593: How to Feel Better



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With Your Host

Jody Moore

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If you are sick and tired of feeling anxious, of feeling afraid, of waking up every day thinking, "Oh no, what's gone wrong now?" If you think that your nervous system is fried because of how difficult the world is right now and what's going on in our country or in your family or in your life in some way, today's episode is for you. And I want to begin by telling you the truth, okay?

The truth is, you have the capacity for an extraordinary amount of joy. You have the capacity to feel light and joyful and playful and happy, and you have the ability to handle the negative emotions that are going to be also useful, normal part of your life in a way that doesn't shut you down. Okay? And today, I'm going to teach you how to do that. So whether you want to learn to do that better, you want to learn how to help other people in your life do that better, welcome to *Better Than Happy*. I'm Jody Moore. Thanks for being here. Let's do it.

Welcome to *Better Than Happy*, the podcast where we apply all the tools of psychology, human behavior, and mindfulness to live our best lives, navigate challenges, and achieve our goals. I'm Jody Moore and I'll be your coach today. Let's do it.

Okay, friends, welcome to the podcast. Thanks for being here today. This is a topic that I get asked about all the time. Everybody wants to feel better, right? And it feels like people are feeling worse than ever in certain ways, if you look around. It feels like we have a lot of anxiety, we have a lot of fear, we have a lot of hatred, we have a lot of judgment, and people will attribute that to outside things, right? They'll say it's because the world is more difficult than it's ever been. Our country's going through crazy times, or maybe it's personal things. And you think like, "This thing is going on in my family and that's why this is so hard."

So, I'm not trying to invalidate your experience at all. All right? I want to be very clear. I'm not even saying that you shouldn't have opinions about what's going on and desires about what could be better or different. All of that is very healthy. But what I am saying is that the emotional state you

live from is up for grabs. The way you feel on the day-to-day and the way you then show up in your life, and not only for yourself, but for the people around you, but also for whatever you want to create, is up for grabs.

And my guess is that nobody taught you what I'm going to teach you today when you were a child. Hopefully you learned some useful things as a child. Maybe you learned some math. Was that useful? I guess. I guess some math is useful. For some of you, a lot of math is useful, but at any rate, maybe you learned how to read, you learned how to write. Hopefully you learned how to interact with other people, how to apologize, how to be kind, how to think about others besides yourself. If you had a great childhood, you learned all of these things, but even the best childhood, you probably were never taught about emotions. You were never taught why you really feel the way you feel and how to feel different on the regular, how to actually rewire your personality so that you become the person that is positive, that is energetic, that is a light to other people.

Have you ever noticed how some people are just magnetic? We want to be around them. They have great energy, they have great insight. And I'm not talking about the Pollyannas. That doesn't feel good to us either. I'm not talking about the person that's pretend happy and likes everything and tries to please everyone. No, no, no. I'm not talking about that. I'm talking about people that are genuine and real, and they still do experience negative emotions, but we're drawn to them because of their greatness and because of the joy and because of the possibility and because of their ability to exist as a human being with the full range of emotions. They're empowered around it. They're not afraid. That's what I want to help you create today.

All right? So if you're listening to this on the audio podcast, welcome, but you may want to hop over to YouTube because I got my flip chart out today, and I'm going to put some of this stuff up on the flip chart. I think having a visual guide as we go through this can be helpful. I might even draw some pictures today. I don't know, let's see. But I want to break it down today into three different parts, three things that I want you to consider and three

things I want to teach you to really empower you to feel exactly how you want to feel.

And the first thing is emotional attribution. Emotional attribution. In other words, what do we attribute your emotions to? Now, if you're new here, welcome. Thanks for being here. If you're a regular here and you've been around for a while, you've heard me talk about this and so you may think you know the answer, but we're going to take it next level today, okay? So, let's say we have our little person here. Okay? And she has feelings, which we'll represent with a little heart there. Okay?

Now, the way people talk is we talk about things outside of us creating our feelings. So, that's my really poor drawing of a globe, of the world. But we tend to think that the world outside of us is creating our feelings, right? And the world might include the people in our lives, our bank account, what somebody said to us, what we achieved that day, how we think we look, what we own, so many things outside of us. We attribute our emotions to that. That is not the case. What actually creates our emotions is what's happening inside of us. I call this our thoughts or sentences in the mind. Okay? We think a thought.

