

390: Cooperative Growth



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With Your Host

Jody Moore

[Better Than Happy](#) with Jody Moore

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I'm Jody Moore and this is *Better Than Happy*, episode 390, Cooperative Growth.

Did you know that you can live a life that's even better than happy? My name is Jody Moore. I'm a master certified life coach and a member of the Church of Jesus Christ of Latter Day Saints. And if you're willing to go with me I can show you how. Let's go.

Hello, everybody, Happy 2023. What in the world? I remember my oldest son who is a junior in high school this year, when he started kindergarten. And his teachers, at the school they gave all the kindergartners t shirts that said 'Class of 2024'. And I remember thinking, that is so far away. That sounded like a ridiculously high number. And it is creeping right up on us. Crazy. Crazy.

Okay, so we have so many fun things happening here at Jody Moore Coaching. I am so looking forward to this year. We had a great 2022, it was amazing and wonderful. I am so grateful for it but I am even more excited about some of the changes that we're making this year, some of the enhancements and improvements that we're making for all of you. We're upleveling our free content in terms of the podcast. We're starting a YouTube channel. We're going to be doing a bunch of things just to serve people.

But we're also really enhancing the things that we do for those of you that are clients in my programs. First of all, let me just speak to the podcast here. I'm going to keep doing the podcast every Friday like I have been for many years now. That's not going away.

We are going to add though an additional episode every week, every Monday I will have an episode that is more specific to business. So if you want help building your business especially if you are some kind of coach, or teacher. And you want to grow, or scale, or start a coaching practice or some sort of online business like that. It's going to be very relevant to you. Now, I will say that I don't want you entrepreneurs only listening to the

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Monday episodes. You've got to listen to the Friday episodes as well because the mindset is a huge piece of it.

And I'm going to be incorporating both. I'm going to put mindset tools as well as specific tactics and strategies to help you build your businesses in those Monday episodes but make sure you listen to the Friday ones as well.

For those of you who aren't interested in business obviously you can just tune out the Monday episodes but I think that you actually might also find them to be very interesting and relevant in other areas of your life. Because even if you're not an entrepreneur, you still have goals and behaviors you want to change and all the things that we do as entrepreneurs will be relevant to you in other areas of your life. So if you're interested, more podcasts coming your way in 2023.

The other thing that we've done is we have created a brand new website for Be Bold members. It is beautiful. It is so much easier to navigate. We've curated all of our past content, not all of it, all the good stuff, the best of the best we've taken and curated into a library by topic. So when you join Be Bold, if you're struggling with stress and worry, and anxiety, there's a whole section in the content library that has courses, and coaching, and everything you need on that.

If you want help with parenting, or you want help with your faith, or with relationships etc., we've curated content into a library that everybody gets right when they join Be Bold. We also have added a whole bunch of enhancements for our VIP members, and our elite members, extra content. We're changing the way that we're doing live events this year. Instead of having these big over the top events with thousands of people, I'm going to do multiple small events with my Be Bold members.

I want to hang out with you, and I want to connect with you, and I want to coach you live. And I want it to be an intimate enough setting that we can get to know each other and interact. And so we're going to be doing people Be Bold Live. The first one starting in February. So those of you in Be Bold

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should have the details you need to know about that. Those are just a few of the things at the top of my mind that are coming to mind today that I want to share with you all, but more coming so stay tuned.

Last but not least, if you're wanting some help from me and you're considering maybe coming into one of my business programs or coming into Be Bold or something but you're not sure. I want to invite you to a coaching intensive. The one that's coming up next is happening in just a couple of weeks, it's called Get Your Goal. We're going to be focusing on goals and habit changes, and behavior changes because it is January and that seems to be on all of our minds.

And it's a pretty phenomenal course that is only \$19. I will also be talking to you about how to join Be Bold if you think maybe you want to and how to get your \$19 applied right there to your first month in the membership. So it's a great option if you're considering coaching with me, or if you just want a little bite sized taste of coaching and a little extra motivation to get your new year's goals off on the right foot. So that happens at jodymoore.com/intensive. All of you in Be Bold will be getting that for free. So you don't have to sign up, but everybody else come and sign up.

