

How to Be Discerning and Wise

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.

00:00:42 Sharon

Good morning, everybody, and welcome back to pop coach life.

00:00:44 Sharon

I'm Sharon Smuga and Pop is purpose over perfection.

00:00:49 Sharon

So that is the goal here is that we are looking for ways to pursue our purpose and.

00:00:55 Sharon

And not get caught up in perfection or perfectionistic ways, or thinking if we do something exactly a certain way, we'll finally feel OK or we'll be better people or whatever.

00:01:06 Sharon

Those lies are that actually block us living out our purpose because I believe that in our purpose and we live consistently in our purpose, there is a real passion and joy.

00:01:16 Sharon

In life and things to look forward to, including getting up out of bed every day to do it.

00:01:22 Sharon

So welcome back.

00:01:23 Sharon

Thank you for joining me.

00:01:25 Sharon

I'm kind of in a space this morning.

00:01:29

It's just been.

00:01:29 Sharon

One of those mornings, do you ever just have a day where you go?

00:01:33 Sharon

Maybe I'm not supposed to actually leave the house and you're kind of just struggling to kind of keep yourself together a little bit.

00:01:40 Sharon

I'm having one of those days.

00:01:42 Sharon

There's the outfit.

00:01:42 Sharon

I left the House in and then I bumped my coffee.

00:01:45 Sharon

And of course I was wearing white.

00:01:47 Sharon

So I spilled coffee.

00:01:48 Sharon

Down a white blouse and had to run back in and.

00:01:51 Sharon

I went to grab my notes to record today and can't find the notes for the content I had planned.

00:01:57 Sharon

It's it's just all the things, right?

00:01:59 Sharon

So here I am in the midst of all of that, my imperfect morning.

00:02:04 Sharon

And so I pulled up some notes where I had started some content.

00:02:09 Sharon

A while back.

00:02:10 Sharon

And I'm just going to sort of riff off of those and talk to you guys today and share some information.

00:02:16 Sharon

And here we go.

00:02:18 Sharon

One of the things that I learned in recent months is there's a an A difference between discernment and wisdom, which of course, obviously that's why they're two different words.

00:02:29 Sharon

But I think I had always sort of blended those together and thought of them as sort of the same thing and they have a relationship, but they're not the exact same thing.

00:02:43 Sharon

And discernment is understanding is when you have knowledge, facts and insight, and when you have that understanding, knowledge, facts and insight, you are able to discern or understand.

00:02:57 Sharon

Tease out what is going on in a situation.

00:03:02 Sharon

And I think about this a.

00:03:03 Sharon

Lot of course, in terms of our relational situations, right?

00:03:08 Sharon

It's the opposite of jumping to conclusions.

00:03:11 Sharon

We want to seek understanding instead of jumping to conclusions, and that allows us to have some discernment about what is happening instead of acting on assumptions.

00:03:22 Sharon

And there's a lot of reasons we do that right.

00:03:25 Sharon

Sometimes we're tired.

00:03:26 Sharon

It's about our feelings.

00:03:29 Sharon

We have past experiences that make us see things a certain way, so we kind of put on our glasses and we can only see that view and being willing to seek understanding helps us to back away from that and consider other ways to interpret a situation with someone.

00:03:46 Sharon

It can be affected by our feelings in a.

00:03:50 Sharon

Moment toward a.

00:03:50 Sharon

Person am I feeling a lot of joy and happiness with you right now that I'm going to give a lot more leeway?

00:03:59 Sharon

I'm going to probably put a more positive interpretation on your behavior.

00:04:06 Sharon

Whereas if I'm upset, angry or I feel like you've done or said something that hurt my feelings, I'm going to be more stingy in my interpretation, right?

00:04:15 Sharon

I'm sort of looking for an interpretation that fits the way that I'm feeling.

00:04:22 Sharon

Sometimes we do this out of just narratives in our own head that we are often, I would argue, unaware of.

00:04:28 Sharon

So it's important to understand your own internal narratives and how they affect the way that you interpret a moment, an interaction, or a relationship.

00:04:39 Sharon

Those are the things that we need to sort of be willing to pull apart, to be honest, about take a look at, to really get to a place of understanding.

00:04:48 Sharon

And it may mean asking a lot more questions than we typically would or then we're comfortable with.

00:04:54 Sharon

It might mean being honest enough when somebody says this happened the other day.

00:04:58 Sharon

Do you understand what I mean?

00:05:00 Sharon

And I said, I really don't.

00:05:02 Sharon

I'm trying to and it was actually in a conversation where they sort of didn't want to explain, but wanted me to understand.

00:05:10 Sharon

So it was that's a little awkward, right?

00:05:13 Sharon

If you think about it.

00:05:14 Sharon

And so I just really listened and when this individual asked me, do you understand what I mean?

00:05:20 Sharon

I just very gently had to be honest enough to say, I'm trying to, but I don't have enough information for it to make sense to me.

00:05:30 Sharon

And I'm not saying you have to tell me more.

00:05:33 Sharon

But I'm going to be honest enough to say for me to understand, I feel like I need more and that context is up to you to share, not share.

00:05:42 Sharon

Because I want to understand.

00:05:44 Sharon

Because you're important.

00:05:45 Sharon

But I just don't, right?

00:05:46 Sharon

Now, so that was very.

00:05:50 Sharon

Sort of tentative, a little awkward, but we actually got through it.

00:05:54 Sharon

This individual was willing to share more information with me.

00:05:58 Sharon

To the point where I could.

00:06:00 Sharon

Oh, then I got there, right?

00:06:02 Sharon

I get what you're saying now here's what I think you're saying, right?

