

# GET COMPLETE

By Gayle Colman



Incompletions steal energy. The good news is you can prevent energy theft by getting 100% complete. When you get complete, you experience increased vitality, your life vision manifests and your well-being improves.

Incompletions come in three categories:

- ❖ Your Environment
- ❖ Other People
- ❖ Yourself

# Get Complete In Your Environment

What needs to be cleaned, repaired, organized, discarded or redecorated in your environment? Do you have a stack of paperwork to file, emails and calls to return, taxes to complete, bills to pay, cupboards to clean, a button to be sewn on your favorite shirt, a car that needs servicing? What in your environment (home, auto, office, garage and so on) is unfinished? What, when you think of it, causes you irritation, consumes your thoughts and perhaps results in a drop in energy? Start now to recognize the value of environmental completions and take action.

Some of us are so conditioned to creating and sustaining clutter in our environment that we are unaware of the energy drain. This energy drain is subtle, like the slow drip of a faucet or the slow leak of a tire. It represents a conditioned comfort zone; it requires commitment, practices, recognition and re-commitment to move out of it and harness depleted energy.

First, are you committed to getting complete in your environment? If yes, move on to the practices. If no, appreciate yourself for facing the truth.



Below are a few practices for additional support to consider and to take action:

- ❖ Attend a training (or read the book) to create systems and tools to organize your space. (David Allen's *Getting Things Done*, or Stephanie Bennet Vogt's *Your Spacious Self* are two of my favorites.)
- ❖ Create an intention about the space you want in all of your environments: home, office, automobile, landscape. (i.e. *I enjoy nourishing space that is both beautiful and inspiring. I keep only what I love and I give away the rest.*) Post these intentions in places you see daily.

- ❖ Practice timed cleaning and clearing of spaces in which you notice clutter. (pantry, bathroom, office, closet, desk top). Set your timer for a concentrated task (10, 15, 30 or 60 minutes) to clean and clear a specific space.
- ❖ Create a cleaning and clearing system corresponding with the seasons to assist you with environmental completions aligned with the broader world.

After practicing, enhance your awareness about environmental completions by recognizing your pre and post experience. Measure your energy level on a scale of 1 to 5 before and after your practice.

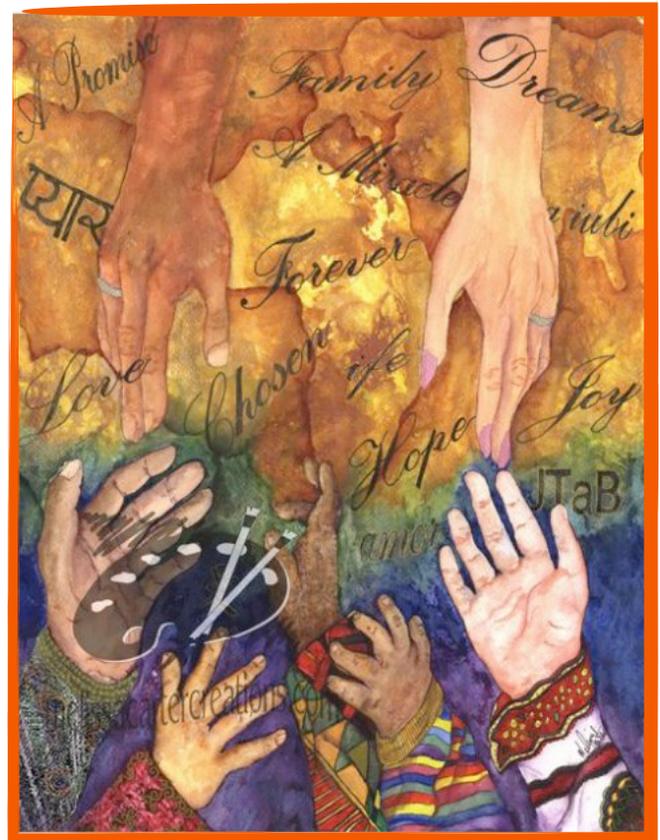
When your environment is cluttered, you notice recurring thoughts and/or you notice decreased energy, re-commit to getting complete in your environment.

