



Do Something Different

By Lyn Carman

It's that time of year again...already!

It is a time of renewal and reflection; excitement and planning; for building and creating your vision for the new year.

Dreaming of your ideal life, year, month, week...your ideal day! "Then go ahead and create it"...they say.

There are currently many oral health professionals (OHPs) in every role, in many teams who are far from experiencing their ideal day. Some express this openly on socials, some rant and vent with their colleagues and friends/family, some just feel it and many simply know, deep inside, there must be more.

If you are a new graduate about to head out into your new world of work, or your career has spanned decades, creating your ideal day is one of the most powerful exercises to undertake.

Finding yourself in a role which is uninspiring, disempowering, boring, toxic and stuck in a corner, undervalued and disrespected for a short or extended period, impacts every part of your life. It's your responsibility to you to seek more...and there is so much more!

Speaking with many OHP's across the country, I notice a theme ...**'BEIGE'**. It describes a feeling of acceptance for their 'lot in life'. Don't get me wrong, we always have so much to be grateful for, but 'beige' is an acceptance of

mediocrity, humdrum, colourless, uninspired, second-rate, dull, middling, vanilla, ordinary, so-so, tolerable, passable, fairish, and indifferent.

What stops us from living our ideal day, our 'best life'?

What keeps us stuck in the same BEIGE role? The justifications I hear sound something like; I don't want to leave my patients; it's close to home; the pay is good; it's convenient; it could be worse; I might not get another position; I like the people I work with; it's familiar; what if this is the best I can get and; I'll think about it another time after this or that happens....blah!

Yet the feelings that sit under this is "I don't feel happy; I've lost my passion for my role; I am bored; angry and depressed." It's all BEIGE!

Change is the only constant in life!

Change can be difficult, change is what our neurons resist, they continue to loop us into the same comfortable pathway of thinking. The neural pathway that tells us it's scary to do something different, and you're not good enough or what if, what if, what if. We are held back by our thoughts, our limiting beliefs. So, we stay in our comfort zone, justifying and blaming our situation, our circumstances and the people who are not valuing us, utilising us, respecting us, or whatever the reason.

Or perhaps its just simply that nagging little voice that is saying there must be more while you dig in and continue to live out your limited moments ... BEIGE

There is a rainbow of colours to experience, to live. Try this on and see how you go!

If you resonate with any of this at all, then I ask you to STOP here and give yourself the time to do this exercise, find a comfortable position and allow yourself to be still, drift off in thought and take time with each step.

- **Now** consider and imagine as you continue to live BEIGE, as you continue to loop around the same neural pathways, the thinking that keeps you stuck doing what you are doing – What will your career/life look like in 6 months from now as nothing changes – what will it feel like and be like?
- **When** you have that image clear in your mind, and you continue to live BEIGE, what will it feel like and be like in 1 years' time from now? Close your eyes and see and feel into it as nothing changes, as you justify your choices, as you do nothing different.
- **When** you have that image clear in your mind and can almost feel the weight of it – now stretch your imagination out to whatever is comfortable for you... be it 5 years or 10 years or even 20 years of living BEIGE, and now picture who you are being; how you are feeling; what you are seeing around you, when nothing changes. Sit with that for a moment!

Now go ahead and give yourself a shake, look around and take 3 deep breaths...

What will happen when we ask different questions?

Take a moment now to dream of how you would like it to be, to wander off into your imagination to all the possibilities. Perhaps it's time to listen to that little voice, allowing it to become louder and really feel into how you would like it to be, without limiting yourself and being curious about other neural pathways that do exist. Perhaps it's a new job; a new role; a new area to move to; a new town; a new state or country. You are inspired and love your role, you feel supported and valued by the practice owner, the team and your patients, you believe in yourself and your skills, and have a queue of patients waiting to see you, you are living your ideal day...your best life. Or whatever your dream looks and feels like for you.

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- **Now** with those images in mind, take yourself out in time to 6 months from now – feel, see and hear who you are being, what are you seeing around you, what are you hearing
- **When** you have that clearly in mind, take yourself out to 1 year from now – feel and see what has changed, all the amazing flow on effects of who you are being now.
- **When** you have that clearly in mind, take yourself out to time in your mind of 5, 10 or 20 years, whatever is comfortable for you – see, feel and hear all the amazing things you are achieving; the life you have built and created for you; the things you set in motion all those years ago and ripples have occurred from this. Take time to really feel into this, hold onto this... its yours.

“All things are created twice; first mentally; then physically. The key to creativity is to begin with the end in mind, with a vision and a blueprint of the desired result.”

– Stephen R. Covey

Doing things differently is change. Change is part of our every day. Every moment, something changes. Every day, we change. Change is movement – it's fluid, it rolls and shifts – it's not rigid, stuck or solid.

Change is the only constant in life! Whatever we do, change will happen. So, grab hold of the rudder and start steering. Focus on how you would like it to be and create your ideal day.

It's your ideal day to create, make a move, take a step and create the first mental picture, the blueprint and desired result. Keep it close, write it down, pin it up and feel the shift. It's going to be amazing.

If not now When?

Down your ideal average day exercise in [Careers Hub resources](#).

