

Change is not Comfortable

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

This is Sharon Smaga.

00:00:44 Sharon

Welcome back to pop coach life at pop coach life.

00:00:47 Sharon

We are pursuing the art of purpose over perfection and that's the pop so that the more that we understand that that we don't have to get caught up in doing everything just right or not making mistakes then we are freed up to pursue.

00:01:00 Sharon

Purpose and that that's sort of a pop effect in our life and aha.

00:01:05 Sharon

And I can do this and we can move forward.

00:01:08 Sharon

And I just wanted to get on very quickly today and talk about something I hadn't planned to record.

00:01:14 Sharon

So if you're watching the.

00:01:15 Sharon

Video you can probably tell by my.

00:01:18 Sharon

So thank you for your Grace.

00:01:20 Sharon

You'll appreciate that.

00:01:21 Sharon

But I'm noticing a lot lately, sort of thematically.

00:01:26 Sharon

When you work, whether it's mental health, coaching, whatever, when you're in that when.

00:01:30 Sharon

You're helping people.

00:01:32 Sharon

You'll you notice that there tend to be thematic trends if you will, where suddenly it just seems like.

00:01:40 Sharon

Several people are sort of asking similar questions or bringing up the same issue.

00:01:45 Sharon

And so sometimes when you're the helping person, you kind.

00:01:48 Sharon

Of go. Aha.

00:01:49 Sharon

You know there's consistent need there and maybe I need to talk about it and share some more information.

00:01:54 Sharon

And sometimes I can forget that.

00:01:59 Sharon

Just because isn't it funny?

00:02:00 Sharon

We have this bias where if it's something we know, we kind of feel like everybody intuitively knows or should know it too.

00:02:05 Sharon

If that's not the case, So what I want to talk about a little bit today is the idea and it's an incorrect idea.

00:02:13 Sharon

It's it's, it's sort of a myth.

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Maybe that we buy into that is really getting in our way.

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And keeps us from doing the things we want or getting to our goals.

00:02:24 Sharon

And it's this idea, it's this myth that I need to feel motivated to do something.

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And that if I feel motivated and I've talked about motivation before, that motivation doesn't come before we do something, it's it's discipline.

00:02:40 Sharon

It's a choice to do something different, so let me kind of tackle this first.

00:02:45 Sharon

This idea that if I have to choose to do something different and I have to do it out of some level of muscle or discipline.

00:02:53 Sharon

That motivation sort of tends to come as part of the reward cycle of taking that initiative.

00:03:00 Sharon

And that as I make progress or I gain competency as I get better at something, then I feel more.

00:03:06 Sharon

Motivated to do it?

00:03:09 Sharon

So we don't have to feel motivated to get up and make a change, but we do have to get up and make a change to, to tap into and begin to access our motivation often.

00:03:20 Sharon

But the idea that came up more specifically recently that I noticed a pattern of was the idea that if I'm doing the right thing, if I'm doing those things right, that not only should I feel more motivated that, but that because I'm motivated.

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Doing that new thing or that different thing should feel good, and that's what I wanted to tackle a little bit is that.

00:03:46 Sharon

When you are making change by definition, just because it is change, it's pretty much a guarantee it's going to feel uncomfortable.

00:03:56 Sharon

Does that make sense?

00:03:57 Sharon

So getting caught up in while I'm doing this new behavior, but it doesn't feel good and that so I don't feel very motivated or and.

00:04:06 Sharon

There's not really incentive because it feels awkward.

00:04:09 Sharon

It feels uncomfortable.

00:04:11 Sharon

It feels vulnerable.

00:04:15 Sharon

We we aren't going to be at mastery the moment we try a new skill, so expecting it to feel good or comfortable or to always go smoothly is a myth.

00:04:26 Sharon

And it's it's a lie that actually gets in the way of you moving forward and doing things differently in your.

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So what I want you to do instead is acknowledge the discomfort.

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Go ahead and label wow, this doesn't feel good.

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Or maybe it's uncomfortable or I feel unsure.

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Insecure, but instead of seeing that as a negative or this must not be right, I want you to be able to look at.

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That and say.

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So that's OK.

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It feels this way.

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And it's OK because new things are uncomfortable.

00:05:00 Sharon

New things are hard.

00:05:02 Sharon

Change is challenging.

00:05:06 Sharon

I don't feel.

00:05:08 Sharon

Graceful at doing this yet and it feels awkward.

00:05:11 Sharon

And that's OK, because that means actually, I want you to use that to reinforce that means I'm actually making some change in my life.

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So I want you to turn that moment of doubt or discomfort into the evidence that you are actually being courageous enough to try.

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Something new or different and you are out of your element.

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You're out of your comfort zone.

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Own and you're maybe even a little worried.

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You'll embarrass yourself, right?

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Like you're there's that vulnerability about it.

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We are not intuitively fans of feeling vulnerable.

00:05:46 Sharon

We have to train ourselves to understand the benefits and the power of vulnerability, so this is another area of vulnerability.

00:05:56 Sharon

Where you can sit with that and say that's OK, that's evidence that I am being courageous.

00:06:01 Sharon

It's evidence that I'm trying things that are different.

00:06:04 Sharon

I'm working toward making change and also see it as a feedback loop overtime.

00:06:11 Sharon

So the things you're going to try on some of them will work.

00:06:14 Sharon

Some of them won't.

00:06:16 Sharon

Some of them will work a little bit, but you're going to want to build on that and continue to grow.

00:06:21 Sharon

And so, instead of judging yourself, sort of maybe step back and just notice, we often rush to judging ourselves based on.

00:06:32 Sharon

To what we perceive to be an immediate feedback loop or outcome.

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That was what we liked or didn't like or didn't want.

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And then we decide, oh, I shouldn't have done that.

00:06:41 Sharon

And guys, sometimes when we're making positive change, we're going to have negative feedback loops from people.

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Doesn't mean we're making the wrong change necessarily.

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Sometimes it just means they're uncomfortable too, and that's OK.

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So just a little bit of information.

00:07:01 Sharon

I hope this helps you on your way on this journey.

00:07:04 Sharon

You not feeling good about doing something different doesn't mean you're doing the wrong thing.

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Change does not immediately feel good or comfortable.

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Rarely, if ever at all.

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Don't expect that.

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That means that's what you should be doing.

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We're built to sort of take the easiest path, right?

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Easiest way between two points.

00:07:30 Sharon

And sometimes our discomfort makes us feel like this must be wrong then because it's it's not the most comfortable or easiest way to get from this point to that point, step back from it and assess and really look at where you're at and don't expect making change to always feel good or comfortable immediately.

00:07:47 Sharon

It takes time because different.

00:07:52 Sharon

I love you guys.

00:07:52 Sharon

Keep pursuing purpose over perfection.

00:07:55 Sharon

Please bring the bell hit the like button.

00:07:58 Sharon

Follow me wherever you're listening or watching.

00:08:01 Sharon

Share my content.

00:08:02 Sharon

I love you and I will see you next time.

00:08:12 Announcer

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