

How Big is Your Tank?

Exploring your limits of possibility...

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by Jodi Hume

"If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise." ~Robert Fritz

Several years ago, a deftly tossed quarter landed squarely on an overturned cup in the center of a carnival game stand. The prize for our auspicious show of dexterity was a tiny orange feeder fish we named Boris. If you've ever had a goldfish, you may know that the larger their tank... they bigger they get. So I wasn't exactly surprised when the tiny Boris grew large enough to feed a small family. What did astound me was the thought that his growth had been determined by the size of the tank we had chosen to give him.

What if the same were true for us? Can you imagine if by moving into a larger house, you physically grew to fill the space? If this phenomenon did hold true for us humans, I can imagine I'd be pulling up to a studio apartment in a Mini-Cooper for sure!

Now I admit, this philosophical leap is a bit far-fetched, but what if the same really **IS** true for us, at least conceptually? What if your beliefs create the walls that determine just how big your reality can grow? The barriers are virtually invisible, but their impact is not: you cannot travel beyond the walls of your tank. That would mean that each time you limit your choices and expectations to what you believe is reasonable or possible, you are choosing to limit the size of your tank.



Jodi Hume is a catalyst, facilitator and coach who is passionate about personal empowerment and saying YES to The Life You Want. She works with individuals and groups to cultivate living with balance, fulfillment, passion and purpose.

Spend some time during the next week exploring your tank. Notice what limits your actions and behaviors, especially when you're moving towards something you want. How much space do you have to move? Where do you stop? Where do you hesitate? Where do you react to your own reflection and spend your time swimming in circles?

What is it that has the power to override your desire to pursue something you really want? It's most likely a very well crafted and brilliantly designed belief. Here are some of my (least) favorites:

"If I changed (jobs, relationships) it would probably end up worse than this one."

"That's not the way it's done around here"

"That's just the way I am."

"I should be grateful for what I have."

"You can't make money doing something you're passionate about"

"I can't expect to have *everything* that I want."

These beliefs are particularly seductive because they sound like the voice of reason, or even experience. But your past experiences are not entirely reliable predictors of the future. Consider this: The 4-minute mile was endlessly pursued, despite the fact that it was considered beyond the limits of the human body. So when Roger Bannister finally achieved it, it was considered miraculous. Yet in less than six weeks another runner had made it, and now it is considered the standard for middle distance runners. How could that be possible if not for the enormous power of believing that it is achievable?

Consider what would happen if you doubled or tripled the size of your tank of beliefs? Or better yet... how big could you get with NO tank and an entire ocean to explore? If Boris had been able to choose his own tank, he might have picked a quaint little glass bowl and remained the size of a walnut. Or he might have chosen an enormous floor-to-ceiling unit, and topped out the upper limits of his fishy potential. It's hard to say since he didn't get the chance to choose, but you get that chance every moment of every day. Will you allow the voice of reason to create the walls of your tank? Or will you choose the ocean, and the endless possibility and growth that it offers? Choose either, but don't let me catch you sulking around the bowl, wishing you could be bigger and blaming the size of your tank.

What's your 4-minute mile? I challenge you to bust open your beliefs about what is possible. Commit to the endless mantra of "I can have *absolutely* everything I want." Amplify your goals to the point that they are so magnetic and compelling that you can't HELP but gravitate towards them. Make them so juicy that you leap out of bed in the morning, salivating to live out your day. Life is too short to swim in tiny circles, so make 2006 the year you leap into the ocean of miraculous possibility. And don't take no for an answer, especially from yourself!