

Unreachable Ideals 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

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.

00:00:42 Sharon

Good morning, sunshine.

00:00:44 Sharon

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

00:00:52 Sharon

This is on Monday morning, so I'm coming to you sort of live pre recorded from a Monday morning and I don't know how y'all are doing but I just have had quite an A weekend.

00:01:05 Sharon

It's been pretty emotional.

00:01:08 Sharon

Ups and downs, just dealing with stuff and come flying into Monday.

00:01:15 Sharon

With all its.

00:01:16 Sharon

Challenges, and I don't usually record on Mondays because Monday mornings are so challenging.

00:01:23 Sharon

But had a discussion.

00:01:26 Sharon

That really got me to thinking as always.

00:01:28 Sharon

So I get to thinking and then I have to hop on here and record something I guess, but wanted to just talk to you a little bit about.

00:01:39 Sharon

And I don't mean like ideals for how we should live or things like that, but I mean, like these internal ideals that we have for the roles.

00:01:48 Sharon

Excuse me, that we function in in our lives.

00:01:53 Sharon

And what happens when we carry some standard or ideal?

00:01:58 Sharon

The ideal right is always sort of the polished version.

00:02:02 Sharon

It doesn't really account for humanity or flaws, our struggles, our mistakes.

00:02:09 Sharon

So we carry these ideals of maybe who you know.

00:02:12 Sharon

Who should I be as a mother?

00:02:13 Sharon

Or if, if you're listening, you're a man who you think you should be as a son or a father or a friend, right?

00:02:21 Sharon

Who I should be as a worker, whether you own a small business or work for someone else, a corporation.

00:02:29 Sharon

And we all kind of have, whether we're recognized it or not, we have standards or ideas in our head of what that should look like.

00:02:37 Sharon

And I'm going to talk to those of you that are struggling with ideals that are unreachable because they're sort of imaginary.

00:02:45 Sharon

They're sort of the ideal that would exist if everything.

00:02:50 Sharon

Were flawless, including you.

00:02:52 Sharon

And you were never running late to work.

00:02:55 Sharon

You never spilled coffee down your shirt.

00:02:58 Sharon

You never had your baby vomit on you.

00:03:00 Sharon

You always woke up feeling refreshed and always had a great night's sleep.

00:03:05 Sharon

Never had health issues.

00:03:06 Sharon

We're always the perfect weight you wanted to be.

00:03:09 Sharon

We're always the charming wife or the ever patient.

00:03:13 Sharon

Mother, those kind of things.

00:03:16 Sharon

So if you're tracking where I'm going with this, you're the ones I want to talk to today.

00:03:21 Sharon

And it's a reminder for myself as well that when you try to measure up to an ideal standard in your head that does not exist in life because we are flawed people who struggle and fail and succeed and do all of those different things in equal measure, you will begin to keep guilt on yourself.

00:03:43 Sharon

And that guilt will then turn into resentment and depression, and sometimes bitterness.

00:03:50 Sharon

If it goes unchecked, because you will always see yourself as a failure.

00:03:57 Sharon

You'll put pressure on relationships around you to always boost you up.

00:04:03 Sharon

Or try to talk you out of that belief and they really just can't.

00:04:10 Sharon

We can't sustain the pressure of always trying to boost somebody up who doesn't.

00:04:15 Sharon

No, yet.

00:04:17 Sharon

Yet the keyword how to feel good about who they are in the right way.

00:04:22 Sharon

And doesn't have that peace or that joy in themselves.

00:04:27 Sharon

I think that trying to strive for an ideal or a perfect idea of what you think your role should be.

00:04:35 Sharon

To I think it's driven by trying to impress other people.

00:04:38 Sharon

I think for years it was for me.

00:04:42 Sharon

And it's kind of like the thing that feeds depression, though.

00:04:47 Sharon

This is like, the food of depression, guilt, resentment, striving for something that's not real, because how else could you feel over time?

00:04:58 Sharon

If that's what you continue to do and there's no other option.

00:05:03 Sharon

So if you're struggling with that, I can only encourage you to see it and label it.

00:05:09 Sharon

I'll call it what it is, recognize that it's an ideal that's not based in reality.

00:05:17 Sharon

That you are going to kill yourself off emotionally, psychologically, trying to strive for something you cannot reach.

00:05:26 Sharon

And maybe stop and think about what would happen if you just let go of the ideal and and I'm not talking about a lack of self-awareness, right?

00:05:36 Sharon

We need to be self aware.

00:05:38 Sharon

It's helpful to understand how our behavior and choices are impacting the people around us.

00:05:44 Sharon

But when you turn that into some sort of altar that you have to live on to have a good life, what you.

00:05:54 Sharon

Really wind up doing is ensuring that you will never experience the quality of life that you that you truly want, that you're striving for.

00:06:02 Sharon

So it's counterintuitive.

00:06:04 Sharon

Many of my suggestions are.

