

Let Go of the Rock!

*A New Look at the Dynamics of Self-
Management*

Beth Wonson

Excerpt

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Beth Wonson takes us on a empowering journey to a new perspective on self management in *Let Go of the Rock*. Her supportive, direct approach breaks down each message into a clear process that the reader can begin implementing immediately. Beth Wonson's blend of spiritual insights and experience supporting groups in the field of leadership development enables her to deliver important and thought-provoking messages throughout this wonderful book.

—Koelle Simpson, Founder and Director, Koelle, Inc.

“An insightful journey through solid principals. I could easily relate and connect effortlessly along the way. This is one of those books you’ll read once to experience and a second time to put these timeless and life changing principals into practice.”

—Scott Schreyer, Life and Management Coach

Beth Wonson’s book *Let Go of the Rock!* provides a path to personal peace and fulfillment by showing us how to avoid the curse of Sisyphus. In clear, concise language she shows us how to let go of the rocks that drag us downhill to despair, exhaustion and fear. Carlos Castaneda would be proud of this lovely book.

—David G. Yurth, Director: Science & Technology at Nova institute of Technology;
author of *The Ho Chi Minh Guerilla Warfare Handbook: A Strategic Guide to Innovation Management*

This book is a true gift. I felt as though my entire nervous system let out a big exhale as I read Beth’s words. As an organizational consultant and coach, I work with people around behavior change specific to how they can better balance their days and weeks using the right tools and systems. In this book, Beth gently reminds us that the true magic in our lives is when we are open, present, and intentional.

—Sara Caputo, MA Radiant Organizing

Beth Wonson beautifully captures the essence of appropriate self-management and shows how you can perform better on the job or in school, as well as strengthen your own personal and family life. In her book she answers some very important questions:

- What qualities do you want people to associate you with?
 - What do you want to be remembered for?
 - Are others' perceptions of yourself accurate?
 - Do you work to change inaccuracies?
 - Does your own self-image ever conflict with your true self?
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Beth knows we all want to be seen as pleasant and competent. But sometimes we slip up in taking care of ourselves and end up in danger of maintaining a more negative image. We all have a social persona—the way we've chosen to represent ourselves in the world. It's automatic, and it doesn't take much effort to maintain. It feels comfortable. But socially demanding situations often require us to consciously modify this familiar way of interacting. Beth is on target in helping us how to let go of the Rocks that bind us. Her commendable self-help book goes through the realistic and common sense steps of how to better manage yourself and your life.

—Dr. Paul McCarty, Public School Administrator, CEO of Nova Technologies, Author & Researcher in Psychopathology Studies

As an artist and writer, Beth has dipped her inner brush into the Heart and Soul of relationships and created a visual masterpiece. We can apply her words of wisdom to our own circumstances, regardless of our field of endeavor. Bravo!

—R.J. O'Connor, President Emeritus, Arizona Society for Professional Hypnosis;
Founder, Quantum Source Integration Therapy, www.wholeheartedenterprises.com

What sets this book apart from others of the genre is Beth Wonson's personality and narrative style. She doesn't preach, doesn't approach her topics with negativity or self-importance. The information is offered as if she were a helpful, caring friend exchanging thoughts and experiences. Wonson has lived and worked in the real world and found sensible ways to function within that often chaotic framework. That's what makes *Let Go Of the Rock!* exceptional. Highly recommended.

—Laurel Johnson, Senior Reviewer, *Midwest Book Review*, Author

"Beth's message is crystal clear. You can release your old story and create a life you love and this book will take you through the steps, one-by-one. You'll want to take your time by completing all the questions as part of a daily practice in a beautiful journal that you can go back to."

—Katana Abbott, CFP®, Founder Smart Women Companies™ and Midlife Millionaires®

Let Go of the Rock is a brilliant guide to your present moment practice. Beth's stories connect to your innate understanding, reinforcing your own journey in such a simple and authentic way. It provides facilitators, coaches and consultants with the tools and insight to engage their clients experientially in the process of transformation.

—Bart Crawford, CEO Crawford Collaborative Consulting

In the aptly titled I, Beth poignantly captures the human dilemmas we all face. She then guides us in navigating new pathways to explore and resolve behaviors that limit us. Her honest and bold writing style invites us to push our comfort zones and discover a better place both for ourselves and for those with whom we work and live. Nice job, Beth.

—Jim Grout, Executive Director, High 5 Adventure Learning Center

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Rocks

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Beth Wonson

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Four simple ways to improve as a leader



Do any of these statements resonate with you?

- ✓ I spend all my time putting out fires.
- ✓ I'm tired of getting blindsided by missed goals and deadlines.
- ✓ I thought I wanted to be the leader but I miss the camaraderie of the team more and more.
- ✓ I'm not sure my team really has my back.
- ✓ I let small things go that really bother me because people get so upset when I bring them up.

If any of these ring true for you, you aren't alone. In my experience as a leadership coach, many leaders share these feelings. All leaders can turn them around by getting support in a few key areas.

In the article, "Decoding Leadership: What Really Matters," Claudio Fresser, Fernanda Mayol and Ramesh Srinivasan use research from 189,000 leaders in 81 organizations and 7 industries to come up with a list of the top 20 leadership behaviors present in highly

effective, strong leaders.¹ They then focus on the four behavioral strengths accountable for 89% of leadership effectiveness.

1. **Problem Solving:** If you take the time and have the skills to hold space for tough conversations as a component of the decision making process, you will have better information, more creative and innovative ideas and more buy in and support.
2. **Operating from a Strong Results Orientation:** It is your role to be a strong communicator and motivator. However, you must also be able to hold people accountable and see projects through to results. When I am called in to do teambuilding with teams that are missing deadlines and not achieving goals, I frequently discover a leader who has not yet found the balance between micro managing (viewed as controlling) and giving complete freedom (viewed as being weak). Leaders who practice maneuvering on the spectrum between these two end points foster accountability and strong results.
3. **Seeking Different Perspectives:** How comfortable are you in inviting stakeholders to weigh in and share their perspectives, even when you've already decided you may not be in agreement? If you are like many leaders, particularly those promoted up through the ranks, you may worry about hurting feelings and alienating friends. The article indicates that leaders who do well in this area are able to invite stakeholders to weigh in and share their perspective, but are also able to stand up and make their decision based on strong analysis that is void of bias. This is one of the key areas where leadership isolation can begin to set in. You develop trust when you stand in your own truth, articulate your own values and make decisions that support the good of the whole.
4. **Supporting Others:** Are you an empathetic or a sympathetic leader? Do you know the difference? Can you truly see, acknowledge and support your team members without getting caught up in emotional fray? Do you clearly hear what they want and need without letting your own goals, interests or beliefs get in the way? By increasing your own self-awareness and your authentic and predictable leadership style, you will be better able to support them to grow and develop and do their best work.

Investing in coaching and professional development in these four areas will help you to increase connection, trust, teamwork and collaboration while achieving business outcomes.

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