WHOLE BODY YES

Listening to the wisdom of your mind, emotions, will and body

Rather than having a whole body yes, many leaders give a "corporate nod" nodding their head yes when they really mean one of the following:

- *I don't really want to do that but I can't say so in this meeting.*
- *I have no intention of doing that, but no one will even follow up.*
- *Sure. I'll do that if I get to it, but I have a lot to do and this will fall low on my priority list.*
- *I'm saying yes because I'm afraid to upset you if I tell you that I don't want to.*

What is a Whole Body Yes?

A whole body yes happens you when are fully aligned with your head, heart and gut centers and there is bodily sense of well being as you consider a choice.

Head Think of a time when you came to the logical conclusion that something made sense. Perhaps is was a choice after thoroughly researching an issue. Notice what it feels like in your body as you think of that memory.

Heart Think of a decision that you made when you felt your heart was fully in it. Take yourself back to that exact moment and notice how that feel in your body as you think of that scene.

Gut Drop into you gut, your power center. Think back to a time when you knew instinctually that "This is it." Recall how good it felt to be this solid in your choice and notice how it feels in your body.

Now see you if can remember a time when you felt all three of these at the same time. Notice how it feels in your body. This is a whole body yes. Anything other than a whole body yes is a no.

- The greatest chance you have of being in integrity with your agreements is to only agree to things you have a whole body yes to.

- If you want to know what a "no" feels like, simply reverse the practice above.

- The more you practice tuning into your experience of YES and your experience of NO, the easier it is to know what you really want and don't want.

- Train others around you to ask if you have a whole body yes to what you are agreeing to so that you can become more aware in the moment.

Conscious
Leadership Group