

Benefits of Embracing Risk 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 Smuga.

00:00:15

Where we are pursuing.

00:00:16 Announcer

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.

00:00:26 Announcer

So buckle up, buttercup.

00:00:27 Announcer

Because here comes Sharon.

00:00:41 Sharon

Welcome back.

00:00:42 Sharon

This is Sharon Sauga and this is pop coach life where we are pursuing the art of purpose over perfection.

00:00:49 Sharon

It's good to be back with you all today and wanna talk about risk.

00:00:56 Sharon

Kind of that word, that's sort of titillating and terrifying all at once.

00:01:01 Sharon

Risk is the possibility of something bad happening.

00:01:06 Sharon

That's literally one of the definitions.

00:01:08 Sharon

The possibility of something bad happening.

00:01:11 Sharon

And is therefore unavoidable.

00:01:13 Sharon

So if you think about risk, we're always trying to avoid it.

00:01:17 Sharon

But the reality is it's actually unavoidable.

00:01:21 Sharon

So I want to propose to you today that you can quit hiding from it.

00:01:28 Sharon

Pull your your hoodie down off your head and turn around and come on out of that corner that we tend to crawl into trying to avoid risk and just recognize.

00:01:39 Sharon

It's unavoidable.

00:01:40 Sharon

So really it's probably better to just sort of find a way to embrace it.

00:01:46 Sharon

That might be a strong word for some of you out there, and I get that, but find a way to at least, you know, sort of befriend it like a maybe a a little bit of a angry puppy, you know, give it a snack and start off slow.

00:01:59 Sharon

But ultimately, I I would encourage you to work toward the goal of just embracing it again, because it's the possibility of something bad happening which is unavoidable.

00:02:10 Sharon

It's just a part of life risk, I would argue it helps us grow through challenge.

00:02:15 Sharon

It teaches us courage.

00:02:17 Sharon

It helps us push through failure and barriers that are real.

00:02:20 Sharon

Or perceived it's a pathway to reward the antidote to monotony and boredom in our life.

00:02:27 Sharon

It humbles us.

00:02:28 Sharon

It teaches us to ask for and accept help.

00:02:31 Sharon

It lets us experience vulnerability and connection.

00:02:34 Sharon

It challenges our perception of safety and security.

00:02:37 Sharon

It helps us develop and learn capacity so we become more capable as we embrace risk.

00:02:44 Sharon

It can teach responsibility, it grows and solidifies.

00:02:47 Sharon

Your sense of value and.

00:02:48 Sharon

Worse, and allows us to accomplish our goals and dreams.

00:02:52 Sharon

So when I go through that list, I just want to kind of put out there risk actually has a lot to offer.

00:02:59 Sharon

Again, it's something we sort of avoid.

00:03:01 Sharon

We tend to treat like the enemy.

00:03:03 Sharon

It's scary.

00:03:05 Sharon

You know there, there's a whole field in this risk management, right?

00:03:09 Sharon

Talk to your insurance people.

00:03:11 Sharon

They're all about it.

00:03:12 Sharon

But again, it has so much to actually offer us if we choose to sort of make friends with it, cozy up to it, and embrace it, we have to choose calculated risk.

00:03:25 Sharon

We must consciously choose calculated risk or we give up choice and so I want to also put that out there.

00:03:32 Sharon

Not talking about just risky behavior.

00:03:36 Sharon

Sort of flailing around with with no direction or choice in it.

00:03:42 Sharon

We must consciously choose calculated risk, or we give up choice and live an uncontrolled turmoil.

00:03:48 Sharon

And that teaches us to be afraid of everything around us.

00:03:51 Sharon

So and then again, we wind up living in a perceptual narrative.

00:03:55 Sharon

Of victimhood as the explanation for unhappiness and sense of failure.

00:04:00 Sharon

So it's really important to understand I'm talking about calculated risk.

00:04:04 Sharon

So we're talking about risk as a possibility of something bad happening.

00:04:08 Sharon

It's unavoidable.

00:04:09 Sharon

It has actually a lot to offer us in our lives.

00:04:12 Sharon

If we can embrace it and we want to make sure that we are taking calculated risk.

00:04:17 Sharon

This really matters that that's the boundaries, if you will.

00:04:20 Sharon

And the boundaries girls.

00:04:21 Sharon

So that's the boundaries around risk is that it's calculated, it's not irresponsible or uncontrolled.

00:04:29 Sharon

One of my favorite quotes and back in the day when my husband was teaching.

00:04:34 Sharon

He had this as a poster on his classroom wall, the only man who makes no mistakes is the man who never does anything, and I believe that as President Roosevelt, so obviously that would be the biggest mistake of all, which is rather the point.

00:04:49 Sharon

So think about that too when you're trying to risk, you know, avoid risk.

00:04:53 Sharon

That's probably the biggest mistake you can make, because if you're avoiding it to avoid mistakes, then you really never accomplish anything or produce anything in your life.

