

## Begin Beginning



One thing many of my coaching idols have said at one time or another: *it's okay to be a beginner!* Everyone started somewhere.

This is difficult to accept if you're a high-performing, perfectionist-type person. You may not want to invest in something unless you can be sure that you'll do it well, but that is just your ego trying to control the outcome.

Give yourself permission to make a mess of it and do it badly at first. Practice. Do a little, then do a little more; you'll get better at it with time and effort. You have to risk being bad at something if you ever want to be good at it. Just start where you are and build on that.

For instance, I've always wanted to learn to play piano. For my birthday in 2011, my boyfriend helped me buy an electronic piano. It's set up in my dining room. It's currently collecting dust. I know that, to be good at piano, I need to practice and work on it every week, but it's disheartening to open my music book and struggle with a simple children's song. I get frustrated. I don't expect to be able to perform Rachmaninov right out of the gate, but I need to lower my expectations even more. I need to practice reading music, I need to practice playing with both hands, I need to make the effort to get the results I want. I need to be willing to play children's songs badly if I ever want to be good at piano.

**"Perfect is the enemy of good."**

Elizabeth Royte,  
Environmental Writer

This is also good advice if you're stuck on your dream. Remind yourself, what drew you to it in the first place? What was the first spark that made you say "YES! This is what I want!" Get some of that beginner energy back into your dream and it will help you move forward.

Be a beginner. Make a mess.

And slowly, out of the chaos, something beautiful will emerge!

On the next page, I have a worksheet for you to help prepare yourself to begin.

## Prepare to Begin

- Maybe you want to train for a 5K race but you can barely jog one block.
- Maybe you want to go back to school but the application process is intimidating.
- Maybe you want to take a yoga class but you're afraid the other students will judge you.
- Maybe you want to clear out a garage or storage unit, but the task feels overwhelming.

There are lots of reasons you might avoid beginning something. Let's work through it so you can get started!

What you want to begin?

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Why do you want to begin this? What appeals to you about it?

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Is the time right? Do you have all the resources you need (time, energy, money, etc.)?

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What is holding you back? Fear? Confusion? Procrastination?

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Are you prepared to do it badly? What is the worst thing that might happen if you do it badly? What might you learn from the experience?

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If you still want to begin but something is holding you back, take a moment to visualize yourself beginning. Try to use all of your senses. What does the experience look like, feel like, smell like? Go through the first day, week, or month doing your activity. See what challenges or resistance come up. Anticipate the journey and you can better prepare for it. With preparation, you can combat many of the things that were holding you back.

What is your first step to begin?

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When can you schedule this step in your calendar?

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Are you ready to make this commitment?  YES  NO

*If your answer is "No", that's okay! Come back in a month and think about it again if it still perks your interest.*

If your answer is "Yes", get started! **Begin Beginning!**

*From Cathy Carpenter, Exploring Your Depths, [exploringyourdepths.com](http://exploringyourdepths.com)*

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### Creativity and Life Coaching

I have four coaching options including a free session.

Free

**Free "Depth-Charge" Session**, 30-45 minutes.  
Set a Depth-Charge to shake things up!

If you are overwhelmed with the change(s) you want to make in your life and aren't sure where to begin



Paid sessions range from \$125-495 and focus on Work-Art balance, creative abundance and vitality, and accountability to make your creative dreams real!

See the [Coaching page](#) on Cathy's website for more information.

### Tarot Reading and Classes

Are you confused, frustrated, and seeking answers? Have you over-thought an issue so much that you can't stand to think about it, but you still need to find a solution? Are you looking for outside help, a fresh pair of eyes, to help you work through your issue?

Let's ask my cards to help you with your issue! Book a reading today. Prices range \$25 to \$55.

Cathy also teaches a tele-class series, "Find Yourself in the Cards", based on the tarot archetypes of the major arcana. See [her site](#) for more information.

- \* Fooling Around \* Magician Ignition \* High Priestess Secrets \* Empress Yourself \* Emperor Treasure \*
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