

7-15-20 Shutting Down Your Villain

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SUMMARY KEYWORDS

villain, self doubt, conversations, door, solving, acknowledge, figure, whispering, problem, legendary, telling, problem solving mode, slam, empower, happen, mind, exists, starts, lock, today



00:00

Hi, everyone, welcome to another episode of legendary leaders. Today I want to ask you, what is your villain giving you a hard time about? What is she whispering in your ear about, you know, I talk about our villain all the time. It's important to me that we acknowledge our villain, we can't fight her until we acknowledge that she exists. And when we acknowledge that she exists, that's when we can become, you know, better warriors against her. Okay? It really is that simple. If we continue to understand that we have this, this scene, this villain inside of us that causes self doubt. And that sort of whispering in our ear all the time, if we don't acknowledge her and what she's doing to us, then she's going to win. And I'm telling you right now, I'm not okay with any inner villain winning in any of you. Because you're stronger than that. You're better than that and you have a gift to give to the world and I do not want the world to miss out on The amazingness that you have, and that what you're trying to give, okay, that of which you are trying to give. Let me see if I can say that right. Okay, I got it perfect. The villain can't can't keep you from giving your gift. I don't want that to happen. So today I want to talk about our villain. I want to, I want you to be thinking about what is your villain challenging you with right now?



01:28

I want you to reflect on this today.



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What is she telling you? You can't do?



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What is she telling you that you shouldn't learn?



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What is she telling you that you're failing at and that you should just give up?



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What is she telling you that you don't deserve? What is she telling you about the services that you're offering or the product that you're creating? Okay, what does she tell him? That needs to be perfect before you're ready to go. That's where I want your brand to go today, I really want you to spend some time reflecting within yourself and analyzing what is my villain whispering to me? What is she saying that's trying to hold me back? You know, I've been chatting with a lot of friends and working with a lot of different people and just checking up on on people that I care about and love. And there's a lot of self doubt out there right now. There's a lot of villains that are trying to work against us. And I don't want that to happen to you. It's happening to all of us happens to me, okay. happens to me, happens to every single one of us the difference between me and someone else, at least right now in this moment is the fact that I have taken the time to understand what my villain does. The ammunition that she actually grabs ahold of and uses against me in my mind Right, because the villain is just a piece of me. It's just my own self doubt magnified. Okay, telling me that I can't. And I have to be courageous enough and confident enough that as soon as I start to hear her, you know, creak open the door that she's behind in my mind, I have to go and slam that door really fast. Okay. But the key point here is that I have to be able to understand that creak of the door, I have to be listening for it. I have to know that it's possible and I have to understand that sound. What most people don't do is they don't listen for the door. They don't even know that a door exists. And so they don't know to listen for the sound of an opening. And so by the time they realize, Oh, crap, I'm like in this downward spiral of lacking confidence and being hard on myself and Oh, what's wrong with me? Right? That moment of Revelation, acknowledgement, that could have taken a couple of days to get there. And so they've lost a couple of days. What I want you to do today is I want you to spend the time thinking about what your villain grabs ahold of, in your mind. What are situations where she starts to come out? What are conversations that you have in your mind that sort of empower her to open up the door and come and join that conversation that you're having within yourself? Okay, what are some of the things that invite your villain to participate in your mental conversations? When you figure out what those are, then you'll start to

acknowledge when she starts to open the door and invite herself into your conversation, and then you can quickly slam that door. Because ultimately, what we need to be doing is we need to be having conversations in our mind relative to Okay, well Let me work through this problem. Okay? The problem solving thoughtful conversations that we have within ourselves, those need to happen. But what happens is our villain, when she starts to recognize those conversations happening in your brain, she opens the door, she comes on out, and she starts to have conversations with you in that.in, that problem solving situation, and instead of allowing you to solve the problem, she starts telling you all the reasons why you can't and you shouldn't, and you don't deserve to solve the problem because you don't deserve your legendary life. And she derails you. And so what we want to do is we want to get into a position where when we get into that problem solving mode, or we run into a fire or a situation, we know that's when the villain is going to come out, we slam the door on her so that our brain can fully focus on solving the problem instead of battling her. And we don't lose, hon. We continue to move forward. So today is the day that you are going to figure out what is happening. In your mind relative to your villain, and you're going to put blocks in place to keep her locked in that room. Okay? And when the locks get weak or she figures out how to pick the lock, you listen for the creaking sound of the door, and you slam it on her so that you can stay focused on your problem solving. Because we need your gift. I need your gift. We all need your gifts in this world. Do not let your villain delay you or slow you down. Okay, she's gonna try our self doubt is within us. We all have a little bit of self doubt. Some of us have more than others. Okay? The point is that we need to figure out when she's trying to rear their ugly head and we shut the door on her.



06:39

And then we keep moving forward. So that's your challenge for today. Go figure that out. You're going to be more empowered and ready to tackle every single day moving forward because you've done that. Go and be legendary.