

6-21-20 Boss Up and Silence Your Villain

Sun, 7/19 6:29AM 8:48

SUMMARY KEYWORDS

villain, boss, learn, fact, undeserving, algebra, situation, work, problem, organic chemistry, silence, feel, life, deserve, doubt, gift, chemistry, math, surprise, circle



00:00

Hey everyone, welcome to another episode



00:02

of legendary leaders. Today I am going to focus on empowering you to boss up and take the lead.



00:12

And I know that there are some of you



00:13

out there right now that really need to hear this. Because you've been working through so many different things, you know, things that, that probably a lot of us may not be able to identify with. Each of us have our own struggles. Each of us have that villain inside of us and she just whispers those hateful things that make us feel so unworthy. And she makes us feel like we are not ever going to be able to accomplish what what's in front of us right now. And she is whittles away at our confidence. And she beats us down.



00:46

And unfortunately we let her do that.



00:49

And so then what happens if we start to let her get in our head a little bit is then we doubt our ability to do pretty much anything else. It starts with this one little problem. And then we start to doubt this next little piece of what we're doing. And then we start to doubt this third piece. And then before you know it, we're doubting everything that we have set out to do. We doubt the fact that we are even deserving of our business. And we start to doubt the fact that we're even deserving of the role that we play in it. And that's not okay. Right, that's a bad position. And when we start to find ourselves going down that pathway, that's where you've got to go get with your circle, that's where you got to go get with your people, and let them talk you off that ledge and help you silence that villain that's in your head.



01:33

Right? You've got to shut her down.



01:37

challenge for you today. And I've already said it, I'm gonna keep saying you've got a boss up. Okay. lizzo says it right one of her songs, get a boss up and change your life. I love that verse. And so, you know,



01:50

I always talk about bossing up because we have



01:53

to step up and not let the villain make us feel like we're undeserving. We're not we're not undeserving of The role that we play, we're not undeserving of the business that we own for a business owner. We are not undeserving of the impact that we want to make on someone else's life. That's not selfish. That's giving. Our villain will try to make us feel like Oh, you're just being selfish. You just want to be appreciated for you know, giving something to somebody else. No, it's not true. You're not



02:22

doing something to be thanked, you're doing it because



02:25

you get to watch someone else go and succeed and soar and benefit from your product or your service. And their lives are improved because of it.



02:36

That's why you're doing what you're doing.



02:40

But your villain will try to make you feel like you know, you just you can't get it right. She tries to make you feel like you don't deserve any of these good things that are happening either good things in your business, or good things in your life. And she does that. By making you feel like you can't do the right things in your role. And we have to shut her down. She's wrong. She is so wrong. And and we have to believe and we have to stay focused on that. You know, at the end of the day, what I want you to anchor yourself in, is the fact that you absolutely have a gift. And you may be in a new situation. And you may be in a scenario where you haven't made a decision like that before you haven't had to help,



03:32

you know, a direct report with that problem,



03:34

or you haven't had to hold someone accountable for that situation. You know, there were things that I would tell you. When I worked in my corporate career that I would just say that there's nothing that can surprise me anymore. I've heard people say the craziest things, do the craziest things. Make the worst decisions I could ever imagine someone make on their own without any guidance. And so you know, you you can't surprise me The fact that, you know, people aren't going to go down the path that you would expect them to go down. But you know, at the end of the day, what you have to pull yourself back out of, and you have to realize is that you aren't you, your gifts aren't wrong in that situation, you didn't fail that you're gifting fail you. You just don't have a frame of reference to solve

that problem. It's kind of like, you know, as you went through school, and you were working on, you know, algebra, and then you went to algebra two or you went to Calculus, right, and you follow the progression of

 04:37

learning math.

 04:39

Well, if you didn't learn algebra,

 04:41

programs, hard time figuring out calculus, right, it compounds

 04:44

it builds on each other. Just like in chemistry to write chemistry, you start with basic chemistry, and then you go to organic chemistry. If you don't understand the fundamentals of chemistry, then you're not going to understand organic chemistry.

 04:58

Right. There's there steppings There's

 05:00

processes that exist in our learning that allows us to go from one step to the next. And so what happens many times and what fuels our villain and prevents us from bossing up and just owning it moving forward and eliminating her out of our heads

 05:17

is that she tries to tell us that you're not



05:19

going to figure this out, because you've never done that before. And



05:24

what I want you to immediately understand here, this is part of bossing up in my mind, is the fact that



05:29

you can



05:30

look at your villain essentially in the mirror and say,



05:34

thright



05:35

I have never experienced that before. But I didn't know how to do algebra until I went to the class.



05:42

But that doesn't mean I was I was incapable of doing math.



05:46

Right?



05:48

And that's where you have to be in your mind. You're not incapable of doing the math

problem. You just have never been taught how to solve that problem. Okay. That's how You boss up. That's how you defeat the villain. That's how you take away her power, is you say to yourself, it's not that I can't. It's just that I've never done it before.



06:12

Just because you haven't done it doesn't mean you can't do it.



06:15

Just because you haven't done it, you know, doesn't mean that you've, you've effectively learned how to do it. So you've got to learn how and then you can. And so the way that you eliminate your villain's voice, is you acknowledge that you've got to go learn something new. You learn it, and then you do it. Don't be embarrassed that you don't have an answer to something. Don't be embarrassed that you've never been in a situation where you've had to deal with, you know, an employee who have had to take an extended leave of absence due to a family member and you've had to work through that for the first time. What does that look like and how do I take care of them? How do I fill out the proper paperwork? What does that look like? Or you know, a situation where, you know, there's an accident at work. Okay.



07:01

There's all kinds



07:02

of things that none of us have faced before. And we can't be expected to know it all in our business. But what we should expect that we is that we need to find someone who has gone through it, they can teach us how to do it. So we just squash that villain. And we boss up and we say, I got this, I'm going to defeat it, I'm going to keep moving forward, I do deserve the life, I do deserve to have the impact on others. Because I want to be giving and supportive. I'm going to get there. And the way that I'm going to do is I'm gonna silence this villain



07:31

by going and learning what I don't already know.



07:36

And so that's how you boss up. So I want you to boss up, I want you to take the lead. I want you to step forward. I want you to confidently say to yourself, no way villain, not happening. I'm better than that. Tell yourself that because your villain is just a piece of you. Right? It's your insecurities. It's the self doubt. And so you're going to silence her body. Changing your mindset



08:02

about the fact that it's absolutely okay to learn.



08:05

And we are all learning new things every single day. And that is what life is about. That's the best part of life, at least to me is learning and sharing things with each other, and helping each other be better. Alright, so, in the same way that you love helping someone with your product or your service, allow someone else who enjoys providing teaching and training and support in that regard to help you.



08:32

Okay,



08:33

it's all a circle here. So boss up, you totally have this. Right. That's my challenge. slay the villain. Boss up. Go and be legendary.