

Rock Your Brain Rock Your Life

EP 28: Why We Lie

Welcome to Rock Your Brain Rock Your Life. The only podcast that teaches the cognitive tools and strategies you need to be massively successful without stress, overwhelm or burnout. Here's your host master entrepreneur and certified life coach, Sarah Moody.

Hey rock stars. How are you all? I'm feeling very peaceful and powerful right now. But let me tell you, I woke up this morning and notice this thought, and this is a long one, by the way, quote, Holy shit. How are you going to prep for that meeting with the new tech client, coach three students, write the podcast, do your social media work, meet with a new team member and attend a webinar for my mastermind group? That was my brain this morning. Of course that long ass thought was only pretending to me necessary, but my primitive puppy brain was still in full overwhelmed mode.

And remember that it's all in the calendar and I am the one who decides how much time to spend on everything in my life. And this feeling of overwhelm immediately lessened instead of numbing out or procrastinating. I was able to get started with my day full throttle. Thank God I'm now the observer and watcher of those sneaky thoughts that pretend to be facts. Yes.

So, as I mentioned, I'm in coaching some of my one-on-one students today, and I noticed a common theme that I want to talk with y'all about today. The theme is that if we're not careful, we start lying to ourselves. Let me give you an example. A few years ago, I fell in love with a guy who I definitely thought was the one. And my ultimate fantasy was how amazing and peaceful I would feel when we finally got married. Ultimately, of course we did not get married, but when we were dating, I was so laser focused on getting there that I literally lied to him about myself. I said, I like skiing, classical music, cooking, all the things he liked to do.

I have pretty much zero interest in any of those things. I mean, I'll cook with a friend. That's probably about it, but I kept thinking. Oh, maybe with him, it will be different. And I will like these things, or I thought, I'm sure that this will grow on me over time and , surprise, surprise. It did not.

Does this sound familiar to you? If it does I'm going to say right now, there's nothing wrong with you. You're not a compulsive liar or a terrible person or anything like that. But I do want you to be aware of this tendency because when you lie to

yourself or others, you create distance in your relationships because deep down you feel massive shame about who you are.

Also, when you hide from and ignore your wants and needs. This perpetuates you not believing that your wants are worthy. Which will result in feelings of frustration, defeat, and not making what you really want in your life a reality. And it can be really simple, like I want to go spend the weekend at my parents' house to something big, whatever that reality is for you.

There are two key skills that you need to build in order to stop lying to yourself and others. The first one is the skill of self-worth. Yes, y'all. It is a skill. I call self-worth or self-confidence a skill because I believe it can be trained. And that the only reason you don't feel a hundred percent belief in your innate value is because you haven't trained your brain for that yet.

When we talk about concepts like self worth or self love, it can be easy to feel like, well, that's so nebulous, what does that even mean? But the reality is that self-worth and self-love are both beliefs which come from repetition of believable thoughts. Here's what I believe about you and about myself.

You're a hundred percent valuable, lovable and worthy exactly as you are today. You don't need to change anything about yourself. You're more than enough. You were born a unique, amazing human being on this planet, and it is your right to identify your deepest desires and pursue them.

Now, I want you to see, these are just sentences in my brain that I believe. I've said them out loud and recorded them so it's a fact that I've said them, but they're still just sentences I believe. And you can believe them also if you want to, but it has to be intentional. What do I mean by intentional? A lot of how we think about ourselves start when we're young, but blaming our parents or society for our lack of self-worth, doesn't actually help us now.

Newsflash: we're adults. We can choose to unlearn that shit. Doesn't matter what it is. Maybe your dad disowned you, maybe your family of origin was abusive. Maybe you don't know who your family origin is. Whatever happened in your childhood or your past, it's up to you to decide what you want to make it mean. For a long time, I felt defeated and victimized by my past and used my negative thoughts about the past to justify beating myself up. And now I've chosen an intentional thought about my past that I love. My thought now is: I had the exact right childhood for me because it allowed me to become the strong resilient woman I am today.

Listen to me, you guys, if you don't believe that you're worth a lot, then it's absolutely going to show up in your life. Okay. You'll always be worried about your

career or not having enough money or you'll find yourself in a relationship you don't really like. I see it all the time. People accepting less than their true desires because they haven't built their self-worth.

The best thing I can tell you is that one there's nothing wrong with you. You aren't permanently damaged or broken or anything like that. You're a human being. And number two. If you want to, you can absolutely train yourself to have self-worth. At the end of this episode, I'm going to give you a brain exercise to start doing exactly that.

So the second skill you need is the capacity to ask. Y'all know that I believe your dreams and desires should be taken very seriously. They are literally the foundation of your life and your unique experience on this planet. Okay. So don't dismiss them.

One way we dismiss our dreams and desires is by never asking for what we want. All over the world but especially in Western society, women have been socialized for literally hundreds of years to undermine their own authority and look outside of themselves for permission. I felt this pretty acutely when I was growing up, my family had a strong culture of children are to be seen and not heard.

And I shit you not y'all I didn't speak voluntarily until I was 13. I only spoke when I was directly asked a question. Isn't that wild?

But here's what I've learned since I was 13: asking for what you want directly is the fastest and most efficient way to make your dreams a reality. Really! I know your primitive puppy brain is telling you that it's dangerous and terrifying, but it doesn't need to be. You can decide ahead of time to have your own back no matter what the answer to a request is. That is true emotional adulthood. In the rockstar program, we practiced this through our month of dares. We dare ourselves to make crazy asks and then we manage our brain no matter what the answer is.

Of course, these two skills self-worth and the capacity to ask, go hand in hand. If you don't believe you are worthy, you don't advocate for your wants and desires. If you don't advocate for your wants and desires, you feel like shit about yourself and don't practice self worth. So it's a vicious cycle, which is why I wanted to talk to you about both of these concepts together.

So here's your assignment for the week: commit to loving yourself on purpose. And you can expect this to be hard. Our brains are wired to look for the negative and judge. So there's not a lot of energy left to love ourselves on purpose, but don't give up. I want you to choose two days on your calendar this week and schedule 10 minutes to appreciate yourself. Make a list of at least 12 things you like or love about yourself and practice thinking awesome thoughts about yourself.

All right y'all I'm so proud of you. You can do this. And if you want support in absolutely kicking ass, without feeling overwhelmed and burnt out, you need to come join the Rockstar Program. It's the only place I know of where we show up everyday for ourselves and each other and we're going to blow our own minds this year. All right, I'll talk to you next week.

I love you. Bye.

All right. Rock stars. If you learn something from this episode, here's what I want you to do. Get out your phone. All right. Rock stars. If you learn something from this episode, here's what I want you to do. Get out your phone, take a screenshot of this episode, share it on your social and tag me at Sarah L.

Moody and hashtag SMC rockstar. We might feature you on our stories and I love to see what you're learning. Okay. You got this love. Y'all.