Okay, so today I want to talk about cooperative growth because I sent out a Take Tuesday video. Some of you might have noticed. That's another change we've made. We started making Take Tuesday be these short little one to two minute videos with inspirational messages that I read to you rather than you having to read it yourself. People are finding it to be really inspiring. So we're going to keep doing that. One that I sent out just recently talked about, that not growing as human beings is not an option.

And the reason I even bring that up is because I notice for myself and my clients, and other people in my life, that sometimes we're like. "You know what? I am sick of hearing about growth. Don't talk to me about how I need to grow and evolve. Or when I'm in the middle of struggling with something I don't want to hear, "Well, this is all for your growth, you know, we have to go through trials in order to grow. Sometimes we just do not want to hear that.

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So when I start feeling that way, or if you're feeling that way, I just want to mention, it's okay to feel that way. At least I know I do at times and I don't judge myself for it. But the truth is that not growing is not an option. Even if you didn't do anything to try to further your own growth, life keeps on moving. In the Take Tuesday video that I put out, we compared it to a river, a river with a really strong current and rushing rapids that is moving sometimes slower and sometimes faster but stagnation is not an option.

The only way to stay stagnant would be to try to hold on to the side of the riverbank and then the river is going to try to pull you away and that's going to get exhausting. And I think of that as sort of like when things feel really hard sometimes. Sometimes when things feel hard it's because they are hard. There are things that any of us would find to be challenging. Maybe I know I've gone through times when I lost a job, or my husband lost a job, or somebody we love is sick or really struggling, or depressed.

Or during the pandemic there were lots of reasons for all of us to feel like life was hard. But other times it's just the little nagging things, the little like this person wasn't nice to me and my computer's not working. And this person didn't follow through on the thing they said they were going to do. And my teenager's grumpy and the house is a mess. And it's all those little things that you know don't really matter. They're not a big deal but they just sometimes really get on your nerves.

When those things are bothering me more than normal or I'm behaving in a way that doesn't lead to what I want in my future, like maybe I'm lying around too much, I'm not getting any exercise, I'm overeating, I'm overindulging and overconsuming. And I'm not getting work done that I want to get done. I'm not staying on top of healthy habits, or healthy routines or pursuing the things I want to be pursuing in my life. Or maybe it's my spiritual practice is suffering, what have you.

In any of those cases to me is an indicator that I'm holding on to the side of the riverbank. I'm just kind of like, "Can we just stop paddling? Can we just stop growing and could I just rest? And again, normal to feel that way but unfortunately that's not even a thing. I just get more grumpy, more

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miserable, more irritated at all the little nonsense things going on around me. That is the level of growth that I call suffering. Suffering is part of our human condition. There will be again sometimes giant circumstances that we want to suffer through or that we just will suffer through.

And sometimes little small things that we will cause ourselves to suffer through even though there are other options. Suffering is level one of growth. Not growing is not an option, the world will keep moving, people will keep being people. Things will change around us. Circumstances will change. The weather will change. The economy will change etc.

So if you're in level one suffering then I want to offer to you the option of cooperating with growth, of letting go of the side of the riverbank and stop fighting the growth that is inevitable in our human condition. And cooperating with growth in a more intentional way. Getting into a boat and picking up some oars and deciding, well, if I'm going to move no matter what, if growth is the nature of my human condition then rather than grow through suffering I'm going to row these oars anyway. And I'm going to grow in a more intentional way.

I love the word 'intentionality'. I love the idea that we can do things and just go through the motions because we have to or we think we're supposed to, or we don't want to get in trouble, or we don't want to be judged etc. Or without even questioning, just because we've always done them and everyone we know does them. And so that's just what we do, I guess. That's one level of doing things. But there's a higher level, a more intentional level of doing things which is what intentionality describes.

So for example let's talk about doing the dishes for a minute because if you've got teenagers or kids at home like I do, you will notice that they don't do the dishes with the same level of intentionality as you or I. They do the dishes because we tell them to, at least in my house, that's the way it goes. We have this arrangement. I don't know if this is the right way to do it so please don't take this as good parenting. But I don't have set chores for my kids.