There's a lot of actually speculation about where is the mind even? Does it live in the brain? Does it live in the gut? Are there multiple minds? So I'm just going to say the brain, but it's really the mind, okay? We have sentences in the mind or sentences in the brain, and that's what creates our emotions. That's what creates a feeling in the body. So after somebody's been working with me for a while, they start to understand this, but it's still hard to give proper attribution.

So, clients will come on my call a lot of times and they'll say something like, "Oh, I'm just feeling really overwhelmed." And I'll say, "Why? Why are you feeling overwhelmed?" Now, I want to know what their thoughts are, but I also want to know whether or not they're going to attribute their feeling to their thoughts or to something outside of them. I'm not trying to catch

anybody, right? This isn't a quiz. It's just for me to know how to guide them as a coach.

So if they say, "Well, I'm just feeling overwhelmed because I have so many things to do and I can't possibly get it all done. And every day I make a list, and then I only get through part of it. The kids need me or something else happens, and then I just feel overwhelmed again the next day." Notice how they are attributing the feeling of overwhelm to things happening outside of them. And what I say to them is, "That is not the reason you're overwhelmed. You're only overwhelmed because of a thought in your mind. You're not overwhelmed because of your to-do list, because of your children, because of the people around you. You're overwhelmed because of sentences in your mind."

What are those sentences? Now, that's when we're getting in doing some deeper coaching work, okay? And so you can do this, you can self-coach, you can ask yourself, "What are the sentences?" But even if you don't do that, if you just stop saying, "I'm overwhelmed because of my to-do list," and you start saying, "I'm overwhelmed because of sentences in my mind. I'm overwhelmed because of what I'm thinking and believing. I'm overwhelmed because of what I'm focusing on." These are all different versions of the same thing. Then you will start understanding on a deeper level the true cause of your emotions is something you have 100% control over. You don't have 100% control over those kids. You don't even have 100% control over what shows up on your to-do list.

Right? You have some control. You could say no to more things. That's what most people say. You need to say no, you need to cut some things out of your life. We need to reduce that to-do list. But guess what? If the to-do list isn't creating your emotions in the first place, then shortening the to-do list isn't going to make you feel better. Isn't that crazy to think about? So proper attribution of emotions is a game-changer because even if you just start talking that way and you start saying, "I feel this way because of what I'm thinking," then you will naturally, your subconscious will start shifting the

right thing, which is shifting your thoughts, shifting the way you are thinking about anything in your life that you want to feel better about.

It's totally available to you, but you're going to have to do the work. Emotional attribution. Okay? So I recommend that you start talking this way to your children. Okay? If your kids come home and say, "Mom, I'm just feeling so hurt. I'm feeling so upset. I'm feeling so bad because the girls at school made fun of me on the playground." Okay? Then absolutely I want you to offer empathy. If that feels appropriate, probably would to me in that situation, I would say, "Oh my gosh, I'm so sorry you're feeling that way. Tell me what happened." Right? And I want to hear the child out and I want to let them just, sometimes just venting and unloading and saying it out loud can be very helpful and very therapeutic. So I'd absolutely just let them do that.

If I felt like it was appropriate, which at times I do and at other times I just say, "I'm sorry that sucks," by the way. But if I felt like it was appropriate, I wouldn't say, "I'm so sorry those girls hurt your feelings." I would say, "I'm so sorry you're feeling hurt. What are you thinking about that's hurting you so much? What are you making it mean that's so painful?" Right? So, notice I'm not giving attribution for their emotions to those girls at school because I don't want those girls at school to have power over how my daughter feels, and they don't.

I would really try to empower, and this is what I do with my own kids, right? "What are you thinking and believing that's making you feel that way?" Now again, I want to be very clear that I do not go in and coach my kids out of their feelings very often. But if we are going to talk about it, you can bet I'm going to give proper attribution to their emotions, which is their thoughts. I don't say, "Be nice to grandma because you don't want to hurt her feelings." I say, "Be nice to grandma because you're a nice girl, and doesn't it feel good to be nice? Don't you like the way you feel when you're being nice better than when you forget to do that? Doesn't it feel so good to go out of your way to try to compliment someone or make their day? Doesn't that

feel great?" So, I'm not giving them the credit for other people's emotions and I'm not giving other people credit for theirs.

This is huge if you can teach your kids this. And again, the reason I don't always go in and start coaching them is because I'm not their coach, I'm their mom. Okay? So I'm not suggesting that you need to start coaching them. I'm just saying, do not teach them improper attribution of emotions like you might have been taught. That's not serving you. Okay.

