

Extraordinary Transcript

Well, I'm just having one of those moments where life teaches me something I wasn't expecting and quite honestly didn't really want. I just was working on a blog, an audio about creativity, my creative process and recognizing my process as being valuable. I was having a conversation about why content creation can be so difficult for me and so for the first time in a long time, instead of having this spark and adding it to a long list of ideas that I hope to come back to someday, I actually went ahead and I recorded a short voice note and then I handed it off to the team for production and it was actually quite an easy process.

So you would think that that would feel satisfying and yes, part of me did feel satisfied but then I became aware of something else inside of me. I found myself questioning its value and so that question caught my attention because when I looked more closely, I realized that that wasn't really the question I was asking. The deeper question was actually, is it extraordinary enough? And when I asked that question, it really landed because how often do we do this, right? We create something useful, we have a meaningful conversation, we offer support to a client, we write a post, we teach a class, we make a contribution and instead of asking whether it might be helpful and acknowledging ourselves for having completed it, we measure it against some internal standard of extraordinary.

You know, will people love it? Will it change lives? Is it one of my best pieces? Is it profound enough? And before we know it, usefulness is no longer enough, right? Ordinary contribution is no longer enough. This simple act of offering something to the world becomes tangled up with performance and significance and worth. And so as I'm sitting with this, I'm realizing how much this connects to the work that we do in Conscious CFT.

And we're often helping people move away from perfection and toward presence, away from performance and toward participating in life, away from proving and toward expressing one's life energy in the world. Not every contribution needs to be extraordinary. Oh dear, for me, I better put a what if in front of that and I'd better start tapping.

What if not every contribution needs to be extraordinary? What if not every session needs to be transformational? What if not every conversation needs to change someone's life? What if sometimes something can simply be useful? What if sometimes it can nourish? What if sometimes it can help someone just feel a little bit less alone? And what if it's enough to be enough? What if it's enough to be enough? In fact, maybe one of the signs of healing is that we become more willing to offer what is true and useful without requiring it to be exceptional. And I have to tell you, I've got some tears behind my eyes as I'm saying this. I'm listening to myself as I'm talking to you.

As practitioners, coaches, helping professionals, I know that's a question worth sitting with. Am I willing to allow something to be useful without requiring it to be extraordinary? I'm not sure I'm a total yes to that question, but I do know that as I move closer to being a yes to that question, I will recapture my flow of energy and life and allow myself, give myself permission to express myself in the world in ways that are enough. It's a question I'm going to be carrying with me.

Maybe it's one you want to carry too. Bye for now.