00:06:07 Sharon

What I'm going to suggest is that you let go of the ideal.

00:06:10 Sharon

Just let it go, get real, and know that sometimes you're the mom that's going to yell at your kid or the husband that's going to get frustrated with your wife because you know you think you've run out of empathy and she's PMS thing or whatever.

00:06:25 Sharon

You're going to be.

00:06:27 Sharon

The son, maybe.

00:06:28 Sharon

Who never feels like he's quite going to be able to do enough.

00:06:33 Sharon

Maybe you're a daughter who is struggling with trying to make your parents feel proud of you.

00:06:39 Sharon

Mean there? There's.

00:06:40 Sharon

Just hundreds of these scenarios, right?

00:06:43 Sharon

But ultimately.

00:06:45 Sharon

If you can let go of an ideal that's not real, that doesn't exist, that will steal your joy and justice, be willing to sit with who you are.

00:06:55 Sharon

Do your level best to love the people in your life.

00:07:00 Sharon

If there's been a a rift, you know, try to mend it.

00:07:04 Sharon

If if you hollered at your kids this morning, apologize, you know, make it right.

00:07:10 Sharon

So we're going to make mistakes, we're going to screw up.

00:07:14 Sharon

And if being perfect.

00:07:16 Sharon

In our relationships is the only way that we can feel good about them.

00:07:21 Sharon

Then we are left with.

00:07:24 Sharon

A9.

00:07:28 Sharon

Doubt, I would say we are left with A9 self doubt that absolutely becomes an emotional cancer and eats away at us. So at some point.

00:07:39 Sharon

My encouragement is going to be that we all kind of take a.

00:07:42 Sharon

Deep breath.

00:07:45 Sharon

Sort of release that sit back and kind of be present in the moment that we're in.

00:07:53 Sharon

And give ourselves some grace, because again, if you're not giving yourself grace, you're not giving the people around you grace, either.

00:07:59 Sharon

We can't give what we don't have.

00:08:01 Sharon

So give yourself some grace in.

00:08:02 Sharon

A healthy way.

00:08:04 Sharon

And let.

00:08:06 Sharon

Those ideas go let those ideals go.

00:08:10 Sharon

Let me say it that way.

00:08:11 Sharon

Those ideals go.

00:08:13 Sharon

And just be willing to be in the moment you're in as a mother, a daughter, a son, a dad, a grandparent, whoever you are, whatever you're struggling with, be in the moment you're in.

00:08:27 Sharon

And if there's somewhere you can evaluate that, you really need to try to mend a fence with someone, rebuild a bridge, say, or just simply say I'm sorry, or just let go of obsessive thoughts, because you've already apologized, and they've forgiven you.

00:08:41 Sharon

But now you haven't forgiven yourself.

00:08:43 Sharon

Maybe it's time to do that and let all this junk go.

00:08:48 Sharon

Let the jump go.

00:08:48 Sharon

It's like space garbage, right?

00:08:50 Sharon

And you're just going to keep knocking around, floating into it.

00:08:53 Sharon

Get rid of the space garbage in your life.

00:08:57 Sharon

And maybe just see with some clarity that you are blessed enough to love to care enough about how you engage in these roles in your life.

00:09:07 Sharon

But they just don't have to be perfect and that it's OK for it to be a really authentic thing and connection and authenticity.

00:09:16 Sharon

Excuse me, comes with.

00:09:19 Sharon

Acknowledging we're imperfect, we're human and we're going to mess up.

00:09:23 Sharon

So give yourself a break.

00:09:26 Sharon

Be in the moment.

00:09:27 Sharon

Let the people you're with take care of what you need to take care of.

00:09:31 Sharon

And let go of these ideal standards that nobody nobody's measuring up to.

00:09:37 Sharon

You're not.

00:09:37 Sharon

I'm not.

00:09:39 Sharon

And if we're running around trying to do it because we think other people can.

00:09:43 Sharon

Then the jokes on us.

00:09:44 Sharon

So let it go and be you, be you with all of your good, bad and ugly your talents, your gifts, your struggles, your insecurities.

00:09:55 Sharon

And at some point, I think we just have to come to terms with that and maybe decide it's enough because it's what I have to bring.

00:10:03 Sharon

To the table.

00:10:04 Sharon

So I hope that's helpful.

00:10:05 Sharon

Was really on my heart this morning.

00:10:07 Sharon

I hope your Monday, if you're listening to well, you guys won't listen on a Monday.

00:10:12 Sharon

What am I talking about?

00:10:13 Sharon

But I'm recording this on a Monday and thinking about you all on a Monday and hoping that things are going well for.

00:10:20 Sharon

Y'all and if they're not, maybe you listen to this sometime this week and it sort of hits the reset button for you.

00:10:26 Sharon

I love you all.

00:10:28 Sharon

Keep pursuing your purpose over your perfection and I'll see you again soon.

00:10:33 Sharon

Bye bye.

00:10:37 Announcer

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