The second thing I want to offer to you is to decide what you want to be normal. Okay? Let's talk about normal for a minute. What is normal to you will feel normal. I know, such a profound thing. Here's what I mean by that. You have a set of emotions and a range of emotions that you are used to experiencing on the regular. Maybe you want to call this your emotional set point, okay? It's like a thermostat. So if I set the thermostat in my house to 70 degrees and it gets too hot, then the air will kick on and try to keep it cooled down to 70. If it gets too cold, the heat will kick on and try to warm it up to 70.

And you have an emotional thermostat within you as well. It's what we call normal, right? I get to tell the thermostat in my house 70 degrees is normal or whatever I said it at. But for you, you have a normal and you probably didn't choose it intentionally. It probably is something that you created as you grew up. And if you went through some difficult things, who hasn't been through difficult things? Everyone has. But if you went through a lot of difficulty, something challenging, something you might call traumatic in your life, then you may have developed a normal that doesn't feel great to you. It might be very negative because it's looking out for danger because you experienced hard things, and that sweet brain of yours is trying to protect you, says, "Hey, let's look out for what's wrong, what we don't like. Let's look out for danger."

Okay? So it's not your fault. All right? I don't want you to feel bad about it. This isn't about inviting shame or guilt into your life. This is just about noticing. It might look like judgment. It might be low self-esteem. It might be

judgment more directed at you or more directed at others, although if you're living in judgment, you're going to have both. You cannot think that there's a right way to be as a person and not think that doesn't apply to you and other people. It might be more obvious in one area or another, but I promise you it's impacting both, okay? It might not look like judgment so much though as fear or anxiety or worry about what could go wrong. So it can take on lots of different varieties, but if your emotional set point is really overwhelming your nervous system or you don't like it or it's causing health problems for you, then we need to reset it.

And this is the good news I have for you, that you can reset what normal is to you. Now, if you have, like I said, some trauma that you've never worked with a therapist to work through, you might need to go do that work with a therapist. But even if you don't or you have done that work, everybody healthy and otherwise can benefit from paying attention to this concept, okay? So here's how I like to address it. I like to ask myself, "What are the top three emotions that I experience basically every day?"

My three most common emotions. If I had to identify three, what would they be? So I want you to ask yourself this question. When I first did this exercise, it was years ago. I had a couple little kids at home and I was building my coaching practice, and my top three emotions were overwhelm, frustration, and sometimes indifference. Like, the indifference was the most positive thing I was getting to. Just, "Okay, it's fine. I don't care." That was the not that I never experienced positive emotions, okay? I did sometimes have happiness and joy and pleasure and all that. But every single day, if I had to pick like the three most common ones that I probably experience every day, it was overwhelm, irritation, and indifference.

Now, these internal emotions that I had, this internal experience that I had, you could see reflected in my external world. So this is just a little tip. If you take a look at your outside world and it doesn't look how you want it to look, how you think it should look, it's probably because your inside world doesn't look how you want it to look. So for me, this meant my money. Right? I

didn't, I never had enough money. I wasn't taking good care of the money I had, and I wasn't earning the kind of money I wanted to earn. There was never enough money.

My house was usually pretty much a disaster, which of course I blamed on my kids and my husband and everybody else. But in the end, not living in the kind of home I wanted to and not keeping my home the way I wanted to. My health. I was overeating, I wasn't working out the way I wanted to, I wasn't taking care of my body, was not getting as much sleep as I wanted to, right? And again, I would've blamed all kinds of external factors. I would've said, "Well, I don't have the time to go work out. I can't afford to buy healthy food. I don't have the energy to prepare meals because I have to work full time and then I have these babies and who has time to make dinner?" And I would've said that all of it wasn't my fault. I could have justified all of it. And it is justified, is the thing. It just isn't the life that I wanted.

And so rather than go to work on changing my external world, I started first by changing my internal world. And I decided that I wanted to live from three totally different emotions. And I'm going to tell you what I picked, but that's not to say these are the best ones. I simply want to empower you to pick the ones that you want to live from. How do you want to feel every day? Not that you won't sometimes feel bad, and not that you won't sometimes feel a lot more amazing, but what are the three that would serve you right now to be your main top three emotions?

Here's what I picked. First, I picked curiosity. Curiosity is one of my favorite emotions. And I picked it because, remember, I said one of my top emotions at the time was irritation. And if you would have asked me why I was irritated, I wouldn't have attributed it to my thoughts. I would have attributed it to the world. I would've said, "Well, my kids don't do what I ask them to do until I ask them five times and get mad and yell. My husband doesn't know how to load the dishwasher the right way. People in the world, I don't know if you noticed, but they're mean and they're grumpy and

they're doing it wrong. And people at church are doing it wrong in this way and the teachers at school are doing it wrong in that way. And I don't know why people don't ask me my opinion because I know the right way." Okay?

