

# THE SECRET HOPE

The Secret Hope is rooted in the toxic belief that if you keep doing the same habitual pattern, eventually things will become different.

“  
I want things to change without having to do anything different...”

Uhh... Yes please, me too!



Part of what gives The Secret Hope its power is the belief that **awareness alone** will help you create a shift.

I'm certain that if you can just figure out WHY you're scared of something, you'll suddenly feel motivated to act!



Most people try to create shifts without generating any awareness.\*

This generally tends to fail, because without any awareness, you fail to see that your (well-intentioned) solutions are only reinforcing your "stuckness".

\* Because you can't generate awareness on your own, and opening ourselves up to the reflection of others is vulnerable and uncomfortable.

The Secret Hope happens when people start to generate awareness, and then hope that that awareness alone will generate the shift they want.

They can now see the actions that would actually create a real shift – but those actions are much scarier than the ones they were taking before creating awareness.\*

\* Because these actions actually confront the fear that has been holding you in check.

The Secret Hope is when you have an awareness of your pattern, and are still delaying taking action in the hopes that something will magically shift.

It won't

## Here are some of the ways that The Secret Hope can manifest:

Not asking for a raise at work, and hoping someone will notice you and give you one anyway.

Having endless conversations in the hopes that it will make a decision easier, or less scary.

Not doing the work to love yourself, and hoping that you will find someone that loves you completely.

Being really busy and hoping that eventually you'll get everything done and can slow down.

Not going out to events or your community, and hoping that the partner of your dreams will discover you.

Putting something "out in to the Universe", and then sitting and waiting for the rewards to come back to you.

Trying to find a way to make yourself enjoy a job that makes you miserable.

## OVERCOMING THE SECRET HOPE

There are typically three ways that things go once The Secret Hope sets in.

1.

You hang on to the Secret Hope, and bury your head in the sand so as not to feel to its pain and bankruptcy.

The good news is that you feel a sense of relief, no longer being confronted by the bankruptcy of the Hope. The bad news is that nothing shifts for you, and life continues as always.

2.

The Universe bankrupts the Secret Hope for you. Perhaps by giving you cancer, having a loved one pass away, having you fired from your job, or some other circumstance that makes the bankruptcy of the Hope evident.

I know now how precious life is. I'm not wasting any more time!



3.

You accept the Secret Hope for what it is: toxic, and holding you from taking action.

From here, you are liberated to accept that the hope will likely never come through, and take action consistent with the life you want to create.

## PRACTICES

○ This one is simple: WHAT ARE YOU AVOIDING? Now, go and do that thing. The point of this entire document is that you're trying to create more awareness to get out of doing the scary thing. STOP THAT. Go and do it.

○ Enlist support structures. The actions to take are likely scary, as they will have you confront your fear (which is, by definition, scary). Don't go it alone. Enroll friends and others in being an accountability structure for you.

○ Get clear on the thing you're hoping for. What IS your Secret Hope? What do you keep waiting for in the hopes that it will magically change? And, what are the consequences of continuing to wait rather than act?

○ I know – it sucks. In spite of all the 10-ways-to, and 10-things-to, the bottom line is that you have to do something uncomfortable. Unfortunately, that's where transformation happens.

Go and happen it. {Yah! Take that, Grammar!}



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