

# 12-26-20 What Are You Regifting?

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## SUMMARY KEYWORDS

talk, hear, business, feedback, work, confidence, hang, gifting, question, recovering, holiday, shredder, worth, baggage, novelty item, celebrate, person, fire, destroy, decorations



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Hey, everyone, welcome to another episode of legendary leaders, I hope that you got some rest yesterday,



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I hope that you enjoyed some time with whomever makes you happy. Maybe you only got to do that through a video screen, maybe the person that makes you happiest is yourself and you got



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to have some good quality time just to mentally rest and recover. Maybe you don't celebrate Christmas, you celebrate something else. And so yesterday was just a, you know, a Friday, we're most of the world was was shut down, but you know, you were hanging out, and maybe you still got to hang out with some family and some friends and do something else. Whatever the case may be whatever you did yesterday, I'm hoping that, you know, today, you are recovering a little bit. And when I mean recovering, I mean, it's worth taking in everything that's happened over the past maybe week, because if you're anything like me, you know, the holiday events have to happen the weekend before through the weekend after because that's how you have to connect with so many family members, right. And there's all these different events that you have to do, even if it's just on a camera through the computer screen, there's still a lot of things that have to be happening. And you know, I don't know about you, maybe you're taking down decorations if you decorated or maybe you leave them up until mid January, or maybe you do

something in the middle. Usually we start taking down some things today, simply because we put our decorations up, you know, on November 1. So by today, we're like, yeah, we're, we feel pretty comfortable taking some of this stuff down. But but some of it, we leave up until the beginning of January, we leave it up for you know, the first of the year, and then we pull it down. But no matter what you're doing, either way, Christmas has now passed us. And we're figuring out how to get back into the groove. So today, I want to ask you an important question. I want to understand what are you re gifting? What are you re gifting. Now, I'm not talking about that early, ugly sweater, okay? Or those socks that you don't need or that horrible shirt that you got, or those house slippers that no one in their right mind would actually wear right? Like, it looks more like a novelty item than something you would put on your feet. I'm talking about feedback. Okay, I'm talking about feedback that you received over this holiday month that someone has given you that I want you to encourage, I'm encouraging you to read gifted. So let's dive in a little bit deeper. Because you're like, I think I can't think I know what you're getting at Katrina, but talk to me a little bit more.



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Okay, let's



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do this. So, you know, and I know that you got questions about your business during the holidays, right? Or you at least got questions about your day job. Maybe people don't know you're starting your own business yet. So they don't know to ask that question. But they're definitely asking you something about employment, either your day job, your personal business, or if your personal businesses what your full fledged into right now, you definitely got questions about your business, right. And so remember, we've discussed how we, as a society, define ourselves by our titles, and our positions at work, right, sort of how we define our self worth, and a lot of ways it's wrong. But it's just the reality of the world that we live in. Doesn't mean we have to agree with it simply means we need to be aware of it. Right. So to make small talk, that's what people ask about. And so if you were having make small talk, at any point, over the holiday season, I know you were asked How's work going? Or how's the business, okay, or maybe both. But here's the deal. Those people, they ask it, because they're not like me, are you now you'll probably ask if you don't know anything else? How's work going? or How are things going with you? You maybe you'll keep it open and sort of general but because people aren't like us, they're gonna ask very specifically, well, How's work and, you know, you get that promotion yet, or, you know, you make all that money you have to make in your business, because they don't know how to

talk about it. Right? They don't know how to talk about it. If you're around, people down around and your family sort of like my family, it's hard to know what to talk about. And so that's what they ask. And that's how they ask it. And that's okay. Right? Because ultimately, what that means is, we're just trying to connect, we've talked about connection a lot. They're just trying to connect, they're trying to build a relationship, and that's okay. I appreciate that. So they're going to ask that question. And when they ask you no doubt, based on your response, either way, you got some commentary or feedback with it. Right? It may have been political it may have just been about the economy. It may have been you know, why would you quit your great job it could be you know, stupid open a business right now. Or it could have been Hey, that's great. could have been any of those things could have been all of those things depending upon how many people you spoke with, right? And so again, let me ask you Did you hear things like with all this uncertainty, you should be grateful for your job.