So these sentences, these thoughts, these judgments I had of other people and then of course I had judgment of myself too, right? But for me, the judgment of others was louder, was more obvious. That's the reason I was irritated all the time. So I decided that rather than just try to be positive, that's not what I'm saying here. Don't just try to be positive, that I was just going to be curious. Okay? So I started doing little experiments every day to put myself in curiosity.

For example, I would be driving down the street, irritated because the driver in front of me is going too slow, and my thought about it is—remember that's why I'm irritated—"Why don't they pick up the pace? Don't they see the speed limit is 50 miles an hour? Why are they going 35? They should get over into the other lane. I got somewhere to be. This person is annoying me." Those thoughts irritated me. And what I did was shift instead to a curious thought. Do you know what causes curiosity? Two words, "I wonder." I wonder. That's it. And I would go, "Oh, oh, oh—irritation. No, no, no, we're not doing that today. We're doing curious. Remember?"

So I would say, "I wonder who's driving that car. I wonder what's going on for them. I wonder if maybe it's a brand new driver who's nervous to go much faster than they're going. I wonder if it's maybe an older driver who's nervous to go too fast. I wonder if maybe it's somebody who genuinely doesn't know the speed limit, isn't from this area and doesn't understand the speed limit or the driving rules. I wonder if that person has maybe a harder life than I do in some ways. I wonder what it's like to be them."

Do you know what? I felt so much better just wondering. And guess what? I never got the answers to those questions. I didn't need to. It wasn't about finding out the answers, it was about shifting from irritation to curiosity. I started to wonder why someone might behave the way they were behaving when I saw what I thought was terrible behavior. I wonder what it must be

like to be them. I wonder what's hard about their life. I wonder, I wonder, I wonder. And this was a game-changer because when I became more curious about other people, I had the capacity to be genuinely curious about myself instead of judging myself for eating the crap I ate for breakfast.

I would go, "Huh, I wonder what's going on for me. I wonder why I'm eating things that I know don't serve my body. And I wonder what would make this easier. I wonder what needs I have that are not being met. I wonder what's lacking from my life. I wonder what it would be like to find solutions to those things. I wonder." Such a useful thought and such a great emotion. Now, as I got better, not perfect, by the way, but better at being less judgmental and more curious about others, less judgmental and more curious about myself, I noticed that I started to apply it to other areas like my business.

I wonder what it would be like to change up this part of my business. I wonder what I could do to serve my clients better. I wonder what other strategies I might execute that would make all of this go in the direction I wanted to go. I wonder, I wonder, I wonder. And when you look at the world through the eyes of curiosity, it doesn't mean I don't have opinions, my friends. It just means I'm not so married to them. I don't let my opinions irritate me anymore. I understand that there's a lot of different ways to be and a lot of ways to believe and a lot of experiences that create people's current state. And it feels so much better to be curious than to be irritated.

And from curiosity, I discover answers sometimes. I discover things, I learn things. I have expanded my own self and my own skillset and my knowledge base and my worldview in ways that feel amazing. I think this might be part of the point of why we're here on the earth, is to expand in this way. And curiosity for me is one of the ways I do it.

Okay, the second emotion I decided to take on was gratitude. Now, gratitude, I noticed, was a nice companion with curiosity. And gratitude, maybe you're sick of like, "Oh gosh, gratitude again. Of course she's going to talk about gratitude because she's a life coach." Well, listen, yes, I am. I

am going to talk about it again because it's not just a nice, fluffy, cliche thing that we say. There's actually scientific evidence that experiencing more gratitude in your life helps you live longer. It helps you have a higher quality of life. It helps you be physically healthier. There are so many benefits to gratitude. So yes, I am going to talk about it again, okay?

Gratitude is an emotion that we feel in the body, which means it comes from what? Your thoughts. Gratitude is not about what you have. Sometimes we look around and go, "Yeah, it must be easy to be grateful for her because look at her house, look at her children, look at her husband, look at her money, look at her body, look at her gorgeous hair. Look at, look at her. I would be grateful too if I had her life." But remember, that's attributing emotions to things outside of us. That is not what creates gratitude, my friends. Gratitude is created from your mind, from what you're focusing on, from what you're thinking and believing. And gratitude just comes from the thought, "I appreciate that." That's it. "I appreciate that. I like that. I'm grateful for that. I'm glad that exists." That's it. That's what creates gratitude.

