



IAM Touchstone #4: I Come First

This Touchstone is tricky to explain, so please read through to the end. First, remember Touchstone #1: My Purpose Is To Be My Best – at the expense of no one.

Putting ourselves first is what allows us to shift our focus from **Drama** to our *Essential Best*, rather than getting caught up in the scarcity dynamics of **Drama**. The “I Come First” Touchstone is intended to create a pause in the action of life, so you can do what’s best for yourself **and** what’s best for others.

Everything in life flows more easily when we take care of our personal growth, learning and health first, making sure we are coming from an **Essential Orientation** to the extent we can.

The simplest way to put our self first is to ask the question: “*What do I want?*” in each and every situation we’re involved in, especially those situations where we might be confused or struggling: experiencing **Drama** of any kind.

We know that this question might seem selfish, but it’s only selfish from a **Drama Orientation** where either/or dynamics are at play: either I get what I want or you do.

From an **Essential Orientation**, asking “*What do I want?*” becomes the single most important action to take to anchor ourselves in our *Essential Best*.

Wondering what career path to take? Ask yourself, “*What do I want?*”

Struggling to communicate confidently with others? Ask yourself, “*What do I want?*”

Developing leadership skills to inspire an effective group or organization? Ask yourself, “*What do I want?*”



Involved in a bizarre situation of dysfunctional behavior? Ask yourself, "What do **I** want?"

Coaching others to be at their best? Ask yourself, "What do **I** want?"

Now, from a place of calm clarity about ourselves, we can better respond to further questions such as:

- What's my next best career step?
- How do I express what I want and respect the needs of others?
- How do I best communicate my vision for my group or organization?
- How do I extract myself from this Drama?
- Who do I want to be coaching?

We do understand that this question 'what do I want?' can be tricky to answer, especially if you haven't spent much time and energy thinking about it or if you have beliefs that discourage you from this type of self respect and self care.

Or maybe you have asked for what you want and it's not happening.

In these types of situations, we like to play with the statement:

I always get what I want or something better.

In other words, even when we don't get what we want, we're getting the **Drama** we need to further clarify what we want. It's all in how you look at it!

By putting our self first, and by clarifying what we want, we create the discipline needed to take 100% responsibility for being at our

Essential Best.