

# 5-5-20

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## SUMMARY KEYWORDS

list, celebrate, frustration, learned, little bit, change, kids, hour, happening, work, break, realist, business, surviving, adjustment, push, positive, march, fact, frustrated



00:00

Hi, everyone, welcome to another episode of legendary leaders. You all have been hanging in running your business remotely,



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making adjustments to the way you run your business,



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changing the way you've been leading your teams,



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and just simply surviving and pushing through.



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And actually I don't want to say



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just surviving, you have been surviving, but you have been thriving. I want to say you've been thriving, I know a lot of you have been thriving. You've had this mindset saying to


yourself, I will not fail, this will not get the best of me.

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I will make the best of it.

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And I love that. Right. I'm seeing that happen all around me. With friends and clients and team members. It's been fantastic. At the same time, though, it would not be fair, or it would not be human of all of us to be happy and positive and overcomers 24 Seven, right? Now I'm a positive person, I'm sure you are a positive person.

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But again, I talked about being an optimistic realist, right?

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I have to be realistic in the fact that it's been hard.

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This change

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has been hard. It was sudden.

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It was, you know, one day everything's open,

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and the next day it's closed. It was that fast, right?



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It was watching



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all of these different things happen to different states. Maybe you were one of the states that had a lot of activity from the virus. You know, just all of these different things happening around you. So, you know, the kids came home from school.



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had to start homeschooling if you have kids.



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Right, maybe you're having to share your house with your spouse and both of you are working remotely and you're trying to dodge each other from from, you know, from the conference calls, who's going to take this room and his gonna take that And who gets this room for the day because he had they have the most calls or they have a call with their boss or whatever, maybe you're suffering through that as well. If you know if you are working for someone else,



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and I say suffer because



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it's just an adjustment.



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Right?



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You're probably doing it with a smile and you're getting through it.



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It doesn't mean it's easy.



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And so have to take just a second to acknowledge the fact that there's got to be some frustration there. For all of the things that you've adapted to, for all the changes that you've made, you may still be struggling your business may be struggling right now. And so there has to be some frustration in even if your business is doing great. You very well may just be exhausted. Because of all the change. You know, you you may have had that positive, that optimistic realist mindset right, that said, I'm gonna push through this, my business is gonna be better at the end of this



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and it is and you're growing.



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But all of that work, and the time that you put into it, you're just exhausted.



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And I'm here to tell you that that's okay. So, okay, today, my challenge for you is just to be human. All right, I don't want you to dwell on the negativity. That's not what I'm asking you to do. I'm simply allowing you to feel whatever it is you feel, if you're frustrated, if you're exhausted, if you just need to vent if you need a break, for you know, a half a day.




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Do that.



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Take some time for self care.

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Okay, truly what I want to draw your attention to, you have been so strong for your team, your family. Okay, your clients and your customers, you have been strong for everyone. And most of us as business leaders and owners, entrepreneurs, we just push through

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We don't know the meaning of No, we just push through

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we solve problems.

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And we overcome

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and you did it rapidly with rapid change. And with a lot of people depending on you and you've done it. So I want you to just breathe today. I want you to celebrate yourself today. All right, I want you to sit down and I want you to create a list. Okay, so

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step one, if you're frustrated or you're just

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you know in a negative a little bit of a negative space.

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I just want you to take a few minutes

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and I want you to grab a piece of paper and a pen.

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I want you to list all the things that you have learned through the change. Probably you know happening in March here in the in the US. Okay, really happens starting in March. A lot of changes to businesses and operating hours. And

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openings and closings,

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school impacts stay at home orders all that sort of happening, you know for the bulk

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of us in March.

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All right. So, from March until May, what have you learned?

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Have you learned how can humanity is?

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Have you learned, you know how how well we can take care of the earth we just stopped driving around for a little bit. You know, all the smog that is cleared and all of the the air

quality that's changed, right.



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Have you learned that?



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What have you learned about your business? What did you learned about your customer?  
What have you learned about yourself?



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What have you learned about your family?



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What have you learned?



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I want you to make a list of it. Because right now, through this frustration, and exhaustion,  
you're probably feeling like you've done all



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of this work, but it's Still not good enough.



06:03

Okay, think about that for a second, you're frustrated, because you feel like what you've  
done



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isn't good enough.