Now, the thing about gratitude is that there are so many things that are so easy to be grateful for that they're very easy to not be grateful for. There are so many things around you right now. If you just stop whatever you're doing and look around you, I guarantee there's something that you already are grateful for, but you're not being grateful for because you're not paying attention.

And this is where you have to redirect your mind. And this is what I started doing. When I decided I was tired of being frustrated, irritated, and indifferent, I decided I'm going to be more grateful. So, I would be driving down the street. Remember driving down the street with the slow driver in front of me, practicing curiosity? Other days, driving down the street and I'd look out my window and see trees and think, I'm so grateful that somebody planted trees there. I'm so grateful that they planted them so long ago that

now we have big, tall trees with tons of leaves, and it's made this street beautiful.

And now, as I practice gratitude, sometimes I would also practice some curiosity. I would say things like I want in my mind, by the way, this is all me talking to myself. I'd think things like, I wonder who planted those trees. I wonder how long ago. I wonder if they're even still alive, the people who planted those trees. I wonder who paid for it. I wonder whose idea it was. I wonder who picked out that type of tree to put there. I wonder if they've seen how giant and gorgeous these trees are. I wonder what size they were when they planted them. Were they little seeds? Were they already baby trees when they planted them? I wonder.

And I'm so glad they did. And I love the trees that they picked. And I'm so grateful that we have those trees. They're beautiful. Oh, look at these lines on the street that keep the lanes clear. I'm so grateful that somebody took the time to paint those lines because I've been on streets with multiple lanes where the lines had worn off or there was snow covering them or something and it felt kind of dangerous. I wasn't sure I was in the right lane, and I wasn't sure the other driver was going to stay in their lane, and I sure I'm glad we have these lines painted on the street.

Somebody took the time to do that. Somebody who understood what kind of paint to use and had the equipment to do it and the patience to do it. I'm so grateful somebody did that. It's keeping us all safer, these lines on the street. Now, again, sometimes curiosity will come in. I wonder who did it. I wonder what their life is like. I wonder if they understand that I really appreciate this. I wonder if they feel like everyone just takes for granted what they do. I appreciate what they do.

Okay? Notice how gratitude and curiosity go hand in hand. So, you don't have to be grateful for things that are hard for you to be grateful for right now. Just practice being grateful for things that are easy to be grateful for that you just haven't been noticing because if you start feeling gratitude on the regular, then when you're not feeling it, remember normal feels normal?

And your brain will be like, hold on, we're missing a positive emotion that we're used to experiencing. We better focus in and get grateful for a minute.

I notice so many things that are only because I've trained my brain to be grateful. When I go on my walks, I went on a walk just today down at the beach because I live in San Diego. Super easy for me to be grateful for the beach. I don't even take that for granted. For the view of the ocean and the sunshine and the warm air and the like all of it. But there's other things that I notice because I'm so trained in gratitude. I noticed, like today, a cute little dad on his skateboard and his son was carrying a surfboard and his son had just got out of the ocean. And the dad was skateboarding next to him. And I was like, that's so cool. And that's so sweet. And that's I don't know these people. I don't know what their life is like. But I was like, I love that there are great dads in the world. And I love that there are men who take the time to spend time with their kid down at the beach, riding a skateboard or going surfing.

Like, I think this every day when I go pick my kids up from school and I see dads on e-bikes with like two or three kids in the seat on the back of their e-bike. And I think, I am so grateful that there are so many men now involved in their kids' lives. Like that our generation is becoming like just one where there are moms picking up kids and there are just as many dads picking up kids. I think that's so cool. And I love that they ride e-bikes to school, right? They could easily get in the car, but instead they're like, let's get some fresh air, let's get a little exercise, let's teach these kids to be outside.

I mean, it's just, I'm so grateful that somebody created e-bikes. Who figured that out? Who figured out that we don't have to pump up a hill when we could just have a motor on there and then we could throw a bunch of kids on. I mean, like so many amazing things to be in awe of, to be grateful for. And this isn't, I'm not even talking about, this isn't my husband and my kids. I don't even own an e-bike. I'm so grateful that there's such a thing as e-bikes and that there are good people all around. I've started noticing that

more because I've trained my brain to be grateful. And there are endless things to be grateful for, and it feels so good for that to be my normal.

