

Rock Your Brain Rock Your Life

EP 13: Work Pt 3 - "I Don't Know What I Want"

Welcome to the Rock Your Brain Rock Your Life podcast. The only podcast that teaches unfulfilled, high-achievers like you to rewire your brain, get unstuck and smash big goals. Here's your host, rockstar entrepreneur and badass life coach, Sarah Moody.

Hey rockstars, how are you? I'm doing excellent per usual. So I'm back on my bullshit and asking y'all for podcast reviews, still pushing towards that goal of a hundred. It really helps others find the shows. I'm going to keep plugging it here at the top of the show till we get there. Thank you in advance. And thank you so much to the 24 of you who have reviewed the podcast so far. I love you so much and I love reading what you all are, right.

So how are y'all doing today? Life is pretty excellent over here. I just had a photo shoot with my amazing photographer, Sarah Zemunski. She used the Rockstar Program's coaching tools to manage her brain and build enough belief in herself to follow her dream. She decided to rent a studio in San Francisco for her photography business and go all in. It was such a huge shift in belief in herself, but she did it. It's so awesome to watch. It's so powerful, once you see that your primitive puppy brain, just what it does every day to keep you safe and stuck. And when you figure out how to do the manual override, it's like the secret to the universe.

She got into her CEO brain, signed the lease, and invested in her photography business dream. And I was her first human in her studio! She does amazing shoots of dogs and other animals. So I'm so excited for you to see some of our new photos on Instagram and the website and everywhere else.

So this month in the rockstar program, we've pledged to deliver on one new goal for ourselves by Monday, November 30th. And we're committing to one new thought or one new sentence that will create the result. And then we're doing a simple exercise each day to get ourselves closer to the goal. And we're going to celebrate what each of us creates at our group workshop call and it's just been amazing. And what I've committed is that I'm going to have a solid V one of my book by November 30th.

I think I shared with you last month, that my brain had a lot of resistance to this goal and dream, but I've been working on accepting and feeling the resistance and reminding myself that I can make peace with any feeling. And it's working. I only

have one chapter left to right. And I feel so proud of how I'm showing up for myself, my dreams, and for you.

So many of you are having challenges at work so this is the third podcast in the series, and we're going to cover the theme around, I don't know what I want, quote, unquote, that so many of you are experiencing. So when my students start coaching with me, I have a rule with them. They're not allowed to say, I don't know. You have the most powerful supercomputer on the planet in that three pound brain of yours. Even more powerful than IBM super computer called Summit, which I had to go check this out lives in Tennessee and occupies the equivalent of two basketball courts. And of course, when I was researching Summit, the researchers use Summit for analysis in astronomy and the evolution of the universe, in medicine and the scientific study of one of my favorite topics, how the climate has changed over time.

So that's your brain. It's like a powerful supercomputer, like Summit. But here's what I'm hearing from many of you, I'm not sure where I'm going in my career and what I should do. I'm not sure which job I should take. I've got a couple options. I'm not sure if I should stay in corporate America or go out on my own and turn my side hustle into my main hustle.

I'm also hearing I'm so anxious right now, but I know when I figure this out, I'm going to feel so much better than I do now. Life's going to be easier. I'm also hearing, I'm worried I'm going to make the wrong decision. And what do you think I should do? I'm sure you already know what my students who say, what do you think I should do, what I say back to them. I say, what do you think you should do?

So let's talk about what belief is driving this doubt. So I believe a hundred percent, that confusion is a completely useless feeling. And I know it's rotting. Many of you have your goals and dreams around work and other parts of your life.

Most of you think that confusion is a fact of your life, a circumstance, something out of your sphere of control. You think confusion, signifies a fact about something you do or do not know. So many of you walk around and around in a circle in a cloud of confusion, hoping that the clouds are going to pass and you're going to see the light, find the answer, it's just going to arrive. And you spend days, months, or even years being confused about things like whether you should change a job or career or pick this job versus that, or choose this life path versus that one.

So many of you believe that there is a quote right answer or solution to your problem somewhere out there. So first let's talk about where this confusion comes from, and then I'm going to give you the tool to get out of confusion and into curiosity. As you all know, that is one of my favorite words, curiosity. Always be curious about the sentences in your brain about those thoughts, please.

So here's the truth, my friends, confusion is a feeling. Created by your thoughts most often by the thoughts "I'm confused", or "this is confusing," or "I don't understand," or "I don't know." And I'm going to demonstrate to you why confusion is an indulgent feeling, how it's robbing you of your goals and dreams, and why you actually like to stay confused. I know, right? You're like "what? I don't like to be confused" is probably what you're saying right now. But trust me on this, many of you like to stay confused.

I've shared with many of you, one of my frequent flyer, limiting beliefs that I've had starting at the age of eight and two recently of "I'm not smart enough." And I have a truly brilliant father. He literally knows something about everything on the planet and is very skilled in that role that men are conditioned to have in our society around giving advice and solving problems. And I put him in the role that supported me believing my limiting belief that I'm not smart enough and therefore confused.

