

Rock Your Brain Rock Your Life

EP 31: Fall In Love with Your Juicy Self

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 rockstars! How's life? I just got back from a mind blowing day and evening, getting my face coached off by my bad-ass coach Brooke Castillo. I flew very safely with lots of testing and masks to Austin, Texas on Friday, and had an amazing 24 hours with one of my besties and her husband. You know, so many of my friends have moved from San Francisco to Texas.

So. On Saturday. It was really awesome. Seeing my girlfriend's new home and spending time together, laughing and connecting. She's just a total sister to me. I'm so grateful to have her in my life. And then on Sunday morning, I headed to Brooke's condo and there were eight of us that did this Relationship with Yourself fucking DEEP DIVE y'all. My number one takeaway was when you're so madly in love with your juicy self, like 10000000% in love you can create every result you want in your life. Yup. Radical love and acceptance of your total bad-assery was my key takeaway. Only then can you create the career you want that promotion you're dying for become an entrepreneur, make X dollars, literally any goal. Anything is possible when you have the fuel of self-love.

And if this is all feeling a little too mushy gushy positive vibes only. I hear you. And I want to share that before Brooke. I was right there with you. I had this belief that all this self love and relationship with your self-talk wasn't really me. I'm a bad-ass serial entrepreneur, who cares about love.

But here's the thing y'all, I've seen with my own eyes what my coach has created through the power of loving yourself and using that love to do fucking massive, amazing things in the world. Being the woman you dream of is actually the number one reason you will or won't create that result in your life.

Period. End of story.

Alrighty. Let's dive in. Here's the first thing I want you to think about. Do you look at yourself in a mirror and say, I love you? Like really mean it. I love you. I polled my students in the rockstar program about this the other day, and I think maybe one

person said, yes. We say, I love you all day long to other people, our friends, our partners, our family, our pets, so much love, but we don't say it to ourselves.

Isn't that fascinating. Now it's important to start with the fact that you don't establish whether you are worthy or not of loving yourself. That's already established. The moment you're born. You're worthy. You are lovable and amazing just because you're you. Of course, this is my thought, but I got to say it feels fucking amazing so I recommend you adopting this thought also.

When we accept that we are already lovable and amazing. We're able to start tapping into that when we can see. And feel and appreciate our bad-ass selves. It becomes easier to receive from every part of your life. And that's where the magic starts to happen.

It's like one of those flywheels, right? When you love yourself, you put energy into the things you care about that serve you. And then you're able to receive the opportunities that come to you and show up fully. The results start to come. You feel proud of yourself, which fuels yourself love and the cycle repeats.

It feels awesome. When I met my coach, I definitely was not madly in love with my juicy self. I looked at myself and thought of a long ass fix it list. Seriously. I thought whenever I got done losing weight or finding the perfect part or making enough money, then I would feel peaceful and loving and fulfilled in my life.

And this was just the partial list y'all. The list of things that I perceived were quote, unquote, wrong with me that needed to be quote unquote fixed could have filled up an entire fucking journal. So when I started doing thought work, I used two main lessons to get me to where I am today, which I'm so proud of.

And I'm going to share one of them with you this week and one next week. So stay tuned for that. The first thought work tool that I use in this journey and that I recommend to you is this develop your awareness of how you talk to yourself.

Now I want to make a distinction here between talking about yourself and talking to yourself. Before thought work my brain had plenty of negative shit to say about myself, but I was rarely talking to myself. This lesson is actually not about the unintentional talk track. That's a different lesson. So the way you talk to yourself is very subtle and very important. When you first start developing this awareness, you will notice all those negative thoughts you have about yourself. That's great. Notice them and write them down. This is where you step into that observer role. Just notice and write down.

Then I want you to notice the thoughts that sound positive and helpful. Maybe it's something like I want to get better at eating healthy, or I want to learn how to scale my business. This is what I'm talking about when I say, look for the thoughts where you're talking to yourself. It sounds good, right?

It sounds helpful. But the problem is those thoughts only help you live from your past self. And when we live from our past self, our past thinking, what do we create? The same old shit. Those thoughts sounds so pretty and nice are sneakily reinforcing the idea that you aren't enough as you are. So what can you do instead? Show up daily from your future self.

Remember your future self is the version of you that already has the results you want. To live from your future self you have to drop the judgment of yourself and instead focus on the feelings you want to have when you're already crushed your goal.

Then you create those feelings. Now, today. This was very uncomfortable for me in the beginning. At first, I literally just practice my belief that a thought is a sentence in my mind, and that they're all optional. Then I use bridging thoughts to start believing that I am fully worthy of my goals and dreams.

Getting a little choked up here. I started asking myself every morning, how could I show up today? So I feel love and pride for who I am. And that was when things really started to shift for me. Taking action from the feeling of pride and love every day helped guide me into not only reinforcing my love for myself, but it helped me to take massive action because it felt so good.

This work took a few months, but it's been game changing.

So what's the takeaway here. It's that I want you to talk to yourself like you're the most amazing, incredible person on this planet. Because you are. Because you deserve to experience that love from yourself. And all the amazing things that come with it. Here's an exercise for you this week to take this work a little deeper, put 10 minutes on the calendar and try it.

Step one, grab a piece of paper or open your notes app and write down 10 things you fucking love about yourself. Number two, drop the thoughts you have about what's wrong with you. For example, I'm not going to get that promotion, et cetera. I call these identity security blankets, and there's a paradox to them.

The paradox is, and really listen to this y'all the paradox is that when you cling to this security blanket, Which you think is going to help you deal with your underlying lack of belief in what a bad-ass you are today. You then have one more thing to

worry about, right? So you're clinging to this identity security blanket of I'm not going to get that promotion.

I'm not smart enough. And then you're giving yourself one more thing to worry about. So when you drop the identity security blanket, You then have to step into your badassery. You then have to shift belief into who you already are today blowing. Right. But so good. All right. Y'all I'm so proud of you.

You can do this and if you want support to get unstuck crush, some big goals and fucking love your life. You need to come join the rockstar program. It's the only place I know of where we show up every day for ourselves and each other. And we're just going to blow our own minds this year. Okay. I'll talk to you next week.

I love you. Bye.

Thank you so much for listening today. So if you're ready to take control of your time and stop letting your priorities fall to the bottom of your to-do list or roll over to the next day or the next year for that matter, head to [Sarah moody.com](https://sarahmoody.com) forward slash getting shit done to sign up for my free.

Getting shit done. Masterclass y'all it's going to blow your mind. It's going to teach you the exact process I use to run two businesses, have a social life and have lots of time for myself. So you don't want to miss it. So head to [Sarah moody.com](https://sarahmoody.com) now, or find me on Instagram at Sarah L. Moody.