

Excellence Instead of Perfection

Transcript

00:00:05 Announcer

Are you tired of chasing perfection and always feeling like you fall short?

00:00:09 Announcer

There is a better way.

00:00:11 Announcer

Welcome to the pop coach life.

00:00:13 Announcer

With your host, Sharon Smaga.

00:00:15 Announcer

Where we are.

00:00:16 Announcer

Pursuing the art of purpose over perfection.

00:00:19 Announcer

She's going to turn what you think you know on its head and help you discover a life filled with meaning.

00:00:25 Announcer

And joy, so buckle.

00:00:27 Announcer

Up buttercup, because here comes Sharon.

00:00:41 Sharon

It says.

00:00:42 Sharon

Talk a little.

00:00:43 Sharon

Bit with y'all about and I'm referencing some notes so I want to talk with you a little bit about perfectionism and risk that has been on my mind contingent to a conversation that I had with someone recently in a A.

00:00:59 Sharon

Coaching session.

00:01:02 Sharon

It really just struck me in our conversation how we sort of got to this place of realizing that we are often pursuing accomplishment, right?

00:01:14 Sharon

But our idea, our idea of how to do that, or how to get to it is usually the problem.

00:01:21 Sharon

We can all be accomplished in our own right.

00:01:25 Sharon

But sometimes we get stuck in the idea that we have to be at a certain point, we have to be able to do it a certain way.

00:01:33 Sharon

We don't want it to be messy.

00:01:35 Sharon

We don't want to.

00:01:35 Sharon

Make a fool.

00:01:36 Sharon

Of ourselves, we're maybe afraid of being embarrassed.

00:01:40 Sharon

All of those things.

00:01:42 Sharon

So we kind of subconsciously maybe land on this idea that if I can't nail it.

00:01:47 Sharon

Coming out of the gate, right.

00:01:48 Sharon

If I can't run the perfect race the first time they open the gate.

00:01:53 Sharon

If you get Thoroughbred horses right, running that race, and if I can't do it just right, I just can never have them open the gate.

00:02:00 Sharon

I never really sign up to take the risk to try something new or accomplish something, so if we get locked into the appearance or how we want people to.

00:02:11 Sharon

Think of us.

00:02:13 Sharon

You guys, if you follow me at all, I've seen how messy some of these things can get.

00:02:17 Sharon

I've just had a series published where.

00:02:20 Sharon

Because of some struggles, one of my people were having that helped me with this project.

00:02:27 Sharon

They just needed me to send audio files for a little while and my listeners actually dropped off.

00:02:34 Sharon

I don't know if it's a result of that or not, but we're we're wondering if that's what it was, but I just needed to accommodate that somebody couldn't.

00:02:41 Sharon

Just be there to do exactly what I needed almost on demand right where it would leave no room for humanity and for our needs.

00:02:52 Sharon

So we're all going to struggle with it and you've seen my process be very, I hope, open messy in front of you.

00:02:59 Sharon

This is real.

00:03:00 Sharon

I just genuinely, genuinely want to help people, but this is a brand new skill set for me, and sometimes I'm better at it than others and hopefully getting better over time with that practice, and I've talked about how it takes.

00:03:13 Sharon

Practice to get to confidence and then confidence builds confidence, which allows us to overtime achieve not perfection.

00:03:22 Sharon

You know, a standard of excellence and a standard of excellence with healthy boundaries is good for us.

00:03:28 Sharon

But if we're always chasing.

00:03:32 Sharon

That's going to stalemate us.

00:03:33 Sharon

That's going to put us in the bleachers, not out on the court playing the game, and I really want you guys to take a risk.

00:03:40 Sharon

And so we have to let go of perfectionism to take risk.

00:03:44 Sharon

You cannot step into risk, which is the unknown, the unpredictable.

00:03:49 Sharon

It doesn't come with guarantees.

00:03:52 Sharon

It often is doing something we've never done before, so risk doesn't necessarily mean.

00:03:56 Sharon

I mean.

00:03:58 Sharon

I have to zip line off the highest elevation zip line in the world.

00:04:02 Sharon

That's that's an example of risk.

00:04:04 Sharon

But risk is often in our day-to-day about the things we want to try or do, but we're afraid to.

00:04:11 Sharon

We're embarrassed about doing it or we don't want to ask for help or, you know, we just have all these negative messages.

00:04:20 Sharon

You know, we're afraid to to try to put effort to practice something because we can't just do it just right.

00:04:28 Sharon

For the first.

00:04:29 Sharon

Time and that will always paralyze you.

00:04:33 Sharon

That is not going to give you the the ability to accomplish, and it takes risk to accomplish things.