00:05:03 Sharon

So we kind of have to embrace failure as part of risk to step into this.

00:05:10 Sharon

And I think for me, just to share a little bit, you know, I didn't come to this these conclusions simply or easily.

00:05:18 Sharon

I didn't just wake up one day with an epiphany.

00:05:21 Sharon

I'm not proposing.

00:05:22 Sharon

It's easy.

00:05:24 Sharon

I know that sometimes I put things out there and it sounds very simple, but it's not easy and.

00:05:30 Sharon

My sort of joke with myself and with some of my closer friends is for me to learn this.

00:05:36 Sharon

It only took the tiny teeny tiny little event of my husband dying and losing him for me to sort of get this.

00:05:43 Sharon

So for me it came.

00:05:46 Sharon

In the lessons of grief, that's how I learned this, and it was deep and profound and a terrible thing to walk through in some ways, but also a beautiful thing in the lessons it taught me, because grief taught me to embrace risk.

00:06:02 Sharon

It taught me to be raw, to be in pain.

00:06:05 Sharon

Without being afraid of that, it taught me to.

00:06:08 Sharon

Be more vulnerable.

00:06:09 Sharon

I didn't feel like I had answers anymore.

00:06:11 Sharon

I was just full of answers in so many ways before that.

00:06:15 Sharon

But grief put me in a place where instead of having answers, all I was really left with was questions.

00:06:22 Sharon

No sense of control.

00:06:23 Sharon

It kind of stripped away the framework of what I thought my life was and what I thought my future was going to be.

00:06:30 Sharon

So grief to force me to choose between facing life in a whole new way.

00:06:34 Sharon

Or just shutting down and checking out and by checking out I mean in the terms you know functioning but not really like existing and depression and anxiety.

00:06:43 Sharon

So grief really kind of taught me the courage to live, to challenge myself and accept what can and cannot be.

00:06:52 Sharon

It taught me to let go of a lot of control.

00:06:55 Sharon

It left me feeling stripped of options and that actually gave me the drive created that drive in me to pursue things without giving into fear and insecurity because I didn't feel.

00:07:06 Sharon

Like, I didn't feel like I had a choice.

00:07:08 Sharon

I just had to figure out a way to make it and rebuild my life and take care of the son I still had at home, financially and emotionally.

00:07:19 Sharon

So grief just left me feeling stripped of options that gave me that drive to pursue things I just didn't have backup plans.

00:07:27 Sharon

They didn't have the security of a husband and.

00:07:29 Sharon

More or that partner that helped me.

00:07:32 Sharon

And so it was scary, but it gave me that drive to pursue things without giving in to my fear and insecurities.

00:07:40 Sharon

I just had to figure out a way to make life work again and take care of myself, rebuild my life, take care of my son financially and emotionally.

00:07:48 Sharon

And so it really.

00:07:50 Sharon

I would say propelled me into this idea of risk and how to embrace it instead of avoiding it.

00:07:59 Sharon

I have been widowed for seven years.

00:08:01 Sharon

I would say sort of the highlights and some of these may not sound like a big deal for some of you, but as a Mama and a woman on my own, a lot of these are really big deal for me.

00:08:14 Sharon

So I just share these as examples and these are some highlights for you know, the last seven years.

00:08:19 Sharon

Since my husband passed, I became a single parent instantly and had to sort of dive into that.

00:08:25 Sharon

Whether I had planned for it or not.

00:08:27 Sharon

I executed my husband's estate, which was lots of cleaning out organizing. I had to close his business. A lot of things I'd never really had to deal with before. Go to, you know, go to court for that.

00:08:41 Sharon

I bought a building and started my private practice while I was working full time in another position because I had to get the practice started before I could afford to transition over.

00:08:52 Sharon

I started traveling.

00:08:53 Sharon

I bought a new vehicle on my own and sold my old vehicle.

00:08:59 Sharon

I sold my house without a realtor.

00:09:01 Sharon

I owner financed and learned how to do that and bought a new house on my own with the help of a realtor.

00:09:09 Sharon

That was a little more than I could bite off on my own.

00:09:12 Sharon

At the time.

00:09:13 Sharon

I've learned to invest.

00:09:15 Sharon

I adopted and trained a puppy as a second therapy dog for my office.

00:09:19 Sharon

I managed contractors for major projects at my house and my office building. I actually bought a truck. I gave my oldest son Dad's old truck and bought my own truck for the first time in my life.

00:09:33 Sharon

I've never bought a truck and I bought it online and I've never done anything like that and it went well.

00:09:39 Sharon

All of these things actually ended well in case you're.

00:09:44 Sharon

I learned to repair things at my house, odds and ends like straight, you know, aligning my doors, fixing the toilet, probably more examples.

00:09:52 Sharon

I can't think of off the top of my head, but I just had to do it so I dived in right to save money.

00:09:59 Sharon

I started a podcast which I was not planning to start.