Now, my last and third normal doesn't feel as good, but it's useful, and it's commitment. Commitment. Okay? So I like commitment being one of my top three emotions because in order to require commitment, I have to be doing something hard. Okay? If it's not hard, it doesn't require commitment. Brushing my teeth is easy for me to do now. I don't really have to be committed to it at age 52. Like if I don't brush my teeth, I'm can't stand the taste in my mouth and the smell of my own breath, right? And the feel of the gunk on my teeth. So I brush my teeth regularly. I don't have to be committed because it's just part of my routine. It's just natural.

But doing new things in my business, learning new strategies, like I'm taking a new course right now, and sitting down and taking time to learn the things and then go do the things I need to do in the course, I need to show up on live calls. I need to demonstrate what I've learned, I need to get coached, I need to get feedback, I need to try again and tweak it. That requires commitment. And my brain wants to be like, I don't know, I just don't know if I have time for that. Maybe I don't really need to do it. I could just watch the videos. No, no, no, no. I'm going to be committed to completing this course because I want to master the skill that I signed up for that course to master. And I want to just be a person who does hard things. I want to keep learning. I want to keep growing. I want to push myself outside of my comfort zone.

So that requires commitment. Okay? So commitment is again, an emotion that we feel in our bodies, which means it comes from what? What we're thinking. That's right. A thought. What is the thought that generates commitment, my friends? It's very simple. It's this. No matter what. I will no, I will just do this thing no matter what.

Now, no matter what, might be a bit of an exaggeration. Are there exceptions? Of course. Like if I say, today I'm going to sit down and complete these tasks in my course, no matter what, then if I suddenly got a

call saying my child had gotten in an accident and they're in the hospital and I need to come quickly, I would go to the hospital, okay? But there are not very many times that those kinds of emergencies happen. And if you're like me, if you're like I was back when I didn't have these top three emotions, I would have thought otherwise. I would have said, but something always comes up and my kids just need me or there's a baby crying or there's somebody that calls and needs a favor or I just didn't get enough sleep the night before, so I don't have the energy. I don't feel like it. I really need to get these dishes done because I can't relax if the kitchen's such a mess.

All of these excuses that we give are not commitment. Commitment is no matter what. So if you've ever taken a job before, right? When you had a job, maybe you were scooping ice cream at Handel's, okay? You still were committed. They said your shift starts Friday at four and you said, okay, I'll be there Friday at four. And you were committed. Even though throughout the day Friday you thought, I don't really feel like going to work today. I kind of want to just hang out with friends tonight or I want to just relax tonight. I don't really want to go to scoop ice cream tonight, but you were committed and so you went to work unless you could get your shift covered, right? That's commitment.

If you're married and you ever travel without your spouse, you're probably not like, gosh, I hope I don't kiss someone else while I'm gone. You just have decided that's not an option. You don't think about it. It's not on the table, right? That's commitment. Notice, it doesn't always feel great. Like going to work when I don't want to go to work doesn't always feel great. There's some resistance there. That's why it requires commitment.

So I started practicing commitment by under-promising and over-delivering to myself because I noticed that I was already good at being committed to other people. If I, again, as an employee, I was very good at being committed. As a friend or sister or wife or whatever, I'm good at being committed. And that's because I don't tell people I'm going to do something

if I don't really intend to do it. And if for some reason I change my mind or I'm not going to do it, I am going to let them know and have an explanation. And I'm not going to do that often because I know that erodes trust.

And so I started doing the same thing with myself. I started saying, listen, we're not going to make promises to ourself that are ridiculous. We're not going to say, that's it, no more sugar and every night I go to bed at 9, if I've been eating a bunch of sugar and staying up really late every night. I might say something like, hey, how about once a week we go to bed by 9? and we see how that goes, or we go to bed by 11 every night or something. Like I'm going to take a baby step and I'm going to commit to something that I genuinely plan to follow through on. And then I'm going to follow through on it even if I don't feel like it. Even if I have a bunch of excuses about why it doesn't matter or I can't, etc. Except in a very rare emergency situation, I will follow through on my commitment.

This is why I go easy on what I'm committing to because I can always do more. If I say I'm going to go to bed at 11 o'clock every night, but what I really want is to go to bed at 10, it's okay if I go to bed at 10 one night, but if I say I'm going to bed at 10 every night and then I don't, I erode trust with myself, just like I would to someone else.