I went to my father for most of my life asking: what do you think I should do? And then my, my father in the role, most fathers take would have the answer and a whole list of things I should do to make the answer happen.

And only through doing this work that I'm sharing with you right now, was I able to take back my power and truly believe that I am smart enough and I do have all the answers and I truly believe that now.

So what is confusion? Confusion is only assigned that you're not managing the thoughts in your brain. That's it. You aren't managing your brain because you're accepting, I don't know or I'm confused as an answer and believing you can't change your confusion or that an answer will just automagically arrive. And the reason why you don't make a decision is because you're terrified of how you think you will feel if you make a decision that you later decide was the wrong one. But let me remind you. The worst thing that's going to happen is a feeling. And remember feelings are just a vibration running through your body. They pass. So what's happening is because you're so scared of feeling a feeling. You stay confused.

And as long as you're confused, you're not making a decision. And then you don't have to face your fears about making quote unquote the wrong one. And somehow your brain has you believing that in the future, you will not be able to manage your brain either.

So rather than knowing and believing that you can decide how to think and feel no matter what happens from making your choice, you're abandoning yourself to the perils of your unmanaged brain in the future.

But you know what else you don't get to do when you stay confused? Make progress in your career or grow as a person and learn how to manage your brain. You believe that what may happen from your choice will create your feelings. So then you're stuck in analysis paralysis. If you believe that the wrong choice about which job to take or path in life to take in general or role to take, means you'll be unhappy in the future, you will not be able to make a decision because what you're trying to do is predict what your unmanaged future thoughts will be.

You assume you have no power to change your thoughts or manage your brain. This is a lie. If you tell yourself, if I choose the wrong thing, I'll be unhappy. you'll be constantly trying to predict what choice will make you happy, but that's impossible because number one, you can't predict the future. You can't predict what thoughts an unmanaged brain might decide to have. And if the worst thing that can happen as a feeling, you can decide ahead of time to like your decision, no matter what.

Here's how to stop saying, I don't know what I want and feeling confused. You just make a decision and like your decision no matter what. Making decisions is one of the most powerful lessons I can teach you all. It is the only way you move forward in your life. That's it. Making a decision and then you can make another decision and then you can make another decision.

Your brain will always prefer to say, I don't know, because it's easier than putting it to work, to come up with an answer. I don't know and I'm confused as safe. And it's just your primitive puppy brain who likes to be safe, just staying hidden. Even though you're not growing and you're not learning how to manage your brain and you're not creating the life and career you want. Right. This is why I call confusion a dream thief.

So now notice by not making a decision, you actually are making a decision. You're choosing the status quo. You're holding off making a decision, but not making a decision is making a decision to choose where you are right now.

There's no such thing as a right or wrong decision. How do you know if a decision is right or wrong? Only by having a thought about it. Only by deciding in the future that the decision was wrong. And the reason why you're worried about the decision is because what you're really worried about is what you're going to say to yourself after you make the decision. You're afraid you're going to criticize yourself. Feel some shame, feel regret, be mean to yourself, not have your back.

If you knew you wouldn't do that, there'd be so much less pressure on making decision. These are all just thoughts, which are completely optional. So if you want to stop being confused, you need to make a decision and you have to commit to

not shaming or blaming or criticizing yourself in the future for that decision. Just be curious about this, you can't make the wrong decision.

So here's what you can do. Don't let your brain take a nap or go to sleep and allow it to have this thought "I don't know." Say to your brain, Hey brain, you're smarter than a supercomputer let's guess.

What do you think is the answer come up with a new believable thought, like "I'm open to believing I can figure this out" or "I'm going to be terrible at this, but I will figure this out." Next stop analysis paralysis about the decision. Do the analysis about which job to take or career path to follow and then make a decision. How do you do that? You pick a sentence to believe and then you like your reasons for the decision you make and then you have your back and you'd be the CEO of your fan club as you execute on the decision.

Remember: confusion and I don't know, only pretends to be necessary. Don't stab yourself in the back by second guessing yourself. Don't let that incredibly powerful brain off the hook. You do know what you want.

So if this is resonating with you and you're ready to get outta confusion, come join us in the rockstar program. The Rockstar Program is my coaching community, where you'll be able to get access to one-on-one coaching with me, group coaching with other badass women like you, and you'll learn the tools and strategies you need to stop questioning yourself and get in the driver's seat of your life. It's going to change your life. So join us over at sarahmoody.com/therockstarprogram. All right, I can't wait to talk to you next week. Love y'all. Bye.

If you're loving what you're learning on the podcast, then you need to come check out the Rockstar Program. The Rockstar Program is the coaching community you've been looking for to help you take this work deeper and really transform your life. You can follow us on Instagram at @sarahmoody and on Facebook at Sarah Moody Coaching.

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