

Ep #167: Rapid Growth



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With Your Host

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The Maisie Hill Experience with Maisie Hill

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This is episode 167 and as we gear up for the equinox later on this month I wanted to talk about rapid growth and believing in yourself from a coaching perspective, so let's get into it.

If you want to do things differently but need some help making it happen then tune in for your weekly dose of coaching from me, Maisie Hill, Master Life Coach and author of *Period Power*. Welcome to *The Maisie Hill Experience*.

Spring is in the air, kind of, it has been in the air. We've had a day or two of sunny weather, but oh, my days we have had so much rain here in the UK this winter and it's not stopping. I really wish it would. I mean where I am down in the south, we don't have it half as bad as those of you who are up north and have been dealing with floods a lot over the past few months. But now that I have a horse, I'm dealing with a lot of mud and today is no different, it's very foggy and damp and chilly.

It is a hide indoors under a blanket day for sure, which is the opposite of where I'm going with this episode because I want to talk to you about one of the themes of spring which is rapid growth. So despite the crap weather here, I am seeing lots of daffodils and crocuses, maybe it's croquis, I'm not sure, but they're just shooting up through the soil. And I always reflect on that. When I start to see those shoots coming up through the soil, I start to reflect on what's going on for me internally, what's going on for my clients.

And I have been doing a lot of work behind the scenes that is to do with my next evolution and my rapid growth and how my identity, what I do in the world continues to grow and shift and morph. And as I go through this process myself, I've been noticing my limiting thoughts about myself and limiting behaviours and the patterns and beliefs that also need to evolve in order for me to step up to where I am going, where I am heading.

So I've been self-coaching on what I believe is possible for me, what it is that I want, what I no longer want, what isn't working for me anymore and why. And I love how the vibe of spring supports this process within me. So I've had some huge realisations recently. And now I'm sorting through

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those and taking action a lot like how my recent episode about that balance between reflection and taking action needs to be there. There needs to be both, because both complement and support one another in a continual cycle.

So it can't just be all reflection. It needs to be action and then some reflection and back and forth between the two. And in that I've been coming up against some discomfort, of course. And I've been getting to know what that discomfort is about without letting it take over and just exploring it without getting attached to it or feeding it. And as I've been going through this process, I've thought back to previous coaching that I've received, coaching that's come from the various coaches I've worked with over the last couple of decades.

I've had the pleasure of working with some really great coaches during the periods in my life where I was making changes and bold moves and just feeling so grateful for coaching. And I was talking with one of my clients the other day because she's contemplating the next bold move in her life. And we were just saying, "Imagine what it's like to be doing this without coaching without these tools and ways of doing things."

I mean no wonder so many people delay pursuing what they daydream about, or just never do it at all. I mean, I completely can see why that happens. So every day and every week, I'm just so thankful for coaching, especially when I'm going through these periods myself because I know how to manage my mindset. I can spot the crappy, unhelpful thoughts. I can notice and understand my reactions, responses, my emotions so that I can step into my power and the life I'm meant to lead and that's what I want for you too.

And just like the world around us, with spring supposedly arriving, we are all gearing up for a period of vibrant rapid growth. And it might actually be like the weather, despite the chilly fog and relentless rain, whatever that would be representative of in your life. You are poised for your next phase of rapid growth. So that essence of spring, its energy, its potential for

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transformation, that applies to your life as well. And I believe in all of my clients, and I believe in you.

I have a fierce level of belief that you can do the things that you're holding back from doing. And there is incredible power in having someone else see you, really see you without that fog of your internal narratives and limiting beliefs. And as a coach, I have the privilege of seeing what you might not yet see in yourself, all of the options, the opportunities, the possibilities that are available to you. And I've benefited hugely from my coaches believing in me and seeing all those things. And to me there are no downsides to this.

But I've had the occasional critique that I shouldn't be saying things or teaching things that help people to believe in themselves. Now, if you're listening to the podcast, if you're in my membership or you've read my books, if you are familiar with my work in any way at all, then you probably don't share that thought. But some people have commented that me talking about limiting beliefs and helping people to believe in themselves is delusional and harmful. But why wouldn't you want to believe in your potential?