So I decided I wanted commitment to feel normal. When I feel that resistance, I kind of don't really want to, it feels normal to me now. And the good thing about that is that I don't listen to it. I don't obey it. It doesn't drive me. I can have that emotion, and I still do many times. I still don't always want to do what I said I was going to do, but it feels normal and I do it anyway. And then I get to feel proud of myself. I get to feel grateful to myself. I get to thank my past self for doing the thing that I didn't feel like doing because now it's done. And that's just a great way to live your life.

Okay? So, I don't know what your top three emotions are and what you want them to be, but I want you to just choose them intentionally. Choose them intentionally. And sometimes identifying what they are now is a good starting point. Like for me, I chose curiosity because I knew I had a lot of

irritation, which was my version of judgment. But other times, you may not even need to worry about undoing the ones you have now. Just pick three and start practicing them. As you practice them a little bit each day, they will start to feel normal.

Okay? And then there's one more thing I want to teach you. Are you ready? I want you to take a look at what I'm calling your mental diet.

Your mental diet. What are you taking in to your mind that is creating the emotions that you're experiencing on the regular? Okay? So what you take in, I'm not talking about a food diet here. I'm talking about a thought diet, an idea diet, a belief diet. What beliefs are you taking in? What thoughts are you taking in? And indirectly, then what emotions are you taking in? Because if you're taking in crap all the time, it's why you feel like crap. If you're taking in too much information that makes you feel afraid or worried or upset, then that's not going to serve you.

Just like if I decided I'm just going to eat donuts and potato chips and drink Diet Coke, I'm going to physically feel awful. That's not a great food diet. And if I just sit and watch the news all day or scroll social media and watch people who are complaining or sharing their political views in an angry way or telling me I should be afraid or judging others, etc, then I'm going to feel like crap emotionally. If all I watch on TV are mob shows where they cut people up and put them into boxes, sorry to be so graphic, but there's a show like that my husband and I have been watching and I'm noticing that I don't feel good after I watch that show. And it's fiction. It's not even real, and I know it's not real. But I'm still taking in those stories, taking in those thoughts, taking in those visuals, and it's creating anxiety in my body and it doesn't feel great. So you know what I need to do? Turn that crap off. Stop watching so much of that.

For some of you, this is the news. You're like telling yourself, I just need to be informed about what's going on in the world. Well, guess what? I got my degree in journalism. And you know what they told us, what I learned in my journalism classes? Never once did a professor say to me, our goal as

journalists is to uplift people and make the world a better place. That's not the goal of a journalist. Now, they also didn't say, our goal is to harm people and make them feel awful. That's not the goal of a journalist, but you know what the goal of a journalist is? To get you to keep reading or watching or listening, to get your attention and hold your attention as long as possible.

What is the easiest way to get someone's attention? If I wanted to go to school pickup today where all the parents are waiting and get everyone's attention, what would be the easiest way to do it? The easiest way would be if I yelled out, "Fire!" or some other kind of hazard. If I yelled out that there's danger, everyone would stop their conversations and look over and see what was going on.

So, journalists are not bad people and the media is not bad, and we need it in many ways. But if you're consuming too much of it, a journalist's goal is to get and keep your attention. And the easiest way to do that is to offer things that scare you, things that feel dangerous. That just feels the most powerful to our minds. It feels the most relevant. It is the most important thing because we need to stay alive, right? The problem is though, it might be making you feel awful. And so you got to clean that up, my friends.

I want to tell you how often I watch the news. Never. I do not watch the news. I don't read the news and I still know what's going on in the world. I still inform myself about issues so that I can vote from an educated place. I still inform myself about any issue that I care about and want to contribute to in the world. I promise you, you do not need to read all that and watch all that to know what's going on in the world. I know many people who do not watch the news who are very informed in any way they want to be.

Okay? So, the other area that this shows up is with the people in our lives, right? First of all, I want you to pause and ask yourself, what do I contribute to the people around me? What part of their mental diet am I for the most part? We're all of, we're all a full range of things, okay? I don't mean that I don't want you to turn into like a just a positive Pollyanna who is fake positive all the time. That's not what I'm saying, all right?

But do you tend to unload your fear and your negativity and your drama on people around you, or are you someone that lights people up in a good way? Are you someone that ignites positivity in people, passion in people, enthusiasm, energy? These are all great things that you can ignite in people by offering thoughts, offering stories, offering beliefs that create those emotions, or do you do the opposite? Do you just complain and offer all your negativity? Because guess what, my friend, no one likes being around that. No one likes being around that. And I get it. It feels validating. For some people, this is the only way they know how to connect with others.