00:10:02 Sharon

In an online social media presence, I've mentored small business owners.

00:10:07 Sharon

I've hosted parties on my own at my property.

00:10:09 Sharon

40 which, you know, was kind of strange at first because I was used to being married.

00:10:15 Sharon

I got my passport.

00:10:17 Sharon

I've traveled out of country, which I had done years and years ago when I was in the military and single and on my own.

00:10:24 Sharon

But this just felt very different.

00:10:25 Sharon

This was felt a little more risky.

00:10:28 Sharon

Nobody was telling me where to go and.

00:10:30 Sharon

Setting up the plane and telling me when to show up and looking for me if.

00:10:34 Sharon

I didn't so that.

00:10:35 Sharon

Was a very different experience this time around to travel out of.

00:10:39 Sharon

Country I started a second small business.

00:10:42 Sharon

I've traveled solo.

00:10:44 Sharon

I bought a small RV and learned to hook up tow break down back up camp.

00:10:49 Sharon

All the things I'm not terrific at backing up and parking yet, but I'm working on it.

00:10:54 Sharon

I started volunteering in my community in ways like things I've not done before, so.

00:11:00 Sharon

It's sort of.

00:11:01 Sharon

It's fun, but uncomfortable too.

00:11:04 Sharon

I've started hosting a women's small group in my home. I bought a car on my own locally, privately for my youngest son and got him launched to college recently, so that's sort of my short list over 7 years. So when you think about risking your life ioffer these examples.

00:11:25 Sharon

You know, sometimes what is a risk for you might not seem like much to somebody else, but if it's something you where you have felt held back and it's something you've dreamed about but never taken a step toward that that's a big deal.

00:11:42 Sharon

When I first lost my husband.

00:11:45 Sharon

It took a lot just to get out of bed and shower every day.

00:11:48 Sharon

And one of the proudest accomplishments I have is that even though it was hard to face the day and that felt so risky to try to figure out how to deal with it, I got up every single day.

00:11:59 Sharon

I never let myself stay in bed, and that might seem like a very small thing to other people, but that was huge for me and so.

00:12:08 Sharon

You get to take these risks.

00:12:09 Sharon

You get to take, make these choices and take these chances on yourself and you get to take ownership and be proud of yourself.

00:12:16 Sharon

So I cannot encourage you enough that avoiding risk is not the way to go.

00:12:22 Sharon

It's actually not possible.

00:12:25 Sharon

The goal is to embrace.

00:12:26 Sharon

Is it to consciously choose calculated risk that we have much to gain from it, much more to gain from it than we will ever lose to it?

00:12:36 Sharon

I would argue, and if you're minimizing where you want to take risk in your life because it doesn't seem like a big deal, do it anyway.

00:12:46 Sharon

Don't minimize it.

00:12:47 Sharon

Be brave, give yourself credit.

00:12:50 Sharon

Find people that support you, that you can share it with that understand how important it is to you and how much it means to you and how hard it was for you.

00:13:01 Sharon

I'm on here talking to you all today and.

00:13:04 Sharon

At the encouragement of some people in my life started doing this and I'm learning.

00:13:09 Sharon

I'm very very new, but I can get on here now today and just talk to you.

00:13:14 Sharon

And I actually feel like I'm talking to you guys out there.

00:13:18 Sharon

And when I first started doing it, I couldn't hardly get past my own fear to get the words out, to get anything recorded.

00:13:26 Sharon

I had to start somewhere and so as we grow, we learn to take on more risk, larger steps.

00:13:34 Sharon

You know, we move into hopefully with more grace.

00:13:37 Sharon

I would say definitely with more healthy anticipation instead of just fear.

00:13:42 Sharon

So go for it.

00:13:44 Sharon

Whatever you've been thinking about doing that one next thing that you've been afraid to try, you know, find what you need internally to get across that, that thing holding you back.

00:13:55 Sharon

Find the people who will build you up, encourage you and support you, and encourage you through all your mistakes and failures.

00:14:03 Sharon

And do it.

00:14:04 Sharon

The only thing you will regret is the risk.

00:14:07 Sharon

You didn't.

00:14:09 Sharon

I hope this has been helpful.

00:14:10 Sharon

I love you guys.

00:14:12 Sharon

Keep pursuing your purpose over perfection and take care.

00:14:16 Sharon

I'll see you next time.

00:14:17 Sharon

Please hit a like.

00:14:19 Sharon

Please leave me a review if you've enjoyed this podcast, please find me on social media, on Instagram, Facebook, Twitter.

00:14:26 Sharon

Give me a like start.

00:14:28 Sharon

Following me, I appreciate any of the support I can get.

00:14:31 Sharon

There's another growth area for me.

00:14:33 Sharon

I've learned the risk of the ASK that it's OK to ask you guys to help me out in this endeavor.

00:14:39 Sharon

So there's a new one for me, too.

00:14:41 Sharon

Y'all, take care and I will talk to you next time.

00:14:49 Announcer

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