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We have this agreement that rather than me give them a list of things to do on Saturday morning, for us have some kind of a chore chart or wheel that we turn. They just agree to help out if I ask them for help. That seems to work well for me and for them. So I may say, "Hey, teenager", to one of my teens, "Before you run off, could you please help do the dishes tonight?" And they will do the dishes because they don't want to get in trouble. They don't want to have a list of chores tomorrow morning. They don't want to go to what they see a lot of their friends doing, which is regular chores.

And so they're doing the dishes but they don't have the same intentionality around it that I do. My intention is that the kitchen be cleaned up, that the kitchen looks nice, that it's sanitary, that everything's put away so that it's a more peaceful environment so that we don't have to hang out in the kitchen anymore. And when we wake up the next morning it will be clean and pleasant and we can use it to make breakfast or do whatever we want to do next. That's my intention.

Their intention is just check the box to keep mom and dad happy so that they can say they've helped around the house. So this means when they do the dishes, they do, do the dishes but they often don't wipe down the countertops. Or they don't notice a couple of pots or pans on the stove behind them. Or they don't wipe off the table, or notice that the tablecloth is stained and dirty, and needs to come off the table and we're going to need to put a new one on and wipe the table down or something.

They're just like, "What, that's not dishes. I did the dishes. I put the dishes in the dishwasher. I rinsed them and put them in the dishwasher. What more do you want from me?" So intentionality is are you doing the dishes with the intentionality of having a clean beautiful kitchen in the end? Or are you just checking a box to see I did the dishes? Are you with me? Okay, now, I know that feels like a tangent but this is important because to stop letting go of the side of the riverbank. To move out of suffering into a more intentional cooperative form of growth you have to do it with some kind of intention.

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And there are two levels of intention and I am going to encourage you to aim for the higher level but sometimes we have to start at this lower level and I think that's okay too. I don't want you to judge yourself if you're starting from a lower level. Because if you're going from suffering into intention you may have to go a little bit slowly through the steps. So the level above suffering is what I call end game intention.

You might decide, listen, I'm tired of being mad at my husband, and worried about my teenager, and angry at my mom and my neighbors. And unworried about the weather or whatever. I'm tired of that. I'm tired of suffering when I know in the grand scheme of things I'm fine. I'm safe. I have a roof over my head. I have food to eat. I have running water. I actually even have a cellphone. I actually have a really ideal life, I realize if I step back and look at it. So I'm done suffering.

I'm going to move into a level of intention that is seeking to achieve some kind of end game. What is the end game you want to achieve? What is the new circumstance or result you want to create in your life? It's okay to choose to pursue something for the end game. It may be I want to start a business so that I can make money and have freedom and flexibility to work whatever hours I want, to run the business how I want and have some extra money for my family. There is nothing wrong with that. Be in your intention.

It may be, I want to lose some weight so that I can fit into the size of clothing that I believe I'm supposed to wear so that I can look like the person in my mind I am supposed to look like. So that I can be more confident. I don't think that is wrong. I think that's better than sitting around complaining about life is to decide you know what, I'm going to set a goal for myself to lose a little weight, or gain some muscle, or get healthy in whatever way you want to get healthy. There's nothing wrong with an end game level of intention.

It may be that you want to pursue some kind of a hobby or project because you want to create something that you think would look pretty in your house, end game. We're focusing on what we want in the end. This is

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better than staying in suffering. I would much rather you set some kind of a goal you might call it, to achieve, or create, or try, or learn something because you want to have what you think that will give you in the end. Totally fine to do that.

But the next level, the third level, the highest level, the most ideal level of cooperative growth which may be available to you right away. You may not have to go through end game. The third level is what I call becoming. If you can be operating from the intentionality of becoming you will have several benefits. First of all, you're more likely to achieve the end result that you seek. And second of all, you will experience the benefits of it before you even get to the end.

