

## Don't ignore the smartest person in the room

If you're among the working worried or your reinvention has stalled, you know firsthand how self-doubt soars, even takes over, when you're stuck.

And this is exactly when you stop trusting your own wisdom. Discouraged, you might turn to experts for jumpstart advice.

After all, the Self Improvement industry is on fire. There's a coach on every corner. Talented experts and experts from their own transformations offer life-changing assessment and direction.

### But here's the simple truth –

While you're benefitting from the advice of others, *don't forget to consult the mirror.* Only you can mold another's expertise for your own insight and action.

*When you seek your own good counsel, the good counsel of others really sticks.*

### So grab the mirror - have a chat with your inner coach:

- Do a gut check – and a common sense check – to identify your most pressing needs and questions.
- Engage that wise elder on your shoulder - the stubborn part of you that can't be fooled, that admits what's complicated and what's possible.
- Organize, take notes, whiteboard your strengths and speed bumps.
- Give yourself space and time, because aha moments are impossible to 'automate and delegate'. Lower the noise. Shelve the distractions.

Go ahead, respect your power.

When it comes to your future, you're still the smartest person in the room.

Here's to your work done well,

**Dottie**

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