00:04:41 Sharon

Whether you think they are great or small is irrelevant.

00:04:46 Sharon

It's just the idea of taking a risk to accomplish something you've never done in your life that you want to be able to do.

00:04:55 Sharon

And if you let go.

00:04:58 Sharon

Of worried about being worried about being embarrassed, or who's going to see, or having to ask somebody for help, or to show you or teach you if you can let go of those perfection driven ideas and thoughts, then you have more freedom to take risk.

00:05:18 Sharon

Right.

00:05:19 Sharon

And then you actually are working toward accomplishing things.

00:05:24 Sharon

I like to run around sometimes on a Segway, and if you don't know what that is, so it's sort of like a scooter with a stick and handlebars, but you've got wheels spaced about this wide apart on either side of you.

00:05:37 Sharon

They're very easy to ride.

00:05:40 Sharon

They will balance themselves if, if they're turned on.

00:05:43 Sharon

If they're not.

00:05:44 Sharon

I've learned the hard way you're going to step on.

00:05:46 Sharon

It and go boom.

00:05:47 Sharon

It's going to go right out from under you, but if you've got a segue turned on and I know there's a term for it that escapes me, it will balance itself even as you step on one foot.

00:05:56 Sharon

It's already accounting for that and helping keep you balanced, right?

00:06:00 Sharon

So on the surface of it surface of it, they're very easy to ride and they are.

00:06:06 Sharon

There's just one little thing I've learned, and I had a moment, and I was feeling pretty like I got this, like, this feels like an extension of my body and it's fun.

00:06:17 Sharon

And I got this and I can zip around.

00:06:19 Sharon

And so as I practice, I gain more.

00:06:22 Sharon

Confidence, right?

00:06:23 Sharon

I practice.

00:06:24 Sharon

I gain confidence, I gain confidence and I'm really good at maneuvering on that thing, however.

00:06:31 Sharon

However, couple weeks ago I wrote it over to.

00:06:35 Sharon

The coffee shop and one of my sons was visiting and he was on the the other scooter version of it and we're cruising along and I got.

00:06:47 Sharon

I was aware of where there was a.

00:06:50 Sharon

Post coming down to support a structure and I was just going to zip in like around that post and zip in like this and park right because I wanted it to.

00:06:59 Sharon

Be out of the way.

00:07:00 Sharon

For other people.

00:07:03 Sharon

And I'm good at writing this.

00:07:04 Sharon

This takes nothing away from that.

00:07:08 Sharon

But if the wheel on these things hooks even this tiny little teeny tiny bit, guess what happens?

00:07:16 Sharon

And it happened.

00:07:18 Sharon

I caught my wheel, it spun and I dropped.

00:07:24 Sharon

I just hit the concrete.

00:07:25 Sharon

I just crashed and one of my.

00:07:28 Sharon

Decisions and I tell people, if you want one of these and you're gonna ride this thing, then just know how to fall well because you're gonna fall sometimes as you learn how much space it takes up what you can and can't do.

00:07:39 Sharon

Right.

00:07:40 Sharon

It's a little bit like when you were a kid and.

00:07:41 Sharon

Learning to ride a bike.

00:07:44 Sharon

And I went down, guys, I went down.

00:07:46 Sharon

Like a load.

00:07:46 Sharon

Of bricks and I am not young, I joked with some medical testing medical people.

00:07:54 Sharon

Not too long after.

00:07:55 Sharon

No, I don't need a bone density test because I survived this.

00:07:59 Sharon

So then we go in to get coffee and we step up to the line and I'm ordering.

00:08:03 Sharon

And one of the young girls that works in the shop comes scooting over to the register with the GAL that's taking my order.

00:08:09 Sharon

And she's, like, really quiet.

00:08:12 Sharon

Oh, ma'am, that's how you know, you're not young anymore when you get called, ma'am, by the way.

00:08:16 Sharon

I don't want.

00:08:17 Sharon

To embarrass you.

00:08:18 Sharon

But I saw.

00:08:19 Sharon

And are you OK?

00:08:21 Sharon

And I just started laughing.

00:08:23 Sharon

Right.

00:08:25 Sharon

And I said, yeah, I am.

00:08:27 Sharon

Thank you for asking.

00:08:28 Sharon

And I said it kind of went down like a load of bricks out.

00:08:30 Sharon

There, didn't I.

00:08:31 Sharon

She's like, yeah.

00:08:32 Sharon

Are you OK?

00:08:33 Sharon

I said, yeah, my wheel caught on the post and all it takes is a little bit, and you're going down, I said.

00:08:38 Sharon

But you know what?

00:08:39 Sharon

You for asking and yes, I'm OK.

