

# atrio

PROFESSIONAL  
LIFE COACHES



## Life's Too Short for Uncomfortable Underwear

Life is too short for uncomfortable underwear. So why do so many of us go through each day with a bra that pinches us or boxers that keep bunching up? Change is hard, even if you're uncomfortable. Are you really uncomfortable or are you comfortable in your discomfort?

How many people do you know, maybe even yourself, who are stuck in a dead end job? Everyday you go to work wishing there were a way out, but you never really take action to make a change. The job you know is familiar, you can do it with your eyes closed, and if you did the work needed to move on, it would require you to do hard, unfamiliar work. You might face rejection and be forced to get out of your comfort zone. No wonder it is just easier to stay in the comfy cozy security of what is known.

The following steps are crucial for making successful, sustainable changes in your career, your relationships, your life!

## Seven Steps to a successful change, starting today!

### 1. Try on a new perspective.

*If you've always thought boxers were the most comfortable since they are loose, try imaging yourself in briefs where the fit is closer to the body. Loose doesn't always mean comfortable.*

We go through life choosing to look at our circumstances from a particular lens. If the lens you look through is clouded with doubt and negative talk like, I'm never going to be any different, then change will be impossible. Try

on a new lens. What if you told yourself that you have so much to contribute and that an employer would be blind to not see all that you have to offer?

### 2. Connect with what is important about making a change.

*If I get a properly fitted bra, I'll be more comfortable and less self-conscious.*

Get a clear vision of the outcome of your desired change. Envisioning the outcome connects you with what life will be like once you have achieved the change. The vision of your new future eliminates the fear of the unknown, which can keep you stuck for a long time. If getting fit is the change you desire, imagine you have a regular workout routine and you are at your ideal weight. You feel strong, in control and healthy.

### 3. Make a plan, and just DO IT!

*Next Tuesday I'll shop at the corset shop, get fitted by an expert bra fitter and buy 2 new bras.*

"Those who fail to plan, plan to fail." There is power in the old cliché. Break down the steps needed to change into small manageable steps. This will move you towards accomplishing your goals. Analysis breeds paralysis. Do you over think everything? What if you created an urgency to make the change? If you only had one month to move to your new dream home or the opportunity would be taken away, you would do whatever you needed to do to make it happen.

### 4. Get a Partner

*Ok, you won't be sharing underwear, but one of your girlfriends, if not all, probably also need new underwear.*

Making a change can be a huge undertaking, why do it alone? There is no shame in asking for help from friends, family and even professionals like a coach. Sometimes going public with your desired change, makes you feel that all others are behind you in your quest. If your goal is to lose weight and you ask others to help, when you are out faced with some real challenges with food choices, that support system can help your inner voice make the right choices.

### 5. Become Well Informed

*Is there a brand of men's underwear that is generally more comfortable? What are all the choices? Do you buy the same because that's just what you've always done?*

Knowledge is power. You know what the desired outcome is, research what you need to get there. Find out who and what your resources are and use them. If you're looking to move up in your company, do your homework. Know the players and learn as much about the position you desire and what you need to do to get it

### 6. Risk Failure

*All right, so a thong just wasn't right for your body. You tried and the only thing bad that happened is that you are out a few bucks and you just bought an expensive sling shot.*

The only way to grow is to risk failure. Allowing failure equals freedom. If fear of failing is holding you back, you will remain stuck and you will never make your desired change. Is that where you want to be? The great thing about trying is that you can always change course and recalculate your map. Mistakes are just opportunities to learn, grow and change again. It's the world's way of thanking you for trying but telling you that it's not right yet.

### 7. Develop a Reward System

*Expensive sexy underwear makes a great treat for you. What about silk boxers?*

Anything hard deserves rewarding. Making a change is hard, you need to plan to take good care of yourself and treat yourself for a job well done. There are four "R's" of why a reward system is so important.

- Reinforce the positive change
- Encourage repetition
- Drive you to results
- Help you to remember

Don't cheat yourself out of what you deserve. You deserve a reward, but most importantly, you deserve to live the life you desire, that will be the true reward. Go out and discover your passions and live your dreams.

