

## You're not an Accident

### 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.

00:00:43 Sharon

Good morning, sunshine.

00:00:45 Sharon

This is Sharon Smaga and welcome back to pop coach Life where we are pursuing.

00:00:49 Sharon

The art of purpose over.

00:00:53 Sharon

And I wanted to just talk a little bit about.

00:00:57 Sharon

That idea today, on today's podcast where we sort of get stuck in perfection.

00:01:04 Sharon

So this idea of purpose over perfection is how do we let go of trying to be perfect and never and flawless and not make mistakes?

00:01:16 Sharon

In order to actually live out our purpose.

00:01:19 Sharon

And So what I want to put out there today for you is the idea that we are neither accidental or incident.

00:01:29 Sharon

Tool and I'm going to be working off some things I've written down a little bit as I talked to you about this today just to.

00:01:36 Sharon

Help keep me on track.

00:01:38 Sharon

So we're neither accidental or incidental, so accidental is happening by chance.

00:01:45 Sharon

It's unintentional, it's unexpected.

00:01:47 Sharon

It just sort of happened.

00:01:49 Sharon

So this idea that there's no real reason or it wasn't meant to happen and you're not accidental, you're not just.

00:01:59 Sharon

You're not here by chance.

00:02:02 Sharon

Incidental is the idea that you can you know, something that contributes nothing to the context, the picture, the relationship, or the world at large.

00:02:14 Sharon

And so I would argue, you are not incidental either.

00:02:18 Sharon

So what we do what we say.

00:02:21 Sharon

Our talents matter.

00:02:24 Sharon

OK, so if we're not accidental, we're not incidental, then we have to sort of step over into the idea that we are intention.

00:02:34 Sharon

And that we have the ability to affect the picture or the context the lay of the land.

00:02:40 Sharon

So you have the ability and you've probably seen some of my social media talk about this.

00:02:45 Sharon

You have the ability to literally change the relationship you're in with a loved one with a child with.

00:02:53 Sharon

That would be a loved one too, right?

00:02:55 Sharon

But like, so with your significant other at your office, in your church, if you're, like, active in church and you are in a small group, if you do things like that or in your social circle.

00:03:08 Sharon

You absolutely, because you're not incidental.

00:03:12 Sharon

You are here by design with intention and you are that powerful.

00:03:16 Sharon

You are one person that has the ability to change what's happening in a relationship or in relationship to a group you're involved in.

00:03:26 Sharon

If we live as if we are an accident.

00:03:30 Sharon

Or when you're incidental, then that sort of renders us powerless, doesn't it?

00:03:34 Sharon

Because then you're sitting with the idea of that.

00:03:36 Sharon

Well, then, what's the?

00:03:37 Sharon

Purpose of me being.

00:03:38 Sharon

Here, and I think we're here to wrestle with that question, I think we all wrestle with it and it's very easy to just say, well, I'm an accident or I'm incidental or I don't really count.

00:03:52 Sharon

And then we start telling our things really ourselves, really screwy things, unhealthy things, like.

00:03:57 Sharon

Well, would it even matter?

00:03:59 Sharon

If I were here and a lot of people will talk to me about that, having those thoughts, so if you've ever had those thoughts like it's pretty normal, you're not a weirdo.

00:04:08 Sharon

You might not talk about it, and other people might not share it with you, but it's pretty normal to question our purpose why we're here.

00:04:16 Sharon

And deciding you're an accident and you're incidental and that you can't have any impact or effect on the world.

00:04:26 Sharon

It's it's an awful stream of thought to chase, isn't it?

00:04:31 Sharon

It doesn't put any of us in a healthy place and so.

00:04:35 Sharon

If whatever you believe outside of this conversation, you know I would encourage you to consider that practice in a pragmatic way.

00:04:48 Sharon

Nation that choosing to think that way is if you're an accident and you serve no purpose is it takes you to a place that is very negative and unhealthy.

00:05:00 Sharon

And the proof.

00:05:01 Sharon

In that that that is.

00:05:03 Sharon

Not true, I would argue is.

00:05:06 Sharon

Ask other people if it would matter to them if you were gone, because it does matter, right?

00:05:12 Sharon

When we deal with people that are really struggling with these kinds of thoughts, that's one of the things we ask.

00:05:18 Sharon

Who would care?

00:05:19 Sharon

Who would it affect if?

00:05:21 Sharon

You were gone.

00:05:23 Sharon

Who would be angry with you?

00:05:25 Sharon

Who would be hurt?

00:05:25 Sharon

Who needs you?

00:05:27 Sharon

The very idea of needing people tells you that you're not an accident or incidental.

00:05:34 Sharon

So I hope this is helpful to think about.

00:05:37 Sharon

Again, we are neither accidental nor incidental.

00:05:41 Sharon

We are here for a purpose, and that purpose is not trying to be perfect, but we have gifts.

00:05:47 Sharon

We have the ability to love, to give and receive love. We have needs, we have the ability to step into other people's needs as well as let them step into our.

00:05:55 Sharon

Ours, so that can't be a function of an accident or an incident, and you have power, you matter.

00:06:04 Sharon

You have the ability to affect change.

00:06:07 Sharon

If you're not sure what that looks like or where to get started, that's understandable.

00:06:12 Sharon

We all get stuck, but go to people you trust that.

00:06:15 Sharon

Can mentor you or can counsel you in that that know you well enough to sort of see you and where you might get stuck in struggle and.

00:06:27 Sharon

Be brave enough to let somebody speak into that and give you some honest feedback.

00:06:31 Sharon

I love you guys.

00:06:32 Sharon

Keep pursuing your purpose over perfection and you are here for a purpose.

00:06:39 Sharon

You count and you do affect this world and the people in it.

00:06:44 Sharon

Never, never forget that.

00:06:46 Sharon

I'll talk to you next time.

00:06:47 Sharon

Take care. Bye.

00:06:55 Announcer

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