

## Spinning or Strategizing

### 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

But they have you all with me again.

00:00:44 Sharon

Just kind of on A roll today trying to get some content created for y'all to share.

00:00:49 Sharon

And so if you're watching me on the podcast, this is probably possibly the third time you've seen me in.

00:00:56 Sharon

The same outfit.

00:00:56 Sharon

So welcome back.

00:00:58 Sharon

And and they're just a great example of of purpose over perfection.

00:01:03 Sharon

I don't have the time to run and do wardrobe checks to to psyche y'all out.

00:01:06 Sharon

So here we are keeping it real, right?

00:01:09 Sharon

So thank you for joining me again.

00:01:12 Sharon

I had this idea on my mind today that I kind of wanted to just sort of riff on, which is a little risky without sitting down to sort of sort it through and have an idea framework for what I'm going to share with y'all, but I just want to go for a riff on this.

00:01:28 Sharon

And so here's a question I have for you.

00:01:31 Sharon

Are you spinning?

00:01:32 Sharon

Thing or are you strategizing?

00:01:36 Sharon

And this came up, of course, in a discussion I had with somebody which generated this idea, and I found myself, as they were leaving their time with me, you know, it's sort of landed on that question.

00:01:48 Sharon

So are you spinning or strategizing?

00:01:51 Sharon

And that question is referencing our thought life.

00:01:54 Sharon

A lot of US deal with anxiety.

00:01:57 Sharon

If we aren't diagnosed with anxiety per se, we all can relate to the idea of being stressed out.

00:02:04 Sharon

And so we're kind of talking about this idea of being stressed out and what do we do with it and what causes it and how do we manage it.

00:02:14 Sharon

Are there actual solutions and that could be several episodes, frankly y'all, so I'm not going to try.

00:02:20 Sharon

To get into all of that.

00:02:22 Sharon

Today, just sort of the simple.

00:02:24 Sharon

The simple question this part of it so because I think often when we think we're sort of strategizing, finding a way to fix things that are bothering us.

00:02:35 Sharon

And or we think we are coming up with solutions for what we need to do and and we might be that's a possibility, right.

00:02:45 Sharon

But the difference, I would argue, between spinning and strategizing is that if it's a strategy, it doesn't just stay in here spinning.

00:02:55 Sharon

I'm sorting out what has happened, what I'm responsible for, what I am not what, what action I might feel like.

00:03:04 Sharon

I need to take to sort of make things right or take the next step of in something in my life, right?

00:03:11 Sharon

So this can be around conflict and relationships.

00:03:13 Sharon

This can be around.

00:03:16 Sharon

It might be around that next step you want to take in your career, so it's not just generalized to a problem or conflict per say.

00:03:26 Sharon

But to me, worry usually comes when I'm thinking it through and then I sort of just stop there.

00:03:35 Sharon

And because I think we are very much built to take action based on awareness and insight, I think that's what creates a lot of the spin that we all experience.

00:03:48 Sharon

You know the stuff I call it blender brain.

00:03:50 Sharon

You might have heard me say that before, and sometimes it'll keep you up at night.

00:03:54 Sharon

It interferes with your ability to relax, to rest, to be present in a moment, doing what you're doing.

00:04:00 Sharon

We lose sleep over this.

00:04:03 Sharon

So if I don't take the ideas or how I'm processing and find a way to.

00:04:09 Sharon

Take action on them.

00:04:12 Sharon

I'm not really.

00:04:13 Sharon

It's not strategizing so much as spinning it.

00:04:18 Sharon

Because the only way to resolve something to bring about change to take the next step to make apology in a relationship and do repair all of those things require our ability to take action.

00:04:33 Sharon

So if you feel like you're stuck in a lot of stress and worry.

00:04:36 Sharon

You're struggling with it.

00:04:38 Sharon

It's interfering with your ability to enjoy your life.

00:04:40 Sharon

It's interfering with your ability to sleep.