# Get Complete with Other People

Are there people you love to be around but you have no idea why? Are there also people you avoid without having a “reason”? Notice the energy drain that occurs with some relationships or some interactions. Do you know anyone who is consistently late for appointments, does not return your phone calls or your belongings, engages in negative talk or gossip, and does not converse with you in a respectful way? Or, who do you know that \_\_\_\_\_? (fill in your own description of the behavior and way of being that causes you a depletion of vitality). To get complete with others requires the same completion process: commit, practice, recognize and re-commit.

First, are you willing to get complete with others? If yes, move on to the practices. If no, appreciate yourself for facing the truth.

Commit to clearing these relationships and consider the following practices:



❖ **Ask for what you want:** Make clear requests.

Be certain that your requests land with others by asking them to describe what you want.

❖ **Set boundaries:** Draw the line between yourself and another person stating what you want and what you don't want, along with the consequences of crossing the new boundary. For example, I want to eat dinner every night between 6:00 and 7:00. I do not want to eat later than 7:00. If you cannot eat with me by 6:40, I will eat dinner without you.

❖ **Stop contributing to the problem:** Embrace 100% responsibility. Reflect upon all situations and be open to learning how you might be magnifying the issue. When you expand your self-awareness, notice the shift in your perception. Appreciate your growth.

❖ **Broken Agreements:** Clean up your broken agreements. Make realistic agreements with others. Agree only to what you really want and only to those activities you are absolutely willing to follow through. There is an art to making and keeping exquisite agreements. Catalyze the agreement artist in you.

After practicing, enhance your awareness about completions with others by recognizing your pre and post experience. You can measure your energy level on a scale of 1 to 5 before and after you interact with others. You can also sit quietly and “test” your happiness scale. When I complete relationship issues, I not only experience more vitality, I also enjoy spontaneous happiness.

When you notice recurring thoughts about a particular person or group of people and/or a drain in energy related to the same, re-commit to completing with others.

# Get Complete with Yourself

Getting complete with self may not immediately make sense as most of us look outside for places or people to complete. Our interior completions often provide the most powerful results. Now you know the drill: commit, practice, recognize and re-commit.

First, are you willing to complete with yourself? If yes, say out loud, “I commit to completing with myself” and consider the practices below. If no, appreciate yourself for facing the truth.

Which of these issues resonate for you? Try the practice next to the issue that is most alive for you now.

❖ **Destructive Habits:** What repeating behavior do you tolerate from yourself: procrastination, mishandling money, being a workaholic, addictions, poor communication, or a steady stream of negative mental chatter? Beneath your habits are limiting beliefs. Face into your habits with practices that attend to the limiting belief. When you access the limiting belief, you shift your view and the ability to change your habits gets easier. You change your habits, you change your life.

❖ **Broken Commitments:** Commitments you make with yourself parallel agreements with others. Clean up your commitments. Re-commit to what you want. Face and release commitments you no longer want to keep.

❖ **Guilt:** Guilt is a call to action to either do something outside of you or inside of you. Perhaps you are called to apologize to someone, complete an action or promise that is not complete, or converse with someone to clear an issue. Or maybe you need to go inside and really examine your perceptions and beliefs as they relate to your guilt. Reflect on the guilt you sense. What do you notice in your body (thoughts, feelings, sensations)? What is the guilt communicating to you?

❖ **Withholding:** Sustained positive energy comes from speaking important truths. When you don't express the truth, you create a separation with others and you zap your energy and creativity. It is possible that you may not want to experience the feelings and the consequences that may happen as a result of your revealing. If you want to live a life of complete integrity, creativity, and vitality, revealing rather than concealing is the practice and it is a choice.

❖ **Regrets and Resentments:** Any regrets toward yourself or resentments toward others that you retain from today, yesterday or 30 years ago block your access to your full vitality. Release them with intentions and practices. Create written intention statements to help release any regrets or resentments. Practice breathing and moving in nourishing, spontaneous and creative ways while focusing on your intentions.

After practicing, enhance your awareness about self-completions by recognizing your pre and post experience. What do you notice in your body and state of being?

When you notice recurring thoughts about yourself and/or a drain in energy related to the same, re-commit to getting complete with yourself.



Being complete offers you a new sense of freedom and expansion. Unencumbered by the past, you can move confidently forward with a renewed sense of energy, vitality and personal integrity. Additionally, your desired results continue to unfold naturally and easily.