

Ep 20: What Do You Agree To?

[00:00:00] 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 bad-ass life coach, Sarah Moody.

Hey Rockstars! How are you? Are you managing your mind these days? I hope so. As we shelter in place here in the United States, I found myself taking lots of socially distant walks over the last week with a few friends I've been fortunate to have in my life for over 20 years. It's been so amazing. And even though we don't have the same parents, we consider each other sisters, which just fills my heart and soul to over flipping flowing.

My days have also been filled with getting my paperwork ready to hand over to my accountant for taxes, not my fav I might [00:01:00] add, but then I just remind myself with a 50/50 of life and I focus on getting that shit done. It's all part of it. Even the feeling of, Oh, I hate taxes. Okay. So before we dive into today's topic, it's the top of the show.

So I'm asking you all for podcast reviews again. I'm working toward a hundred. So I'm going to keep asking until we get there. We're currently at 26 reviews, which is already over 25% of the way there. Thank you so much for those of you who have already reviewed. I really love hearing your feedback and it really helps others find the show.

So today I want to talk about a tool that's really more of a question. But I think it will help you a lot as you step into your power seat. Here's the question: what do I agree to? And agree is in quotes. This could be about your [00:02:00] past, your present or your future. And here's why I want you to ask yourself this question. Because your thoughts will always create the results you have or don't have in your life. And so many of you don't realize that when you aren't getting the results you want, it's usually because there's a story we've agreed to unconsciously that isn't serving us.

Let's start with your past. So a lot of the time when we're talking about our past, we're focused on the trauma: our parents, our family, the old shitty bosses. It all comes down to a story of this is why I am this way. And I want to make myself super clear here. I'm not saying that those things aren't valid and I have zero tolerance for emotional or physical abuse. On the contrary I believe that [00:03:00] processing

that trauma is key to moving through it and not making it mean anything about our worthiness. That's the work that gets you to acceptance and peace.

What we're talking about here today is examining the ways in which we can keep wounding ourselves by staying in old beliefs. Okay. So back to the past. What I'm seeing often -- and don't get me wrong, this was me also-- is that when you're talking about the past, you don't realize that you've adopted and internalized that critical self-talk or traumatic pain from your past, and it's just running an autopilot in your brain all damn day long.

And remember, your brain is an amazing evidence seeking machine. So when those negative thoughts are playing in your head, even if they're quiet, your brain is going to find evidence to support those beliefs. And we know from our work that our thoughts equals our results and that those [00:04:00] critical thoughts will always end up equaling how you feel, what actions you take and bingo, the results you see in your life.

I'm guessing that if I asked you, do you think XYZ is really true? You would say no, but what you don't realize is that your subconscious brain has decided some part of that judgment, that internalized pain is true. That's why it feels so painful. Because unconsciously you've agreed to that story and you keep replaying it so that the pain is your current experience rather than your past. The brain yall is a total miracle, but sometimes kind of a shit show.

I know where your over-achiever perfectionist brains are going right now. You went straight from feeling shitty because of this whole story to feeling shitty because you have this old story and I've got to stop [00:05:00] you right there. There's absolutely no reason why you can't change how you see yourself in your past so you can be and do exactly what you want. And remember judgment and shame are only going to shut you down.

So instead of going to judgment and shame, I call them the evil twins. I want you to get curious. That's why this tool is phrased as a question. Just ask your amazing brain: what are you agreeing to right now? Why?" and absolutely refuse, and that is in all capital letters, to think mean or hateful thoughts about yourself. Y'all it's so kind of productive. Just make a decision right now that it is not okay to beat yourself up and find a go-to thought you can use when those thoughts come up. Practice some love and compassion with yourself. Maybe something like, "Wow, I'm so [00:06:00] sorry that you're feeling this way and have believed this for so long. That must be really painful. It's okay. I love you. I got you. This will pass." Just keep repeating that, put that puppy brain back in the crate, give it some love and just

saying, "Oh, thank you for that brain, but I'm not interested in being mean to myself."

Okay. So we're past judgment and shame about having those beliefs. So how do you change that story first? Get clear about what the story is. Is it that you're a victim? Is it that you're not good enough? Is it that you're not lovable? What I've noticed is that there may be an acute incident or circumstance that you ruminate on, but that there's a larger story that comes out of that. So step two is questioning that belief. Is it possible that belief isn't true. [00:07:00] Try and find evidence that it isn't true. You can actually flip that cognitive bias in your brain and use its power for good instead of evil, just by giving your brain a new assignment. And remember y'all your brain loves to go to work.

And then finally: what do you want to agree to? You are only defined by how you think about yourself and the people in your life. Your life is what you decide to create with your brain. Decide what you want on purpose and create it because only you get to decide what you want to believe about yourself. You get to decide how you view yourself and your past. It doesn't matter what anyone else thinks.

You may not believe what you want to believe right now. And that's okay. This is [00:08:00] the perfect scenario to use bridging thoughts. And if you haven't listed this episode, go ahead and listen after this one. It's episode 17, I believe.

And here's my challenge for you. Let go of the thoughts and beliefs about your past boss, job, family circumstances, arguments with friends and more that are holding you back, agree to reframe your path. So it serves you. You, you, bad-ass amazing human being. Decide to close the door on the parts of your past that are not serving you. When you decide the story of your past, you start to have intentional thoughts that serve you and having the clarity and focus to make your biggest goals around your career and your life a reality. Here are a few thoughts. I've practiced believing: "My past is perfect." "It was meant to happen the way it did." [00:09:00] "My past brought me to where I am now." "I don't condone it, but I can move on from it." And trust me when I say that a year ago, y'all I didn't believe any of these things, but when you keep practicing, your brain adapts and you can flush those limiting beliefs down the freaking toilet.

So now apply the same tool to your present self. Ask yourself, what am I agreeing to right now? This can be applied to yourself, your career, your family, your friends, your home, all the things. Are you accepting something you would rather not?

And of course y'all know how much I love the future self tool. -- I cried about it on our podcast last week that's how much I love it. -- So what do you agree to believe about your future self? How about I use thought work to get out of my head,

[00:10:00] clarify my career vision, and stay accountable to my biggest and smallest goals. How does that sound?

As emotional adults, we decide what to make our past, our present, and our future mean on purpose. Because every thought in your brain is just a sentence and you get to choose those sentences! Mindblowing, right? Seriously every time I think about that concept, it truly blows my mind a little, because it really is so goddamn awesome.

As you use this tool, I want you to be on the lookout for scarcity thinking. Okay? So if you're answering this question and find yourself in a space of desperation or anxiety or thinking something like, Oh my God, I have to change myself because these are terrible and bad thoughts--just slow down. Notice what's happening...and [00:11:00] try to get back into that loving space.

The goal here is not to hustle for your worthiness. It's to sit in your bad-ass power seat and decide what intentional thoughts you want from a place of abundance and love. I know that this is a little woo-woo, but trust me, it really works y'all. Okay, amazing bad-ass rock stars. I love you all so much! Question what you agree to, and I can't wait to talk to you next week.

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