



Sibella Circle Member & Visionary Leader

DIVE INTO SELF-DISCOVERY

Put What Ifs To Rest

By Creative Katrina

Sometimes year-end energy stirs up the “what-if” monster within us.

We revisit old resolutions and compare them to what actually came to pass. We reflect on lessons learned and how we’ve grown. We can also get hung up on “what-if” thinking - otherwise known as thought loops with no purpose other than to help us feel bad.

It’s easy to fall into this trap, especially when connecting with old friends and family - silently comparing to see if we measure up. Expectations we have for the holiday season, and how we would like it to unfold, also muddy the water. And let’s not forget the bright, new year shining in the distance, promising fresh opportunities while reminding us of what we never finished.

That’s the trick with “what-ifs”. They pop up more when we feel insecure or unsure. The older we get, the easier it is to fantasize about what would have been if we had chosen differently or listened sooner.

So why do we do it? Habit. To put more fine a point on it, a habit of wanting to know everything. Now. And that it will all be OK. Yet, that’s more of an act of faith than fact. It’s also about understanding how you work as a creative soul.

For example, part of my strength as a creative is my ability to create a vision. I pull diverse ideas, inspirations, and intuitive hits into a creative expression for myself or for a client. I HAVE to be in the “what-if” space and play. It’s a core part of my ability to understand and see all the potentials, then create accordingly.

However, I have to shut it off when it comes to the rest of my life. I need to be able to take something at face value and be with it. I must have faith that it’s all happening for a reason, and no amount of “what-if strategy preparedness” is going to save me from whatever I’m feeling. I need to trust I will know what to do when the time comes, while noticing when “what-if” thinking is blocking me being or feeling OK in the moment.

This month, I hurt my back in a way I never have before. Between taking steps of physical and emotional self-care, my mind started peeking into “what-if” territory. What if I can’t go to yoga for months? What if I have pain like this from now on? What if I have to change the way I work?

And this time, I tried something different. I kept telling myself I was OK, no matter what, even if I felt horribly uncomfortable. I reminded myself I have a good care team in place, and they are there to support me, always. I reminded myself that voice is just a voice in my mind, spitting out “what-ifs” out like a pez dispenser. This time I knew better than to indulge them, slowly putting them to rest, one moment at a time.

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