What's the downside to embracing a mindset of possibility, a growth-oriented mindset? I think it's really interesting and useful to consider this viewpoint that some people have, and to actually answer that question. So this is the kind of thinking that really fascinates me, especially because it's so far removed from how I think and how I operate. Because a large part of my job is to try and make sense of things like this so that I can really help you because to me there is no downside.

I just get very confused, but also curious about why some people think it's a bad thing. And considering this standpoint has led me down many reflective paths and I've tried to guess and understand what someone saying that what it's actually rooted in. And here's where I've landed. The only downside, if you can even call it that, I hesitate to call it that. But the only downside is the discomfort of growth. It's the realisation to reach for more, to even contemplate more, let alone take action.

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You must be willing to confront the limits you've set for yourself. And of course, external circumstances, lack of resources, systemic oppression, etc, these things are very real, they play significant roles. But rather than just accepting them, it's far more useful to acknowledge the reality of them in quite a factual, straightforward way to appreciate their impact and decide how you want to think about them. So that's one aspect of what I suspect is going on.

But in asking myself why someone wouldn't want to believe that things are possible for them here's what I think it's really about. And by the way, what I'm about to tell you applies to all of us. Whether or not this is the kind of line of thinking or something that occurs to you or not, this is something that we all rub up against. Believing in your potential means confronting your current limits and everything that expanding beyond them entails.

So the 'problem' is that by believing in yourself more, you will allow yourself to want more, to desire things and everything that that brings up for you, to daydream about the life that you want. You'll notice the things that are substandard to you and that might bring stuff up too. You will notice the things that you're putting up with, the things that you've outgrown and are ready to shed and everything that comes with that. You'll notice the things that delight you more and get in touch with your goals and ambitions and all of the thoughts and feelings that those bring up.

And you start to think, you know what, that would be really cool. That would be a fantastic thing to do. I'd love it if that happened. Now, I reckon that there's definitely a lot of this that's probably sounding great so far. But as I've been saying, everything I've mentioned will bring your shit up. It will require you to face up to things within yourself more than anything else. You will feel emotions, grief, disappointment, guilt, sadness, frustration, rage, all the things and all the other emotions, it's not just those ones.

You will be confronted with all of your thoughts about you, your life, what's possible for you. You will risk things, you will face failure, you will have to deal with your fear of success. And that's why it's more comfortable to stay within the boundaries of limiting thoughts, because you don't have to deal

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with any of that. I mean, it's still there but it gets to hide underneath the surface. Whereas what I'm talking about brings it up to the surface, and you really see it, and you deal with it.

But that's why I'm so passionate about teaching all these skills so that you have them, so that none of these things are a problem. They're just signs of this is where I get to work, this is where I can focus my attention. That's that thought, I can work with that. I know what I'm doing here. So that you have those skills, you're equipped to deal with all of this stuff. And sure, get support from us as coaches as well because all those things are still there within you, they're just hanging out in the depths or in the shade.

Whereas when you step into your power, which is what this is really all about, you bring all of this into the light, it comes up to the surface. That's why I love, love, love working with goals that are audacious and expansive and freeing. So are you up for the challenge? I really hope you are because oh, my God, it is worth it. It doesn't mean everything is hunky dory on the other side, far from it. Don't be thinking that's how it goes. But this is about who you become along the way, how you evolve and grow and step more and more into yourself and what you're here to do.

So what does it mean to truly step into your power? Answer that question for yourself. And are you ready to find out? What's the downside to that? What have you got to lose? That's what fascinates me when people say this kind of thing, I'm like, "What have you got to lose by believing in yourself?" Because if you answer these questions and you can negotiate whatever answers come to you and you're willing to do that, then you have everything to gain. And surpassing your own limits is so much fun, I can't even tell you, it really is.

And once you get going with it, you just keep going, you keep surpassing your own limits, you keep surprising yourself. It's so much fun. So what limits in you are you ready to challenge? And what power are you ready to claim? Reflect on these questions this week. Answer them for you, just know the answer to them. If you're in the membership, bring your answers

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to Ask a Coach, get the coaches to coach you on them. Share them in the community. I can't wait to see your answers to them.

And I'm just really excited for this spring season and everything that's going to bring in my life in your life and collectively. Okay, folks, I'll catch you next time.

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