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But what I need you to do is go back and sit down and make the list. Because I guarantee you your list is going to be long. I don't want you to judge if it should be on the list or not. We've done these lists in the past. And so you're going to remember my rule. My rule is if it comes into your mind, it's worthy of going on the list.



06:30

We're not going to



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qualify if it counts or not, you know, because it may not be worthy of list. Everything is worthy of the list. Whatever you learnt. If you learned how to cook something new, put it on the list. If you aren't how to start a garden because you decided you wanted to grow some vegetables, you know and have a little bit of food around your home.



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Just just to try it or just to teach the kids



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from the list.



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If you taught your kids something new in math, because you became the teacher for almost two months,



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put on the list.



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Okay, if you got outside and walked every day, just to get some fresh air



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and have a change of scenery, put on the list.



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Because at the end of this list, and



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I want you to set some time aside to do this,



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the only you know how much time you want to take on this.



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I mean, I'll give yourself



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I mean, there's nothing wrong with spending 30 minutes creating this list, remembering reflecting,



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writing down everything that comes to mind.



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But after you sit down, and you do this list, I want you to go back and I want you to look at it. And I'm going to challenge you to just imagine why you've learned all of this. Like I don't want you to imagine not I want you to accept it actually. I want you to understand that.

You know the fact that We have gone through all of these changes. They may or may have been out of our control, but look at all the things that you've accomplished and learn and you have grown through



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because of this uncontrollable change, okay?



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And I hope and I expect that once you make this list and you sit down and you look at everything that's on it, you are going to



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release a little bit of that frustration.



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Okay, because, again, you're feeling frustrated.



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Because you feel like you just it's still not enough you have not learned enough or given enough because people are still asking more of you or the business is asking more of you. Or you know, something, something in your life is asking more of you. And you're tired. And you're thinking I've given you everything I've got, how can I give more. You may feel like you don't have any reserves left. And so what do we do? We've got to build ourselves back up. Okay, so make the list. Look at all the things that you've learned, celebrate all that you've learned. It is so much I mean, I have a list,



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it is a significant amount of information that I have learned about



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my family, me, my business, my customer, my client,

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my teams,

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the world,

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right?

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So I have to celebrate that.

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And then I'm going to go take a little bit of a break.

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I'm going to give myself permission to rest and so that is my other challenge for you. First challenge, make your list of everything that you've learned from March to early May

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celebrate all those learnings.

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And then the second thing I want you to do is I want you to I want you to take a little bit of a break even if it's just an hour today.



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Take a break. Get away from the phone get away from the computer.



10:00

If you can get away from your kids try that.



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I don't know how well that will work, they're pretty good at finding us. Take a little bit of a break, maybe you wait until, you know if you have a significant other that can help with the kids. If you've got kids, wait till they get home, or ask them to help for an hour, and then you will trade. You hang out and take care of the kids for an hour and then get a while they take some time and then they do the same for you. And you may already be doing that. But what I'm challenging you to do is not just take a break, where you go think about all the things that are challenging and wrong and allow your frustration to fester. What I want you to do is I want you to take your break after you've made the list because then you're in a good mental space to celebrate



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and appreciate and it's a positive mentality.



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Okay, and so from there, I think you'll be able to truly rest and you'll appreciate that hour away and you'll see things a little bit differently. And then I think you're going to come back and you're going to be refreshed. Okay. I'm telling you, it's this has not been easy. This has been frustrating. It's been tough. There has been, you know, a lot of people asking a lot of us.



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But we can survive. We have we've done it. And what I want,



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what I want you to do today is pull yourself out of any negativity.



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I want you to get yourself back on track mentally.



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And again, to do that, I'm gonna say it one more time, then I'm going to wrap this up.



11:30

Make your list, celebrate what you've learned.



11:34

celebrate it.



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Let go of your frustration. Take an hour to yourself. Maybe you take half the day. Go do that. If you can go lay outside somewhere, read a book, get in a hammock, lay by a pole. Go for a long walk in the woods. Whatever it is that energizes you that you can do away from people. I mean, even if everything was wide open Right now I would tell you to still go do something away from people. Just so you can have the break that you deserve. Okay? So, let go of your frustration. Let go a little bit of mental exhaustion that you're feeling. You've got this, you can do it. You have done an amazing job.



12:22

Right go go celebrate



12:24

yourself today.



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Have a great one.