When we are in an end game state of intentionality we are focused on the result we're trying to create. In becoming we are already allowing ourselves the joy, the fulfillment, the happiness, the reward that we think we will have once we get to the end. And therefore our reason, our intentionality shifts away from being about the end game and shifts into becoming the person who has achieved the end game. And the becoming is just as enjoyable if not more so than the end game itself. Here's what I mean.

Let's use some of the examples I gave you earlier. Maybe I want to start my own business so that I can make money and have flexibility, and work from home, all those things I told you, that's the end game and maybe I start out from there. But typically we find if somebody stays in end game intentionality then at some point they will quit or they will burn out, or just won't be enjoyable. And those people are less likely to achieve success.

But if you can shift at some point out of end game intentionality into becoming intentionality then you stop thinking, once I have this many clients then I will feel like I'm a good enough coach. And you shift into what if I am a good enough coach? Or what if I just want to become an amazing coach? What if becoming an amazing coach or really good at marketing, or really good at sales, or understanding how to do webinars, or becoming a master of Facebook Ads, or whatever it is you think you need to do. What if becoming that thing would be actually kind of cool?

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Kind of a pain, kind of challenging, kind of hard at times but also kind of cool, because I want to be a person who understands those things, who gains that skill, who becomes that type of person. It might be cool. It might be fun to learn. I might meet some cool people. I might understand some things about the world better. I'm going to do a lot of good along the way. And I'm going to develop and grow myself as a result. And that might be cool.

And it just so happens that becoming that person will also probably help me to get more clients, and help me to grow my business, and make the money, and have all the other benefits that I want to have. Do you see how the focus shifts away from the end game into the becoming part? If you're trying to lose weight and you want to operate from a becoming level of intentionality, you have to understand that what you want ultimately is to become a person who is at peace around food, and a person who loves her body, and takes care of her body because she loves her body.

And a person who has self-discipline and self-respect, and follows through on commitments, and plans, and follows through on plans. All of those things are required. And wouldn't being a person who does those things and being the person who has those skills etc., wouldn't that be useful? To become that person, wouldn't that serve you? And therefore if that is your reason for losing weight, it's a much more useful reason and a much healthier ultimately reason than the end game of having the scale go down a few pounds. See what I'm saying?

So becoming intentionality is where things become the most fun because we don't have to wait to get to the end game before we can be proud of ourselves. We don't have to wait to get to the end game to be confident, to congratulate ourselves, to feel accomplished, to do good in the world, to serve others. None of that has to wait for anything outside of you to change. And when you learn to become as you pursue your goals, your end game, that is true growth, that is cooperative growth.

And what I find is that my focus on becoming means that I don't have the bandwidth anymore to be annoyed at my teenager, I just don't. It happens

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in moments but I don't think about it that much. I don't have that much time to think about the thoughts that annoy me about my teenager because my thoughts are focused on achieving this thing. I'm intentionally growing. I'm cooperating with the idea that I'm here to grow as a human being. And therefore I stop suffering so much and it's just a lot more fun way to live your life.

Now, I'm going to give you a few things to try on, hopefully understanding this concept alone I think can be really helpful. I know for me it's a really helpful way to just shift myself into a more cooperative form of growth. But I want to give you a few strategies to keep in mind, a few key things that for me have made a big difference, that moved me into that becoming level of intentionality.

So the first thing is to make peace with what is. Now, this is a tricky one because when it comes to the circumstances of our lives or the things that are challenging, I on this podcast I'm trying to speak in generalities so that it can apply to anyone in any situation listening, but that's a tough thing to do. And there's a huge spectrum of circumstances that everybody's dealing with, I know, who listens to this podcast.

So when I say make peace with what is I just want to be clear that I'm not talking about anything at the extreme end of that spectrum where people are harming you or mistreating you. I'm not talking about make peace with people mistreating you, please don't do that. Change the circumstance, get out of there if someone's mistreating you. What I'm talking about is again all the little stuff that comes along. And sometimes some of it, some people even would classify as big stuff.

But make peace with what is means stop trying to control things that are outside of your control. Get some coaching, go to a therapist, wherever you want to get help get some help from someone to not feel like you're at the effect of other people or other circumstances in your life that you can't control. Learn to get to as peaceful of a place or to change your circumstance and to be happy where you are.

