



IAM Touchstone #2: I Can't Be Bad

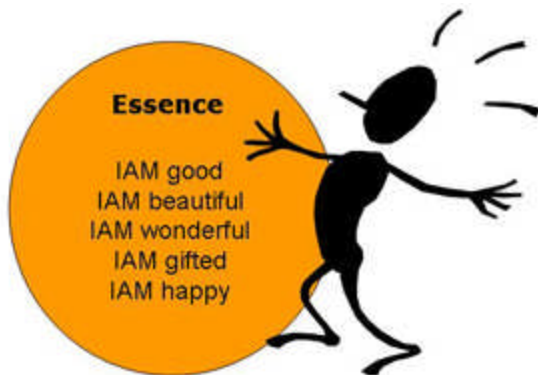
When we are committed to being at our best, we come face-to-face with the edge between our **Essence** and our **Drama**. Learning, growing and healing into our *Essential Best* requires moving beyond that which holds us back.

The single biggest obstacle to being at our *Essential Best*, is forgetting who we really are. Instead of using the **Drama** around us as leverage to be our best, we believe that **Drama** is who we are. It is not!

While it is true that people are capable of doing terrible things, the more we focus on these terrible things, the more we create a **Drama Orientation** and the more we get sucked into the vortex of **Drama**.

Our attitude toward situations is the most powerful tool we have in being at our best, ongoing. We have a choice in how we see things. For example, the following thoughts contribute to an...

Essential Orientation:



Or a ... **Drama Orientation:**



As we stand at the edge of our *Essential Best* we are ready to take the next step:

- in our career,
- in being the leader of ourselves,
- in asking the best of others,
- in communicating what we want,
- in creating the life we want.



If we doubt ourselves, if we forget that we are good, if we forget that our true identity is our *Essential Best*, we will stumble at the edge or get lost in seeing our beautiful and wonderful selves.

Yet seeing some **Drama**, self doubt and fear are good signs if they don't first scare us away! These are indicators that we are on the edge of our best, poised to take the next step.

If we are to grow into our *Essential Best* ongoing, we need to get familiar with the territory of these edgy places of our selves. **It takes heartfelt courage to step over the edge, and self love and self compassion to wade through the blame, doubt and fear within Drama.**

When our intentions are to learn, grow and heal, then we can't be bad and it's impossible to fail because whatever happens will be for our good and the good of others. No effort is wasted when we use every experience as material to add to our knowledge and wisdom.

Keep in mind that living at the edge can be a messy place! Others may not understand our intentions and project their fears on us. We may have to get used to the uncertainty, vulnerability and stumbling we experience in the gap between the known and unknown. The rewards are worth the mess: accelerated learning, increased capacity, greater clarity, stronger collaboration.

By remembering that we can't be bad, **every** venture into Drama thus becomes a gift of learning, growing and healing: a chance to connect more deeply with and live out our *Essential Best*!