



## Transcript for Episode Five

Hello, I'm your host, Christina Smith and I'm a full-time Life coach for women. The Inviting Shift podcast focuses on how we step through this messy journey of life confidently so we can feel good about how we show up, have more connected relationships and connect to purpose and meaning.

Or in short, how we manifest the lives we crave in practical, tangible ways

Today we're going to talk about the top 3 confidence busters. You know all those blocks that we have when we want to move forward on our goals, dreams, or passions.

These are things that we all do naturally - so if you find yourself feeling familiar with these ways we sabotage ourselves, you are not alone. I've personally been stopped by each of these before and even still experience them coming up. They will still come up every time I want to try something new or learn something new -- like starting a podcast. So I've experienced each in the last three months and I will share with you how I kept them from starting.

Let's just take a moment to ground and set the mood if you will.

If you can safely, close your eyes.

Either way, take a few breaths.

Think of one of the last times you were about to start something new - whether you felt successful in the end or not. It might have been a big transition in your life, a new goal, a new degree, or you had to learn something new for your career or start to date again.

You probably had great visions of what you wanted. Imagine that... what you thought it might look like when you first imagined it. What could love to look like? What would those new skills bring you? What would this transition feel like freedom, accomplishment, joy?

Then we went to get to work on it.

We might have had to learn new ways of doing things. We might have to take that first scary step and face our fears of committing to something and following through.

Even if it didn't stop you, there was probably conflict happening inside. Because scary things can set off alarm bells in our heads. Our ego gets scared and starts explaining why staying small and in the comfort of not growing.



## Transcript for Episode Five

Just notice the messages that come up to sabotage you. How is your brain trying to convince you that you shouldn't move forward? Just notice what comes up.

And hopefully, you've got a couple of messages by now.

Also, feel into it. What does it feel like when part of you wants to move forward and another part wants to stay where you are?

Great. Take a deep breath, we're not there anymore.

And open your eyes if you like.

Take note of those messages and feelings as we talk about the confidence busters. See if they relate to one of these ways we sabotage ourselves.

Back in episode 1 we defined confidence as a skill in which you move forward knowing that you might get it wrong.

Confidence is a skill. It's how we choose to have courage so we can walk with our fear. It's something each of us can hone. It's not a natural talent for most of us.

When we employ confidence, what we'll find is that blocks, conflicts or major challenges are going to come up within us. We'll choose to cave to them or move forward anyway. When we move forward anyway, we are building and honing our confidence. Of course, we might get it wrong, but we won't learn or grow if we stay where we are... some of us won't even survive. So we have to move forward - even in the discomfort.

One of my favorite quotes is by Dr. Susan David: Discomfort is the price of admission to a meaningful life.

Discomfort is a natural part of our humanness. We can't escape it, especially if we want to grow or become a better version of ourselves, we're going to get it wrong sometimes and that is okay.

What we can do is see the ways our brain wants to shut us down so that we can be prepared and even normalize that internal conflict instead of panicking when it happens.

So let's get to these confidence busters and I know you are going to find them so familiar.



## Transcript for Episode Five

The first is this ever-popular idea of the Imposter syndrome. It's so common a term I heard an 8-year-old talking about it the other day (which just about broke my heart).

I think it's crap. I mean don't get me wrong - the feeling and thinking behind it happens, but when we label something like this it's like manifesting an out. When we say we have Imposter Syndrome, some of us can give up because it feels like a label they'll never outgrow. We are saying we are an imposter - a fake.

It's okay that we feel that way but we can easily reframe or as I say re-perspectivize it.

We don't feel like a pro. We feel like an amateur... like we are still learning - WE ARE. That's the point. But we don't look at a 3-year-old trying to tie laces and say, Ah you're just an imposter. We don't look at a teenager helping mom with littles and say, "you are an imposter - not a real parent."

It would seem absurd, right? And why?

Because they are learning. They aren't expected to get it perfect or right on the first try. They are meant to bumble and fumble because it's new to them. They've never done it before.

Calling ourselves imposters just makes us feel fake. And I don't jive with faking it till you make it either. Let's be real - we are learning. It's going to feel unfamiliar and we are going to bumble. If we were experts, it wouldn't be a challenge or growth.