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This is really important because if we're not, if we don't make peace with what is then we're going to probably stay in that end game level of intentionality or stay in suffering. Because I think it's pretty obvious in the suffering category. But in the end game category what we're doing is we're trying to change an end result so that then we can feel better, then we can feel happier.

Trying to lose weight so that I can feel good about myself is an end game level of intentionality. So if I want to shift out of that I have to work on feeling good about myself right now at my current weight, loving my body as it is. And that will shift me, I can still decide to lose weight if I want but it will shift me into a becoming level of intentionality. So when people say, "If you love yourself why would you change yourself?" Those people are stuck in end game intentionality.

They're not realizing that you can love yourself and change yourself because change is the only option. Growth is the only option. And either I just let it happen without me cooperating or I cooperate and choose how I'm going to grow, choose how I'm going to change a little bit more. Some of it will always be outside of our control but where possible I want to have a say. I want to help direct my growth. Do you see what I'm saying? So you make peace with what is.

You make peace with your current relationships, with the people in your life, with your current money situation if this is about money, with your, again, your health if this is about health. You make some peace with what is. That level of peace again is going to be different for different people. For some of you, being really happy, and joyous, and celebrating your current circumstance is available. For others of you it's just going to be getting to a more peaceful less resistant place than you are right now.

Once you make peace with what is then you choose to let go of some of what's already working really well. This is the scariest step and sometimes my favorite step and also sometimes my least favorite step. It's my favorite to think about and talk about but it's the hardest one to implement in real

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life because we're so conditioned to believe that we would only change something if we dislike it, if it's not working, if we hate it.

And the truth is, sometimes in order to cooperatively grow, in order to evolve to the next level of yourself, or your habits, or your life, or your relationships you have to let go of some of the things. Not all of the things, but some of the things that you like, that are even working. Here's what I mean. I'm going to make this a very obvious example but I hope that it will just put your head to work on the other examples of it in your life.

So I remember, I used to work in corporate and I remember when that job ended for me. I worked in corporate for many, many years. And there were a lot of things about saying goodbye to that part of my life that I was sad about but I knew that I was not meant to go get another job working in corporate. At this point I didn't even know I was going to start my own coaching practice. I just didn't feel called to go get a corporate job. I was sort of in limbo, like I don't know, am I going to be a stay at home mom now?

I had registered for life coach training but I didn't honestly have ambitions of becoming a life coach at that point. I was doing it more just for my own development. But I just felt like I'm not going to go get a full-time nine to five in an office desk traditional job right now. And so I had built up this wardrobe of really cute clothes that I wore to work when I worked in corporate, fancy heels and nice dresses, and slacks, and whatever. And I had a nice wardrobe. Some of those things I really liked even some of those clothes.

But I knew that in the position I was in, in my life now that I wanted to move forward. And I didn't even know where I was going. I didn't know what forward looked like but I knew that those clothes were probably not coming with me. And yet I loved those clothes. I thought they were cute. They looked good on my body, they still fit me, I felt good in those clothes, but I knew that if I held on to those clothes there was something about that that was going to be me holding on to the past.

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And that holding on to that past was going to prevent me from finding my future, even though I had no idea what my future was and was kind of scary. And so I remember taking those clothes and piling them into my car and donating them. And feeling this odd sense of I'm sad to say goodbye to those clothes, and I love those clothes, but I'm willing to because I want to cooperate in my own growth. I want to be open to what is next.

And that is the third and final step I want to give you that will take you out of suffering or end game intentionality into a becoming level of intentionality. Is you have to open yourself up to what may be next. You don't have to figure it out. You don't have to go find it. You don't have to research it on Google, or YouTube, or ask a bunch of people to tell you. That has for me never been the way anyway. The way is that I open myself up by letting go of things from my past. Some of those things are going to be things that are not working, not serving you anymore.

But many of them and where I find the true power come for myself is in letting go of things that I still love. And ideally like I said, we would clean up our thinking so that none of it is stuff that we hate. But simply letting go of things with love, with compassion, with peace opens up a space for new things to come into your world, into your life, into your awareness, into your ideas.