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That's a big one.



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Right? Like, are you? Are you thinking that I'm ungrateful? Right, Uncle Joe? Are you thinking that I'm ungrateful about all the things that I have? It's not that I'm ungrateful, right? Or maybe you heard something like, why are you starting a business that's too risky, just keep your secure job, you've worked hard for it. And so then you're thinking, Well, of course, I've worked hard for it. But I've worked hard to get me where I am. So that I'm ready to take the next step so that I'm ready to launch my business so that I can make a difference in this world, because I know that success is defined much more so than the title that's around my name, or below my name, and, you know, making money for another company, I know that life is worth more than this, right? Or maybe you heard something like, not making any money yet and your business See, told you it was a bad idea. I've heard that too. And all of those are gut punches. I mean, these are, I mean, you'll smile, and you'll look at them. And you'll Yeah, I appreciate that feedback, you know, appreciate what you're thinking we're making it or, you know, we're pushing through you give some sort of generic answer, because at that point, you're just like, not even worth my time to have this conversation. If you're anything like me, that's what I do. But either way, no matter how you responded, at the end of the day, you personally walked away from those discussions, and you probably felt a little less confident. I hope you didn't, I hope that you looked at them and thought here an idiot, you have no idea what you're talking about. This is my life, I've got this. And you you maintain your confidence level? I hope you

did. I mean, I'm celebrating you right now, if you did, I mean, that's awesome. I hope that free. But if you didn't, if you're like most of us, okay, that are out there. If you hear it so many times you hear it. So often you get dinged. I mean, your confidence just takes those things. And after a while you feel it. And that's not where we want to be. Now, for just a second, let me say that, again, you could have heard some great things like wow, your own business, you're gonna be great, or it's good, you're starting something new, you are so talented, and you're too talented to work for that company, because they don't appreciate all the things that you're bringing to them. And if you heard that, I want you to hang on to those. And I want you to remember them. And I want you to remember who said them to you because you may need to draw upon them later. Those people you may need to call on the phone and get another pep talk or two. Those are the people you want to have in your corner. Okay. That's what I want you to keep in mind. But if you didn't hear anything like that, or if you did hear that, in addition to some negative things, I want you to take the negative feedback, and I want you to gift it. Now, what I mean by that is I want you to write that feedback down on a piece of paper, I want you to fold it up or crumple it up, I don't care how you do it. I want you to set that thing on fire. I don't go set your house on fire, okay, I'm not trying to give you advice. And if you're worried about that, please don't set it on fire, go shred it up into 1000 pieces or put it in the shredder, do something to destroy it and be safe. As you do it. Do not burn yourself, do not burn your home, do not burn your neighbor's home. If you've got a fireplace, wood burning fire, you could stick that piece of paper in there, do it if not just be smart shredder, rip it up into 1000 pieces, whatever the case may be okay, but in other words, what I'm trying to get you to do is take all that negative feedback, get it out of you destroy it and move on, then you're not actually going to take that piece of paper and give it back to the person later. Okay, don't hang on to that. I know some people who said who say things like I'm gonna write that down, I'm gonna put it in an envelope, and I'll put that person's name on it. And when I make it big, I'm gonna hand that back to them and remind them of what they said, goodness, who wants to have all that baggage hanging around? Nobody. You don't have time to remember all that crap. Just go and work your butt off and make it happen. And your hard work will speak for itself. Don't hang on to the baggage of the negative comments, let that crap go. And the way you're going to let it go is you're just gonna shred it, or rip it or destroy it in some capacity, it's going to be gone from you. And you're going to eliminate that because you know, that's not your truth. Okay, don't hang on to that feedback isn't valuable, and it isn't valid. Let it go. We need your confidence back on track for New Year's Day because in just a few days, get fresh start maybe it's exciting. I'm excited for you. I'm excited for all of us. So let's get it there. Let's get our confidence back where it needs to be if it took a couple of hits. If it didn't awesome if it did write down what what being your confidence and let's get rid of it so you can move forward confidently being the person that you are and becoming the person that you're meant to be. All right. That's your challenge. Go and be legendary.