00:08:41 Sharon

Unless you count my bruised ego, the only thing bruised is probably my ego a little.

00:08:46 Sharon

But I'm good and it takes that level.

00:08:49 Sharon

There's a resiliency in that, right?

00:08:51 Sharon

Instead of hiding and hoping nobody saw or pretending nobody saw.

00:08:56 Sharon

Years ago I might have even been so embarrassed, like by something like that, that I would have just ridden off and not gone in the shop at all, and I would have gone somewhere else where they.

00:09:04 Sharon

Didn't see me fall.

00:09:06 Sharon

And to just go.

00:09:08 Sharon

It happened there we are because it didn't take one bit of joy out of the experience for me of riding the Segway.

00:09:16 Sharon

Hanging out with my kid, going out for coffee.

00:09:20 Sharon

But if I had let that get to me and really get in my head guys and got to my pride.

00:09:27 Sharon

That would have been a really different outcome, right?

00:09:29 Sharon

Because then it would be about image and I don't want people to see me fall.

00:09:33 Sharon

I just want them.

00:09:34 Sharon

To see me.

00:09:34 Sharon

Be able to do this well all.

00:09:36 Sharon

The time well.

00:09:39 Sharon

There's nothing we can do. Well, 100% of the time, because that's the standard of perfection.

00:09:45 Sharon

Right, a standard of excellence says I'm striving to do it really well, but I know I'm going to make mistakes so it embraces the fact that you're going to fail.

00:09:57 Sharon

You're going to make mistakes.

00:09:58 Sharon

You're going to fall off, literally or figuratively, right.

00:10:03 Sharon

In my story, I literally fell off.

00:10:07 Sharon

And I was able to get back up and reengage and that's the idea of resiliency.

00:10:12 Sharon

So I'm going to propose that you consider replacing trying to be perfect with just a standard of excellence that embraces failure and errors and therefore.

00:10:26 Sharon

Requires resiliency, which we have.

00:10:29 Sharon

We can create resiliency in our lives, and so if we can embrace.

00:10:35 Sharon

Mistakes, failure, learning to be resilient and excellence.

00:10:40 Sharon

We can begin to let go of unrealistic expectations of perfection, so I'm proposing that we replace.

00:10:50 Sharon

This unreasonable standard by focusing on these ideas.

00:10:57 Sharon

So we're going to look at excellence, not perfection.

00:11:02 Sharon

And as we pursue excellence, we will embrace that.

00:11:05 Sharon

We're going to need resiliency because we're going to fall down.

00:11:08 Sharon

We're going to make mistakes.

00:11:09 Sharon

We're going to fail and resiliency is the ability to say, but I'm.

00:11:13 Sharon

Going to get.

00:11:13 Sharon

Back up and keep going and working.

00:11:15 Sharon

Toward this goal.

00:11:17 Sharon

So I hope that was helpful.

00:11:19 Sharon

So again, let's dump perfectionism.

00:11:22 Sharon

Let's find our purpose and let's grow in that because you have gifts that we need you to share with the rest of us that only you have.

00:11:30 Sharon

You are gifted and put together in a unique way and we need that.

00:11:37 Sharon

So I don't want you frozen in perfectionism.

00:11:39 Sharon

So welcome to excellence, which is embedded in excellence, is resiliency, failure, all the things right, we're going to go for it.

00:11:47 Sharon

I love you guys.

00:11:48 Sharon

Keep pursuing your purpose over perfection.

00:11:50 Sharon

Thank you for joining me today, by the way.

00:11:53 Sharon

You can find me on most things social media.

00:11:56 Sharon

I'm on YouTube, I'm on Twitter.

00:11:58 Sharon

I'm on Instagram, Facebook.

00:12:01 Sharon

Look for pop quotes life and I'm also getting going on some other social medias.

00:12:07 Sharon

I'll keep you posted.

00:12:08 Sharon

We're working out some bugs and glitches and getting things set up.

00:12:11 Sharon

I I just appreciate.

00:12:13 Sharon

And thank you for listening.

00:12:15 Sharon

If you're listening right now, leave me your rating.

00:12:19 Sharon

You know, leave me a like here where you listen to your podcast or on social media.

00:12:23 Sharon

All of that helps.

00:12:25 Sharon

Get this information flowing out to other people.

00:12:28 Sharon

This is not monetized.

00:12:29 Sharon

I don't make any money.

00:12:30 Sharon

I actually pay to produce these, and it is my pleasure to do so.

00:12:35 Sharon

I really want to see you guys thrive, so take care and I'll see you next time.

00:12:40 Sharon

Bye bye.

00:12:47 Announcer

You've been listening.

00:12:48 Announcer

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