Growth and learning are uncomfortable. If we can accept this, that it's almost always going to feel this way, we can see past this label that can stop us from moving forward because we fail on the first few tries.

Learning is part of the growth so discomfort will always be part of the equation.

Combat this by correcting your statements and expectations. "I am learning and it's going to take longer than I want and be more uncomfortable than I want. This is normal."

You might also need to remind yourself that discomfort isn't unsafe - just uncomfortable. It's uncomfortable for some of us to get it wrong. It's uncomfortable to look like we don't know what we're doing. It's uncomfortable to keep moving forward when we feel uncertain. None of these are usually unsafe (for the most part, of course, there are some goals that include physical safety that we can take a little more seriously). For the most part, though, growth isn't unsafe - it's just super-uncomfortable.



## Transcript for Episode Five

But you once struggled with shoelaces too and you figured it out -- now you probably don't even think about it. It's comfortable because you repeated it over and over. That's the same with whatever growth you are going through.

So we'll change that feeling of impostering to a feeling of learning. For me, that takes me from feeling like a fake to feeling like someone excited to grow. See how it changes your perspective - and let me know. I love mail and messages.

Let's move on to the confidence buster #2

Comparing ourselves to others. Oh, we do it don't we? Especially with Facebook and Instagram, it's just so easy to compare our lives, our looks, our likes, and our popularity.

And in our DNA comparing was once super-important. When finding a mate we wanted the strongest and most likely to procreate strong babies. We compared ourselves to others to ensure that we would be picked to procreate. But in today's world, we have so much to compare ourselves to.

Before the internet and even tv, we had a limited amount of people to compare ourselves to, now we're unlimited.

And comparing creates some truly devastating problems. We start double-guessing ourselves, we find people who do everything better, sooner, faster, and more perfect.

For me, when I was depressed I would tell my husband how I just wasn't enough because I felt like a failure. I was going to school, working full-time, and raising a son while trying to be an awesome new wife - and I knew I was failing at everything. Ever felt that way?

Of course, we all have. When we get down in the muck, nothing seems right. But how were all these other people getting it so perfect? What about these other women who run companies, raise children, and basically show up as superheroes in almost every aspect of life? They aren't, or they are sacrificing themselves.

That day, my husband asked me "Who Christina? Who is getting all the things right?"

And I thought about it. And thought about it. Every time a woman came to mind I realized the more I knew about them, there was always something that wasn't quite working. Like one woman whom I thought just had a super life- she was a leader in her company, she had a great husband and went to a lot of fundraisers, she had a perfect daughter whom she spent time with and had a great relationship, she went on vacations and on and on. She



## Transcript for Episode Five

really did it all. When I got to know her better I saw her schedule one day. Every minute from 5 am to 11 pm was scheduled. There was color-blocking and notes. Even her hobbies and every project had a perfect place on her calendar. While that might work for her, just looking at her schedule made me a little, well, nauseous. That is not how I wanted to live my life. That felt incredibly icky and shackling to me. I even tried it for a bit, but it certainly didn't work for me.

What I did learn was that my journey and my experience of life are different. Comparing myself to others (especially their Instagram lives) was only keeping me depressed. Because if we really look, we can find someone who is doing better than us in at least one area of our lives. We don't see the whole package -- what they have to go through to get there, the choices that don't fit for us, even privileges we might not have had.

You are seeing your raw version and comparing it to the Instagram version of their lives - it's not fair. To compare ourselves to others fairly, we'd have to find someone who grew up just like us, share the same experiences, have the same physicalities, have the same socio-economic background, have the same schooling, and journey - it's just impossible.

So while it is so normal for us to do this - it's not helpful.

When we are about to compare ourselves, what I'd love you to choose is to compare ourselves to you a year ago or 5 years ago. The important thing is that we are growing. It does not matter if it takes us longer than others or looks different. If we can feel good about our growth or see how we handle things differently than we once did, we can show up confidently.

Why? Because we're focused on the one thing we can change -- ourselves.

Have some compassion and love for yourself. We aren't here to win the best human competition, we're here to care for our own well-being and be the best human we can be. Trying to compare or imitate others isn't the path that will lead us there.

