

7-23-20 Do Something That Fulfills You

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Hey, everyone, welcome to another episode of legendary leaders, I wanted to ask you today, I want you to think about something that I'm going to ask you right now. And that is, are you doing things on a regular basis that energize you, and that fulfill you? I really want you to reflect on that. I have to ask myself that from time to time, you know, when we're running businesses, again, either our own business or the business that we've decided to run for someone else. We get into this mode, a lot of running a business, the tactical work of running a business. Now, don't misunderstand some of those pieces. I think that there's definitely fulfillment in some of that. You know, I'm a big nerd. I like to look at numbers and analyze data, and understand what I'm doing well in my business versus what needs to be improved. And that's running the business. We all have to do those things. And so I definitely consider that running the business but I also get excited about that stuff. And I enjoy conversations about that. Right. That's one of the reasons why Coach on business processes because I really, truly enjoy it. But then there are some things that we have to do in our business that are just complete business tasks. And if we don't enjoy those tasks, but yet we're responsible for ensuring they get done. Then many times we can find ourselves just going through the motions of running our businesses. And that's a tough place to be, you know, and I'm calling it out right now. And maybe, maybe it's crazy. I know, we're all tired talking about COVID. I know we're all tired of thinking about the changes and having to work through them. I get that I'm right there with you. I am. You know that and that doesn't even go to the people who have been personally impacted not just financially but from a health perspective, either in their own lives or with someone that they love, right? So I can't imagine I've been so very fortunate both from a business perspective and a personal and a healthcare perspective, that I know how fortunate I am So don't think that I'm downplaying any of that. I'm definitely not, I would never ever do that. But I guess what I'm trying to say is, for those of us that haven't been

impacted in all of those life changing ways, yet, we have been impacted by just the way in which the world has changed. We we are getting focused on just continuing to run our business. And so we wake up every morning, we focus on running our business, and we figure out new ways to do it. And then we go to bed and we get up and we do it again. Right. And we have to be very careful of that, especially when we're working remotely or working from home. Because then there's no variability. I've heard a lot of people say, over the past few months that they don't have weekends anymore, because everything's running together. It doesn't matter what day of the week it is, they're still open, they're still working. And that's what I'm referring to. When you forget what day of the week it is. Not because that's a freedom for you. But because every single day you're working That's right. What I want you to think about right now, what are you doing that excites you or that fulfills you? I will tell you that, you know, recently I did a Facebook challenge. And I invited various female business leaders to join me. And if you've ever participated in a challenge, you know exactly what I'm talking about, for the set number of days of the challenge. It fell upon me it was my responsibility to teach a lesson, right? And then give an activity around it and then go in live and Facebook and answer questions. And I will tell you that while there was a lot of work that had to be done through that whole process, from building out the Facebook group, to the post to the, to the word of mouth to the emails that had to go out inviting people to the ads that I had to run, right, to then creating all the videos, and the daily worksheets, all the different content had to build the content, and then I had to make sure I would be available to go live. During this at times, so it was a lot of logistics that had to happen. But it was so worth it because I was so fulfilled going in every single day and teaching what is just, it's basic to me. It's the way that I run businesses. And it's the way that I lead myself and my teams, and the way I make decisions. And so the things that I do on a day to day basis that are so simple are basic to me if I can teach someone else that and move them forward and help her run a little bit faster, that's fulfilling, right? So the reason that I'm a coach, if I can take something that I know and share it with you to get you one step further ahead and your business or just give you peace of mind, or move your business forward. So you can go live your life, the life you deserve. All of those reasons or reasons that I want to help you. And so I didn't I you know, in the challenge, you don't ask for money as you're going through the challenge. Right now. There's offers at the end of the challenge



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Naturally, because if you enjoy the challenge, and you want me to keep helping you, I'm gonna offer to do that. It's not required that you do that, but I offer it. And it was nice. It was nice to just give and teach and watch people learn and grow. And you know, and not have to worry about anything other than just pouring into people. And so that's my challenge for you. Right? around looking at yourself right now and asking yourself, are you

doing things that fulfill you? Are you doing things in your business that just help you feel like you're giving back? And so your cup just as much as it's filling the people that you're trying to serve? That's what I want you to be able to answer. If you can't say yes, then you're going to have to find a way to do that. Now, it doesn't mean changing your entire world. It just simply means stepping back for a second and saying, Okay, I'm not fulfilled. I'm putting my head down and I'm doing too much. I'm doing way too much in the way of just work and routine. tasks, and not enough around letting me make feel like I'm making a difference in someone else's life. Right? Usually that's what fulfills other other people that found not just me, I found that helping others fulfills us. So how are you helping other people? How can you at least once a week, maybe it's going to be that you're going to mentor someone, maybe it's going to be that you're going to do a focus group of the customers or the clients that you serve, and you're going to get feedback on what else they need, and start working on giving them things that they need. right because you enjoy hearing from them and you want to support them and you want to create whatever they need. So spend time figuring that out. Right? It can be very, it can be little little things. Maybe it's a simple fact that you love watching your kids play sports and they're not getting to play sports right now. So it could be very simply you going out into the yard and throwing the ball with them or rebounding it. There. Shooting basketball, something. So it's quality time with the kids and you're watching them do something that they love. And therefore what you love can be small, it doesn't have to be big. But I want you to pull out of this right now, because we can't have our heads down all the time pushing through and not living our lives. We have to live every single day in addition to running our business. So this is just your friendly little reminder here that you definitely deserve to feel fulfilled. Find something doesn't have to be huge, something small.



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Think about how that's going to help you feel



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a bit more fulfilled, help you be a bit more excited about what you're going to do that day and go try it out.



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That's your challenge. Go and be legendary.