

Junk Days

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Remember Michelangelo – the legendary Italian sculptor who carved the Biblical hero David from a block of marble?

The story goes that he told others that he did not create David. He said that when he looked at the blank block, he saw David already inside, fully formed, waiting to come out. Then he simply removed everything around him to reveal the masterpiece.

What, you may ask, does an ancient sculptor have to do with me? Maybe, everything.

What do you want to do better? Lose weight and get in shape? Achieve professional excellence? Find love? Unfortunately, many of us come at it from a place of lack:

- I want to be fit, but I'm not.
- I want to be more loving, but sometimes I'm mean or jealous.
- I want to be amazing at my job, but sometimes I don't think I'm good enough.
- Or, I'm jealous of the people who get what I want.

What if we did like Michelangelo and saw the opposite? Think *"I am already all that. I just need to strip away all the junk to reveal myself."*

Sure, we may need to build skills, but I'm talking about your true self – your identity. A shift in skills without a shift in identity won't last. Think about the stories of lotto winners who blew the millions and were poor again in five years... The people who built a successful business or a happy marriage only to lose it all. While there can be many reasons things don't always work out, what's often overlooked is a pattern of self-sabotage. When we achieve success but deep down don't really believe we've made it or we deserve it (Impostor Syndrome: "I'm not worthy of this"), we will self-sabotage our way back down to where we secretly *believe* we belong.

When you can see yourself as a strong, amazing person, the skills and actions naturally follow.

How could they not? **You ARE that**, and naturally it shows. So, if you do/think/feel something that doesn't match your true identity, you must strip it away like one of those random chunks of marble that "wasn't" David.

Sound crazy? If so, it could be because most of us decided long ago, deep down, that we WEREN'T all too amazing. Even if we tell ourselves we are, we don't really believe it. However, if we go back farther, there was a time when all of us were amazing. We were loving and complete just as we were. We slept great, had no worries, weren't self-conscious, and lived perfectly in the moment. And then we grew up. But that was our true self. The one we were born with... Before we reacted to the junk of the world and made it our own.

Now, with awareness, we can choose to start chipping away the layers of the world's junk to reveal our true selves underneath.

Your junk isn't you. Remember the true you is still that amazing little human that entered this world. Begin to find little ways to unload the junk and reconnect with the *beautiful you* that has always been there, waiting for you to remember.