Stop comparing and despairing. You might just unlock more of your gifts and magic. You might even see that some of your 'flaws' also bring gifts.

So we covered the first two confidence busters - imposter syndrome and comparing. Right after this message, we'll go into the one that I know EVERYONE has been through.



## Transcript for Episode Five

Okay, we're back with the 3rd confidence buster.

We're waiting to feel like it or until we know enough.

There are several ways this shows up.

I have a client that had never moved forward because she 'just didn't feel it was right. Now I'm all for listening to your intuition and inner wisdom. There are certainly times when we have to slow down or pause, and we tend to confuse that with fear. Feeling fearful doesn't have to stop us - in fact, some of the most exciting things are going to come with a ton of fear. So fear isn't a reason not to move forward, it's just a normal part of humanning.

Fear is healthy, yet let's go back to safety versus comfortable. Most of the things we are going to come up against aren't safety issues, they are comfort issues. Will I mess up and have to start again? Will I waste time? Will I embarrass myself? These are uncomfortable - not safety issues. Remember the ego is in part trying to keep us safe. Because we don't run into many safety issues in life, it's just way out of whack with what is safe versus comfortable.

Discomfort is just a hard thing and we can do hard things. It's the only way we grow.

I have another client who has spent her life learning. She's learned many different skills, but she never claims any of those skills. She doesn't start the actual practice of what she's learned. She's always searching for one more course that will make her feel like she is prepared enough to show up boldly and claim her title. BUT... if she never chooses to practice, she'll never claim whom she wants to be.

And I'm not against education, but at some point, you just have to start, even if you are starting scared, and now that 'yes, I am going to make mistakes and that will be okay that's called learning"

Of course, we wouldn't want a surgeon practicing or okay with making mistakes on the regular, but most of us aren't doing something as sensitive as surgery. We're just afraid we won't succeed on the first try, or that we'll 'mess' something up. Accept that you will. Accept that it's part of the process. It will make your life easier.

One of the most popular problems I hear when people are going to start something is, "I'm waiting for the motivation"

Look, motivation doesn't always come. We can dream about the end vision, but once we



## Transcript for Episode Five

think about the number of steps it might take or see all of what needs to happen, we can get a little put off. Then we sit around hoping that motivation will just show up one day.

That's not how it works. Sometimes, most of the time in my case, I have to start and then as the first task or two is done, I feel a little motivation momentum. We don't always get motivation. Waiting for it is just wasting time and we usually don't feel good about ourselves while we wait - we might even try shaming ourselves for not getting started which just makes it even harder for us to start because we're telling ourselves we aren't enough to start.

So we're not going to wait for motivation. What we can do instead is break down the starting steps into bits that seem doable. If I have a cluttered house and want to change that, we can start in one corner. One area. Put 30 minutes in, get one small step done... then another and another. That's it. Once you see some progress, you'll be more motivated -- but we'll never feel it if we're just waiting.

So you don't have to feel like it or know more. Just start. You can learn more as you go and the whole way you will be building and honing TRUE CONFIDENCE -- that skill of confidence.

When we realize that confidence is a pattern of action -- not a good feeling I can do this no problem kind of feeling, we can all manifest confidence. We can practice the skill of starting not knowing if it will work out the way we want.

So to wrap up:

- We are learning NOT imposters. It's okay to make mistakes, that's how we learn and become pros.
- We only compare ourselves to ourselves. Comparing ourselves to others is like comparing apples to oranges. We don't all have the same gifts and magic.
- We move forward -- even with fear, even when we feel we have to learn every detail ahead of starting, or we think we need motivation.

So now think back to that grounding we did in the beginning. Are any of these familiar to you? What else might have come up that I didn't talk about? I'd love to hear your feedback. Leave a comment or send me a message.

Confidence is a skill - a skill that we can learn and tune into. So if confidence doesn't feel natural, don't worry. It's not a natural skill - it's something we can work at and I promise you, it's worth it. When we are confident we can laugh at ourselves. We can learn anything



## Transcript for Episode Five

or try anything. We can do the things that feel really hard and important. We can feel good about ourselves even when we fail - I promise.

I hope this was helpful - let us know.