00:04:43 Sharon

Figure out how to take the stuff you're spinning and get it.

00:04:48 Sharon

Out of just that and get to some real solutions that you can actually take action on.

00:04:57 Sharon

For it to be strategizing, it sort of means we've got to start making a plan.

00:05:02 Sharon

Now I get I get guys that some of the stuff is going to be outside of your control.

00:05:07 Sharon

I have things in my life and I sort of have the plan, but because of situations or the dynamic with the other person, I I'm literally sort of stuck in place a little bit.

00:05:19 Sharon

I can't really.

00:05:21 Sharon

Exact the plan or the what I see is the ideal solution or the way to to repair or take the next step or growth or get the promotion or whatever.

00:05:30 Sharon

I can't always control all the circumstances around it.

00:05:34 Sharon

And I know that that is also part of spinning, right?

00:05:37 Sharon

It's not as simple as just you're not taking action.

00:05:40 Sharon

So sometimes our ability to take action is limited by circumstances.

00:05:45 Sharon

Or other people.

00:05:47 Sharon

But even in that my argument is this.

00:05:51 Sharon

There is always some action you can take.

00:05:53 Sharon

It may not be the whole plan you'd like to execute.

00:05:56 Sharon

It may be limited, it may not.

00:06:00 Sharon

There may not be the choices you would prefer, but there is always some way to take a step.

00:06:06 Sharon

In the direction you are trying to go.

00:06:09 Sharon

I have relationships in my life where I am trying to do repair and it's limited at times.

00:06:16 Sharon

I get it, sometimes it's limited by me spinning instead of taking action because I'm scared I'll take the wrong action.

00:06:25 Sharon

That's real stuff too, right?

00:06:29 Sharon

As the the igen likes to say, real facts.

00:06:33 Sharon

And I get that, but at the same time I also know that just staying parked in fear it's just a spin.

00:06:41 Sharon

It's not a, it's not a solution.

00:06:43 Sharon

I'm not strategizing.

00:06:44 Sharon

I can't take action, and if I take action, I can.

00:06:48 Sharon

If I take action out of fear, then it probably isn't going to be effective.

00:06:53 Sharon

So consider too that there's wisdom in knowing if you're coming up with an action to take that it's coming out of anger, hurt, insecurity, fear, guilt.

00:07:09 Sharon

Don't take that action in that moment.

00:07:13 Sharon

Sit with those feelings.

00:07:15 Sharon

Be honest with yourself.

00:07:18 Sharon

You know, I'm stuck in that.

00:07:19 Sharon

And so the action I want to take.

00:07:23 Sharon

Is not going to be healthy.

00:07:26 Sharon

And sort that through.

00:07:28 Sharon

There are some situations in my life where I want to take more action, but I know that when I'm in that space, I will take the wrong action and that could actually do more harm instead of moving things forward.

00:07:42 Sharon

Right.

00:07:43 Sharon

And this can really dramatically affect the trajectory of any relationship in your life, whether it's professional, personal with your child, with a parent, with a spouse, with a girlfriend, boyfriend, whatever.

00:07:56 Sharon

So if you're in these very negative emotions.

00:08:00 Sharon

Don't judge yourself for it, but be honest with yourself about it.

00:08:05 Sharon

That's a good place to sort of pause and go.

00:08:07 Sharon

Oh, I'm really angry with them right now because I'm hurting and I feel very insecure.

00:08:15 Sharon

Zip the lip.

00:08:17 Sharon

It's not the time to take the action or say the thing you want to say.

00:08:20 Sharon

So find a way to get.

00:08:21 Sharon

Give yourself permission to reset.

00:08:24 Sharon

Get in a better space where you're back.

00:08:26 Sharon

Maybe in more of a space of healthy yearning.

00:08:32 Sharon

Recognizing your own contribution to the problems where you can approach it with some humility where the desired outcome has a positive impact on both you and the other person involved, or the other entity right, you might be dealing with.

