

Welcome to the Art of Purpose Podcast, a show where we explore the joys and challenges of living a fulfilling life. I'm your host, Gayla. I'm an Alaskan, an artist, and an encourager. I'll be sharing my own personal stories and practical advice, bringing you inspiration, motivation, and support as you practice the art of purpose.

Hello and welcome to the third Purposeful Pause episode of The Art of Purpose Podcast. I'm really excited to have you here to take some time for yourself as you go about your day. Thank you so much for being with me. So I've talked a lot about the art of purpose and what that is and how basically that means harnessing the power of the creative process— whatever that looks like for you—and using it to lead a more joy-filled life, add some more contentment and peace.

So today I want to be able to give you a little bit of encouragement on how I practice this in my day to day. So for me, as many people, or I would maybe say most people, I have this little voice running in my head and it is not always been the nicest voice, I have to say.

It's a voice that says, You're not perfect, so don't even bother trying or you're not good enough. And these are all based in fear and goodness sake, my gosh, what, what a way to keep me stuck in inaction. Now the trick... And plus, you know, it doesn't really feel very good. Now, the trick here is to recognize that that voice is what I am hearing. It is not who I am.

And this is very important. And this is something that is still sinking in for me because it's so easy to identify with those voices and they're very sneaky. So we sometimes don't even know that that is the voice. It's, you know, it feels like us when it's just a voice that we're hearing. It is not who we are.

So I'm constantly practicing, just noticing and paying attention to how I feel. Because when I start becoming aware of my emotions, I can see that they're not so uplifting. Thoughts and old tapes are playing and that and there is that voice again, and it's very much tied to my physical and the mental of what's going on is. I know that voice because of that sinking feeling in my stomach or that jaw clenching or whatever my physical tells are when that that voice is around.

And this is where it's really important to bring some levity and humor to the situation and is very, very helpful to perhaps give it a name. "Negative Nancy" because then that will help take it outside of ourselves a little bit, too. And from there, I can realize I have a choice to make. And instead of taking everything that Negative Nancy has to say at face value, I can thank her for trying to keep me safe, because really, that's what she's trying to do.

She just doesn't go about it in the best way. And I can say, All right, Nancy, I hear you. And here is what I'm going to choose. So for your purposeful pause today, I encourage you to simply notice the voices in your own mind. What do you feel in your body when they're around? What are you trying to or are they trying to do for you?

And what choice would you rather make? A good reminder here is that I am not a victim. I do have choice.

Now, I'm not a therapist or a guru or a professional in mental health, so I prefer to say I'm simply an encouraging friend, sharing some wisdom that has worked for me and that I will hope that you walk away with today and perhaps as a tool or a new practice that you can stick in your toolkit to help you practice the art of purpose.

Thank you so much for taking time out of your day to be here with me. Be kind to yourself and I will be back next week.

Thank you for listening to the Art of Purpose podcast. I hope you found today's episode insightful and inspiring. If you enjoyed our time together, please take a moment to rate and review this show on your favorite podcast platform. Your feedback helps us reach more people and spread the message of personal growth and self-discovery.

Also, be sure to subscribe so you never miss an episode. And for more daily inspiration, follow me on Instagram. My handle is [@GaylaDesigns](https://www.instagram.com/GaylaDesigns). That's G-A-Y-L-A. Designs or go to [gayladesigns.com](https://www.gayladesigns.com) and subscribe to my email list.

Thank you for being a part of this community. I look forward to sharing more insights and encouragement with you on the next episode of The Art of Purpose Podcast.