00:06:06 Sharon

Check for understanding and they were able to give me that feedback that yes, that's what I'm trying to communicate.

00:06:16 Sharon

Including understanding our own internal narratives, our own past experiences, our own expectations, what we want or don't want is going to affect this.

00:06:24 Sharon

As some of you, if you've been listening to my podcast, have heard me talk about some of this.

00:06:29 Sharon

So all of those things shape those internal narratives and how we approach an interaction or approach a relationship, and they can, if they're accurate, to the degree that I would argue that they're accurate.

00:06:42 Sharon

That actually helps us to be more discerning, more aware, to understand more clearly.

00:06:49 Sharon

When we have discernment.

00:06:53 Sharon

We can act on that in a way that is wise.

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And so there's the connection and relationship between discernment and wisdom.

00:07:02 Sharon

They're not exactly the same thing, but to act with wisdom.

00:07:07 Sharon

You've got to have discernment because wisdom, one of the definitions of wisdom, is knowing what to do with what you know, right?

00:07:17 Sharon

First, make sure you understand.

00:07:19 Sharon

Check in with other people involved.

00:07:21 Sharon

Check your filter or your experiences.

00:07:24 Sharon

Check your feelings or feelings.

00:07:26 Sharon

Skew facts right?

00:07:28 Sharon

Wisdom is then where we seek, then act.

00:07:32 Sharon

We don't just react.

00:07:34 Sharon

That's our inclination, and our humanity is to just be reactive, right, get defensive, protect, defend and and that can be helpful in the right situation.

00:07:46 Sharon

Like if a bear is chasing you.

00:07:47 Sharon

But in most situations with people that is not helpful to go into that reactive mode.

00:07:53 Sharon

So we want to seek, then act.

00:07:56 Sharon

So if you can remember that tag line that's going to probably be the most helpful to Orient you seek, then act, don't react.

00:08:04 Sharon

And then that that usually comes with a lot more fixing.

00:08:07 Sharon

Repairing and apologizing as many of you have experienced, I certainly have.

00:08:12 Sharon

Acting out of reactivity is never wise, so when we're in that reactive mode and we just act in that moment, that's not wise.

00:08:21 Sharon

That is not wisdom.

00:08:23 Sharon

Seek then act and timing matters.

00:08:27 Sharon

Timing matters so much.

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It took me so long to learn this.

00:08:33 Sharon

With my personality, I'm very outgoing.

00:08:37 Sharon

I say it like I see it.

00:08:39 Sharon

You know all of those things which.

00:08:41 Sharon

In the right place and time can be really powerful tools.

00:08:46 Sharon

But for years I just did not have good timing.

00:08:51 Sharon

So timing matters when and how you approach someone matters.

00:08:56 Sharon

Understanding when they're ready, when they can receive what you have to say really does matter.

00:09:02 Sharon

Work on your timing and.

00:09:06 Sharon

When in doubt, I would say when in doubt.

00:09:12 Sharon

Sort yourself out.

00:09:13 Sharon

Sort out your thoughts, sort out your feelings.

00:09:16 Sharon

Just kind of go all the way back to.

00:09:18 Sharon

Where I started.

00:09:19 Sharon

Seek to understand right?

00:09:22 Sharon

Seek to understand them.

00:09:23 Sharon

Their point of view, where they're coming from, but also for yourself.

00:09:27 Sharon

Seek to understand where you are emotionally and to understand what's at stake.

00:09:32 Sharon

For you that will help you a lot with timing and I think sometimes y'all we we just approach relationship like it's a Sprint and it's really a marathon.

00:09:46 Sharon

I think for some of us, it's really hard.

00:09:49 Sharon

To wait for the right time.

00:09:51 Sharon

I know that I definitely struggle with that to trust that if I don't address it right now, because it may be bad timing, doesn't mean it can't be addressed.

00:10:02 Sharon

So give that some thought.

00:10:03 Sharon

Correct action coming from a place of wisdom.

00:10:07 Sharon

Here are the benefits.

00:10:09 Sharon

Correct action coming from a place of wisdom makes you a good problem solver, reduces tension, reduces conflict, reduces anxiety, and reduces depression.

00:10:20 Sharon

So there's your carrot.

00:10:22 Sharon

I'm a gal who likes the carrot.

00:10:24 Sharon

You know the proverbial carrot dangling in front of me?

00:10:26 Sharon

What's the motivation?

00:10:28 Sharon

And the motivation is that you can be a good problem solver and there will be reduced tension, conflict and relationships.

00:10:35 Sharon

There will be less anxiety for you, better mental health for you also in that relationship.

00:10:43 Sharon

So give that some thought.

00:10:44 Sharon

I hope this has been helpful for y'all just some more tidbits that I want.

00:10:47 Sharon

To pass along.

00:10:49 Sharon

Up, please jump on wherever you're listening.

00:10:52 Sharon

Leave me review.

00:10:54 Sharon

Hit the bell.

00:10:55 Sharon

Follow share content with people that you think it'll help.

00:11:01 Sharon

And my website is pop coach.

00:11:04 Sharon

Dot life. So it's a life itsnota.com itsa.lifeitsnota.net. It's a dot life.

00:11:11 Sharon

So pop coach dot life is my website address where you can access content.

00:11:17 Sharon

You can hire me for someone on coaching if you like the free content but want something more and with more depth and more personalized.

00:11:24 Sharon

For you, that is where you can connect with me and get something like that going.

00:11:29 Sharon

I thank you all for your time.

00:11:31 Sharon

I love you guys.

00:11:32 Sharon

Keep pursuing your purpose over perfection.

00:11:34 Sharon

Take care and I will see you next time.

00:11:41 Announcer

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