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## EPIC! Rule #4



### **Create a Life by Design, not Default**

*EPIC! Rule #4: You can't get there from here, but you can get here from there*

“I just want to know two things. How do I belong and how do I find a coach”. These were the two questions that a mid-career woman asked me. She had “won” a free 30-minute coaching session with me based on her video submission of “takeaways” after my keynote. What I knew immediately was that she felt stuck, undervalued, underemployed and under-appreciated. My answers were immediate.

“As a Black woman, forget trying to get “them” to make you feel that you belong. That is a long game that might not happen in the foreseeable future. You must first belong to yourself.”

“To find the right external coach, it's critical that you start trusting your ability to coach yourself.”

My instincts and responses come from following my EPIC! Rule #4.

**EPIC! Rule #4: You can't get there from here, but you can get here from there:** The most effective way to manifest a transformation is by fully imagining and prototyping what *might be* — the *There*, — and transporting as much of the star stuff of that future state as possible back into today's reality. The magic of our brain/heart partnership is that once you fully claim and commit to that future vision of yourself, the work of transformation has already begun. Transformation is an inside job,

Your best decade yet is like a jigsaw puzzle. You buy it for the amazing picture - the THERE. Except when you start to play you are convinced that you are missing some critical pieces. But they are all HERE. Just puzzle it out, piece by piece, step by step, to find the best fit that connects you to your power, purpose and dreams.

This builds on the previous rules that I have shared:

- Rule #1: Practicing thoughtful wishing instead of wishful thinking
- Rule #2: Never bad weather, only the wrong clothes
- Rule #3: If you are not having fun, you are playing someone else's game

We spent the rest of the coaching session talking about belonging. How to let go of the stories of “not enough” and “too much” that keep you from your dreams. As to coaching, great coaches know 2 things. How to ask new questions and how to help you define what winning looks and feels like. That is a skill we can all cultivate.

I am reminded of this picture - from a decade ago. We had just gotten married and I had started my 60 - 70 decade game. We chose to climb Kilimanjaro on our honeymoon. In Swahili, Kilimanjaro means “difficult journey”. The only way you can get to the top - 19,000 feet - is to find your center. Getting here from there.

Sending love and light, Carolyn



PS. If you are interested, I am super excited about the opportunity to do a deep dive into the Decade Game. There are two opportunities. Our Spring six-week virtual Decade Game Master Class in March. And for those of you who are ready for

an amazing Spring Break from Zoom and the world - I am leading an in person 5 day retreat at the beautiful Modern Elder Academy in Baja in April. Write me at [carolyn@mydecadegame.com](mailto:carolyn@mydecadegame.com) if you want to chat about either of these immersions into the Decade Game.