I love thinking about, and I've been thinking about this a lot more as my teacher, Brooke Castillo, has been teaching, last year she taught us a course. She taught a reinvention course, maybe some of you took that course from Brooke Castillo. But she's been talking about reinventing yourself. And she's always been a really amazing example of this. She does this intentional growth in a really extreme and beautiful way. She talked to us about this idea that our capacity is beyond what any of us are aware of.

We will never in this lifetime achieve our full capacity. We will never even hit the ceiling of what we are capable of. And isn't it interesting to think about that, that our current abilities don't come anywhere near our current capacity? How do we know what we have the capacity to do, what we are

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capable of? We only know by continuing to try new things and set bigger goals and believing that it's possible. So just because you can't do something right now doesn't mean you don't have the capacity for it.

You may not have the skill for it, you may not have the ability but you have amazing untapped capacity and so do I. And I wonder what that is. I wonder what we have the capacity to achieve. And I can't open myself up to those new ideas, new ways, I can't see new possibilities if I'm holding on to old things, old ways, old traditions. I do think that there's a connection between the literal stuff in my house, in my life. That's why I gave the example of clothes. I know that's a very tangible example. It may not be tangible like that.

It may be strategies, or habits, or routines that you're letting go of. But I do think that our tangible stuff is a reflection of what's happening for us internally. And so for me sometimes to start with a tangible, to go through my house and really get rid of things, even things, I did this the other day. I was in my pantry and I was doing a little bit of decluttering and I would find something that I was like, "This owl cookie jar from West Elm that I love. It's really pretty and simple. It's just a pretty white owl shaped cookie jar. I love this cookie jar but I haven't really used that cookie jar in years.

It's been sitting in the pantry, and it's interesting that my brain's first thought is, I'm not going to get rid of this because I love it. And then I remind myself, but I can love it and get rid of it. I can love it and send it out into the world to somebody else that might actually use it and love it. And when you can love things and let them go then you open up, just like I open up a little bit of space in my pantry, you open up space in your life, and in your mind, and in your heart for what's next, for new possibilities, that allow you to further explore your capacity.

We already know that you have the ability to do whatever you're currently doing, to achieve whatever you've currently achieved and that's good and fine. And I want you to be proud of that. I'm not trying to undermine what any of us have already done. I'm simply saying that to expand to something new we have to be willing to cooperate with our own growth. And we have

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to do it from a becoming level of intentionality. I want to become the next version of me. And the end result of what that will create will be extraordinary but I don't even know what that is many times.

So at some point you stop focusing on that end game, you start focusing more on the becoming. Now, listen, I personally have not figured out how to stay in that state all the time. Sometimes I'll be in this flow of becoming and then suddenly I get pulled back down into suffering. Maybe, again, maybe it's a big circumstance that happens in my life that takes me that direction, maybe not. Maybe it's inexplicable. Maybe it's hormones. Maybe I'm premenopausal. Maybe it's my diet or whatever. Maybe it's the weather. I don't know.

But what I'm saying is I don't want you to use what I'm teaching you here to beat yourself up and say, "I know I'm doing it wrong." You're not doing it wrong. You just might be in a phase of suffering, or a phase of end game. And if you start by again, making peace with where you're at, letting go of some of your winning strategies to make room for what's next you can shift yourself into a higher level of intentionality. You can participate in your own growth in a cooperative way and I highly recommend that you do.

And again if you want some help doing this I would love to coach you personally. So make sure you come to a coaching intensive with me at jodymoore.com/intensive. Thanks for joining me today, everyone. I'll see you next time. Bye bye.

Hey there, if you enjoy this podcast or even if you just find that it sort of piques your curiosity, or it makes you think, you're going to love the book that I wrote. It's called *Better Than Happy: Connecting with Divinity Through Conscious Thinking*. And it's available now at Amazon in print or kindle version. Or if you want me to read it to you, head over to audible and grab the audio version. And why not grab a copy for your sister, your best friend, or your mom while you're there too. Just saying.