree and watch the world go by. It's amazingly effective and even a few minutes of being in nature and simply breathing deeply will re-energise you.

And if you genuinely can't get out in nature, revisit the vertical alignment breath [from week 3](#) - it will help you to ground yourself and re-energise, wherever you are.



## 5. Close the door and send calls to voicemail

... and turn off your email for an hour or two - it's absolutely ok to give yourself the space to concentrate.

*I remember back in my final corporate job that the CEO wouldn't agree to voicemail - if your phone rang and you weren't at your desk, it would divert to ring every phone in your team's 'call group' until someone in the office answered it. We worked in a huge open-plan office, so for me, with an introversion preference, it felt like the phones were constantly screaming at me. The interruptions were near-constant and it was hugely draining.*

*For someone who thrives on interacting with others, this was fabulous (though still a productivity-drain). But for those of us who needed quiet time to concentrate and perform to the best of our abilities, it was near-exhausting.*

If closing the door and voicemail isn't an option for you, then what would work? What could you do, instead, to create the quieter space you need - at least for a short time? There is always a solution, if only we speak our needs calmly and get creative. Putting up with it and feeling resentful is the fastest way to empty your batteries...

## 6. Build in daily fun time

It's ok to have fun - to laugh - to play. And it's amazing how you can turn your day around (and start to recharge your batteries) by approaching even mundane jobs with a playful attitude. Laughing releases tension and re-energises you, flooding your system with happy-feeling endorphins and cutting your body's production of stress hormones.

Doing something that makes your heart sing takes you out of your thinking mind and back towards the 'real you', deep down inside. It's an incredible way of re-energising yourself and cranking up the dial on your inner happiness thermostat.

## My Biggest Advice!

The biggest piece of advice I would give you is to consciously become aware of what works for you and what doesn't.

Keep a diary for a week and spot what drains your batteries and what recharges them.

Then take inspired action. And don't be afraid to tell people that you need to go and recharge your batteries!

And remember: the food you eat can drain your batteries, too, so it might be worth [revisiting week 7](#), if you suspect that's one of your challenges.

If you're finding that your batteries are pretty much always running on empty, then it's essential to deal with the underlying causes. It could be stress or diet or simply thought patterns that are dragging you down.

I'm curious: which of these strategies could you use today? Do you have any favourites of your own? [Here's where we're talking about this one](#).

Which commitments could you make to yourself, to keep your batteries topped up?



That's all for now. I really hope you have found this week's module helpful. And don't worry about getting it all done - there's no rush. Dive in and do the bits that are calling to you and the rest will wait!

I'll be back in 2 weeks with module 11 (next week is an integration week), when we'll be diving in and dealing with difficult people, including:

- 3 hidden benefits of living from your heart that makes dealing with difficult people a doddle - and how it means you're being strong and not weak
- The single snippet of Ancient Wisdom that will turn your conflict into compassion - and put an end to frustration (and shut up your Inner Critic)
- How cultivating a 'star fish mentality' could change your world - and that of those around you

I hope you love the week 9 content and find it really helps. How about letting me know how you're getting on, [over at the week 9 discussion area](#)?

With love, Namaste,

Clare, ♥

P.S. Got a techy question? Please email a member of my team for support:  
[support@ClareJosa.com](mailto:support@ClareJosa.com)