00:08:48 Sharon

Sort of a group.

00:08:50 Sharon

Think our group function in this.

00:08:52 Sharon

So consider that before you take that action.



00:09:00 Sharon

If you're just spinning right, or you're just caught up in negative feelings, that's part of spinning spinning.

00:09:08 Sharon

I think of it.

00:09:10 Sharon

It's robbing me of peace.

00:09:13 Sharon

It's robbing me of joy.

00:09:16 Sharon

It's robbing me of being present.

00:09:19 Sharon

And I need to do something about that, because that's the worry spin and worry does not extend your life.

00:09:28 Sharon

It does not give you peace or joy, right?

00:09:30 Sharon

It's the opposite.

00:09:32 Sharon

It does not resolve things, so I really want to encourage you to consider how to sort of move over to the other side of things where you act.

00:09:43 Sharon

Really are coming up with strategies that you can take action on, even the choice to.

00:09:50 Sharon

Sit back and reset because you're in a lot of negative emotion is a strategy.

00:09:55 Sharon

It's an action you're taking and it's positive and it's a good action that, you know, not saying things that shouldn't be said or taking action that shouldn't be taken.

00:10:04 Sharon

And is also a positive action.

00:10:09 Sharon

It's a good and healthy choice, so sort it out.

00:10:12 Sharon

I always encourage you guys if you're struggling with knowing what action to take if you're struggling and letting.

00:10:18 Sharon

Go of the the.

00:10:19 Sharon

Ugly feelings that are blocking you.

00:10:21 Sharon

If you're struggling to have the courage to get out of the spin and actually come up with strategies.

00:10:26 Sharon

Seek counsel, seek wise counsel.

00:10:28 Sharon

Find a friend that will be honest with you and not just feed into your side of things.

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Get counsel from somebody you trust.

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It can be a a coach.

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It can be a pastor.

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It can be an older friend.

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It can be a professional counseling.

00:10:44 Sharon

But don't sit and just spin on your own and stay stuck in that loop.

00:10:49 Sharon

We need people sometimes to sort out what we really think and to get out of our heads enough to figure out the steps and choose people or find people in your life that will, in a loving way, encourage you.

00:11:05 Sharon

To take that action to actually act on what needs to be done.

00:11:10 Sharon

And will encourage you and support you and you're you're kind of nervous to take that step, whether it's to go after a promotion, apologize to somebody else, go find out if somebody's offended by something you did or said, because this is kind of scary.

00:11:26 Sharon

Frankly, it's kind of scary to do it on our own and I just don't think we were meant to.

00:11:30 Sharon

And I don't think we have to.

00:11:32 Sharon

So I hope this was helpful, kind of tucking the idea.

00:11:35 Sharon

Are you just, you know, are you spinning or are you actually strategizing?

00:11:39 Sharon

Is this some stuff you can take action on?

00:11:42 Sharon

I love you guys keep pursuing purpose over perfection.

00:11:44 Sharon

It's so easy to get locked up in.

00:11:47 Sharon

I've got to do everything just right to do anything at all, and that is just not true.

00:11:51 Sharon

It's a myth.

00:11:52 Sharon

It's a lie.

00:11:53 Sharon

And you deserve more.

00:11:54 Sharon

And that uh, check.

00:11:56 Sharon

Please hit a like, leave a some feedback if you're listening to the podcast, please give me some feedback.

00:12:02 Sharon

I appreciate if you take the time to go on social media and follow or like things I'm posting.

00:12:10 Sharon

Please please if there's things you see on social media and you enjoy or in this podcast.

00:12:17 Sharon

Forward them, share them with people.

00:12:20 Sharon

I just want to get stuff out there that I think can get people thinking that can challenge and encourage all of you.

00:12:26 Sharon

I love you guys.

00:12:27 Sharon

Take care and I will see you next time.

00:12:35 Announcer

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