

11-2-20 Tell Them to Zip It

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Hey, everyone, welcome to another episode of legendary leaders, we are on the second day of November. We are moving right along. I want to continue on with a topic that we talked about yesterday, I want to drill into it just a little bit more. Yesterday, we talked about your mindset, and your confidence levels, right. And we said that confidence is your superpower, that we have to then figure out what is holding us back relative to our confidence. And we've got to squash it, we have to protect that confidence because confidence moves us forward and helps us achieve. So going along that same theory, thinking about that the fact that confidence is our superpower, the next thing I'm going to challenge you to do is to tell them to zip it. Now, you know what I'm talking about. And more importantly, you know, who I'm talking about, is the people that they like you, they love you, whatever it is all of the above. But they are constantly telling you why what you're doing is wrong, why you shouldn't start your business, why you shouldn't invest the money, why you shouldn't take the demotion in order to have more time back in your life, why you shouldn't make that move or change your focus. It's always the why you shouldn't. And that's who I want you to tell the zip. And that's what I want you to tell them to stop telling you. Right? Those are the individuals that are killing your confidence. Because again, confidence is your superpower. And it deserves to be protected. You can only take action and be productive, when you are confident in certain in what you're doing. So you have to find a way to separate yourself from those individuals. Be someone you live with someone you call regularly, someone you see at the office, if you're there, someone that you see inside your inner circle, maybe it's someone that you go to church with, it doesn't matter, maybe it's someone that you're ready to see over the holidays. And again, this is why I'm saying it now because I want you ready.



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You are meant for something amazing.



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I'm gonna say it again,



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you're meant for something



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amazing.



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We can't have these people, no matter what you mean to them and what they mean to you, we cannot allow them to hold you back. Because if you're held back, the world isn't receiving all that you have to give. There are people out there every single day waiting on your gift, they're waiting on you to help them, they have a problem, they have an issue, they have something going on. We don't know what it is yet. I don't I mean, I don't know what it is that you're solving for them. Let me say it that way, you



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know what it is,



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you know what you're helping them overcome



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with your business, they're waiting on you, they need you, no one else you were created and put here to help them. I believe that, okay, so you're gonna have to find a way to

separate yourself from those individuals. If it's someone, again, that you live with call on the phone, see at the holidays, it doesn't matter, you've got to separate yourself from them, because you are meant for something amazing. And you cannot let them hold you back. Now, holding you back and cutting them off. Doesn't have to all be one in the same, they don't have to hold you back. And you can still interact with them, you just need to be aware of what's happening. So let me walk you through a couple of things that I want you to do, to prepare yourself to protect your confidence in essentially tell these people to zip it without losing them in your lives, right? Or in your life rather. So it could be that it's a friend and it's not a great friend, and you may be okay with cutting that person off. But it could be that it's your spouse,



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and you're not gonna cut your spouse off. So how do



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we get through this? Let me walk you through things first. The first thing you have to do is you have to admit to yourself that you are worth the protection, you are worth it your dreams, that you're making a reality are worth it. You see most of the time we let people derail us because we are not 100% confident. We're not we're doubting our ourselves, right? We doubt within us. And so when we start doubting just a little bit, and they come in and pile on, Ah, right. It's like this perfect storm of doubt, and it slows us down. But if they see you certain, if they see you confident if they see you protecting what you know is true. They're going to get behind you and they're going to believe in you. Right? Think about what we talked about with a conversation with your spouse. When your spouse sees you as confident and ready, then they're going to support you. They're probably just afraid. So hit that head on. Be certain and be confident and say Hey, look, this is the path I'm pursuing. I know it's right. I can't tell you how I'm going to do it yet. I'm figuring it out. But I know this is the right path. And this is the path I'm going to pursue. And when you hit it like that, you're going to be fine. Second, I want you to decide if you can actually have a conversation. Now, first, I said, decide if you're worth, I mean, admit to yourself that you're worth of protection, we're not deciding that, you need to just acknowledge that you are alright, that's number one. Second is decide how you're going to handle this, can you have a conversation, if you can have a conversation with the person and confidently ask them to support you and walk them through why you need their support, or why this is the right decision. Maybe this just they don't understand they're afraid for you, because they don't understand what you're trying to do and how convicted you are, and how confident you are in the path. So if you can confidently ask them to support you then do that. Now, if

you can't, if you can't have that conversation, either because you don't want to, or you don't know how to or you think that it's not going to land where you need it to.



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Then decide how often



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and in what situations you're going to see them.



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And then mentally, what I want you to do is prepare yourself for those discussions. I want you to prepare yourself, for the discussions that are going to happen when you see them. Because if you can't tell them to stop, if you can't tell them to move on and and stop harming your confidence, then you're going to have to mentally Get ready. Much like you prepare yourself for a negotiation or a battle, right like a, like a soldier going into war, you're going to have to mentally get ready for that battle. And you have to have your mind, right. And if the conversation goes to the place where your confidence is challenged, have something that you're going to say back to this person to acknowledge them.



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But stand your ground.



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I want you to come up with whatever you're going to say it



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say and I want you to come up with it now.



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So you're ready. When the conversation happens. You're not blindsided by it, you're you're prepared. Now you're not looking for a fight. That's two very different things, you're going to go into the situation



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positive,



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you're going to go into it with an open mind, you're going to go into it hoping that they're going to support you. But you're also going to be ready. So if they say something like okay, Katrina, are you still pursuing that business? Are you



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still doing that? Then you can say I am.



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And you know what I'm so



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excited about it. Let me tell you about all the great things that have happened. And you take it down a positive track, maybe that's the path I want to go down. Maybe it's the I am and it's wonderful. How's your job going? How are the things going with you? And you say something positive about it? And then you change the subject? What are you going to say? What are you going to do that protects your confidence? What are you going to do that essentially tells them to zip it but in a way that doesn't cause a battle. The side now we're getting ready for the holidays. And you know this, and I've been preparing you with it for days now, right? Probably almost a week at this point. Families are great, but sometimes they're hard. Because it's all different personalities and opinions and people coming together during a time where everything's supposed to be perfect. And you have this vision of what it's supposed to be like whenever you have a conversation with this person. And somehow miraculously, or unfortunately, it never happens that way. So change your expectations. Prepare yourself for the discussion, protect your confidence, tell them to zip it if you can have the conversation. But if you can't be ready with what

you're going to say,



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and I'm encouraging you not to say



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you're an idiot, you don't know what you're talking about. Just leave my life alone, I wouldn't go there, right? Because that's going to quickly go to the path of you never speaking to them again.



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And you already said that you need to talk to them, right?



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That's the whole point of



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you're going to have to see them you're not going to cut them off. If you're just going to cut them off. Don't have the conversation move on. Right?



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So here's the things I want you to do. I'm going to recap



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first, admit to yourself that you're worth the protection you're worth standing up for. Be confident and certain that you're on the right path, because you are



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to decide if you can have a conversation.



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Can you have a conversation Yes or no? If you can have it. If it goes well, awesome. If it doesn't decide if you want them to be involved in your life or not. If you can't have a conversation, then prepare yourself for the next time you're going to see them. If you can have the calm if you can't have the conversation, and they need to be in your life. Then prepare yourself to say something



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whenever they come back and challenge what you're doing.



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If you can't have the conversation, but they're not important in your life, then just avoid ignore or just don't go around them again, right you have choices and every part of this. make the choice that's right for the relationship and right for you, but make the choice. Okay, because you're worth it. And then, like I said, families are great, but sometimes they're hard.



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So what are you going to say to protect your confidence



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and essentially tell them to zip it. That's what I want you to think about today.



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Go and be legendary.