If you have a group of friends and every time you get together, all you do is complain about your husbands, you need to put a time out on that for your own sake. If you don't like how you're feeling on the regular, you need to decide either, I'm bringing positivity to this group and every time they start complaining about their husbands, you just change the subject and share something fun, something funny, something uplifting, something cool, or maybe you just distance yourself from those people for a little bit. Maybe you find some new people to spend more time with.

If you have people in your life who are very negative, maybe you're, you're not the negative one so much, but you got somebody else who's struggling. You got a spouse who hates their job and comes home and complains about it non-stop, or you have a sister who's really struggling and you're the one she unloads to. I get it. This happens, okay? But a couple of things.

Number one, you are responsible for managing your own internal state. And if you want to be the one that they complain to a certain extent, more power to you. But if you can't keep yourself mentally healthy, then you need to be honest. Okay? You might have to have a conversation like, “Hey, I love you, but I can't be the one that listens to this anymore. I just can't stay positive and motivated the way I want to and keep listening to this. So, I'm so sorry you're going through this hard thing. It's totally valid. Maybe we need to get you a coach. Maybe we need to find a therapist. Maybe we

need to find someone for you to talk to, right? Because you do need a place to work through this. I just can't be the one." Or maybe it's "I can be the one, but not every day, right? I'd love to hear about this on occasion, but we got to balance it with some positivity. I need to hear what you like. I need to hear, I need to I want to laugh with you. I want to connect with you over positive things." So, again, you may or may not be able to influence their behavior that way, in which case, then there may be a boundary.

You may need to set a boundary, and it may be that when certain people talk about certain topics, you simply remove yourself. You say, I love you so much, but remember, I'm not, I'm not talking about this with you anymore, Mom. I love you, but I'm not the one to hear this. Okay? So, you got to navigate what's coming into your mind because what's in your mind is creating what you're experiencing. And listen, my friend, not only will it feel a lot better for you to live from feeling good, from feeling positive, from feeling motivated, uplifted, energized, but it serves everyone around you. People want to be around people like this because it's contagious, because you start sharing your beliefs and worldviews and other people go, hey, I like that one. I think I'm going to steal that one.

I'm going to give you one more example of this then I'm going to let you go, all right? I years ago, this was back when I had two kids, my first two kids were less than a year and a half apart, okay? So I basically had two babies at the same time. And I was a new life coach. I'd been certified, but I was kind of new to the world of life coaching. So maybe I must have had three kids actually. But anyway, whatever the timeline was, I'm at this life coach conference, okay? Like a workshop. And the night before I'd had a couple of kids up in the night and so I was tired.

And I go in the bathroom, I use the bathroom, then I'm washing my hands and there's another coach who I kind of knew, but not very well. She's washing her hands, so we start making small talk, right? And she says, how are you doing? And I said, oh, good. I'm just so tired today. I had little kids

up all night last night and so I'm just trying to stay awake and it's just so hard to be tired, right?

Now, I thought that she would say what people normally say to me when I say this, which is, oh, that's so hard. I'm so sorry. Gosh, and don't forget to take naps when they're taking naps and it's so hard when they're little and like I thought she would just validate my pain and take my complaining and poor baby me. And then we would go back to our conference, but she didn't do that. She's a life coach, right? You know what she said to me? She said, oh, yeah, I just decided years ago that being tired is not a big deal. And so now if I haven't had enough sleep and I'm tired, I just am tired that day. And I no longer feel bad about it, and it's just so much better.

And I was like, what? What did she just say? I didn't even know that was an option. What? You're allowed to think it's not a big deal to be tired. I've never even considered that. I've never considered that. But I liked it, and I started trying it on. And again, I wasn't perfect at it, but some days I could be tired, but not feel sorry for myself, which actually gave me a little bit more energy than being tired and feeling sorry for myself. Okay? So be a person that offers positivity, but it's got to start with you doing it first. It's got to be real. It's got to be genuine.

That coach didn't say that to me because she was telling me I was thinking about it wrong. And I knew this because of her delivery and her tone and everything else. And she couldn't have cared less whether I would have taken on that thought or not. This is not about her trying to change me. This was just her being a person who chooses intentionally how she's going to feel. And it's contagious and it's inspiring, and I love being around people like that. You can be that person too, and other people will love it as well.

All right, thanks for joining me today, friends. I hope this helps you. If it does, make sure you're following the show, make sure you're subscribed, and please, please, please share it with someone else. Thank you. I'll see you next time.

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