

EP46 Dream With Discipline

[00:00:00] 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 y'all doing today? I've had one of my besties in town this week and my cup of love is over flipping flowing. She lives in London and we've been besties for about 14 years. It's been a while since we've seen each other and I'm feeling very grateful for all things in real life right now.

Today I want to talk about an amazing tool. I use daily that ensured I achieved my goal and dream of becoming a certified coach last year. And I use it to go after all my future goals and dreams. This tool is discipline. [00:01:00] Yep. It's that simple. Discipline is what you can use to go after any results you want to achieve in your life whether it's a consistent exercise routine, making X dollars by a certain date, publishing a weekly podcast, being in a committed, romantic relationship, or like what I did last year, becoming a certified coach.

Here's a little view into my world right now y'all. It's Wednesday and my podcast script and recording is due to my team every Friday at the end of the day.

And my brain has a few thoughts right now that watching an episode of the show Outlander is a great idea, hashtag obsessed, by the way, Jamie, the lead character is hot, but here's the scoop. My calendar's completely full tomorrow, thursday and I don't work on Fridays. So guess what brain we're not watching Outlander, we're being disciplined and creating this amazing podcast script with a kick ass lesson our listeners are going to love and use to grow and change their lives. So let's right now. And we can watch the show [00:02:00] after you finished the podcast. Yup. Y'all you just got a court side seat into my brain.

Here's my definition of discipline. It's consistently doing what you say you're going to do for yourself and your life.

Discipline is about building a relationship with yourself. It's about trusting yourself. It's about the reputation you have with yourself. It's about feeling certain that you will keep your word to yourself. You will keep the promises you make to yourself. Discipline is a decision to show up for your incredible self every damn day, regardless of what happened at work with your boss or the disagreement you had with your partner or any other external circumstance that you feel tempted to use to not follow through on what you committed to yourself

Here's my story before I started using the tool of dreaming, but discipline. I didn't dream. [00:03:00] Yep. You heard it correctly. I didn't dream about my life and my future and what I wanted for it. I lived very much in the moment. And why didn't I dream? Because I didn't allow myself to dream. I had so many negative thoughts about myself, my life and my capabilities.

First and foremost, I believe life was so hard. So how in the world could I take a dream and make it a reality? There was no effing way. I was just trying to make it through today. Every day felt hard because I was trying to over-deliver on my projects for my tech clients, which led to a lot of burnout. I was over-drinking and therefore feeling like utter crap, the following day.

And in general, I just lived each day feeling like there's something missing. I later realized y'all I was missing my belief in my bad-ass self and my confidence. I had zero mental capacity to even entertain the idea of dreaming about my life and what I wanted for it.

So daily, I generally felt like crap. I was on a [00:04:00] mission to feel happy, but nothing was working. The second challenge I had when it came to dreaming is I thought, I wouldn't even know how to start, go after, or even then make the dream a reality, anyway. I didn't believe I had the skills to even get the dream out of the parking lot. Much less get the dream driving down the road and then onto the highway cruising at 85 miles an hour. There was just no effing way, but let me tell you about my younger sister.

She's one of the most creative women on this planet. And she allows herself to dream. She's in the horse industry, and years ago, she had this brilliant idea for an equestrian clothing line. Before that she designed a manufactured furniture inspired by the years we lived in Kingston, Jamaica. Before cannabis was even a household word, she had the idea to create a cannabis lube for sex. She has a new dream that I can't even talk about right now. Wink, wink. She is a dream generator. A She's a generator of [00:05:00] amazing dreams for her life. All inventions and discoveries are a result of humans dreaming. I have so much admiration for people like my sister, who dream about what they want to create and invent and thank goodness for people who dream, because if they didn't, we wouldn't have all the incredible things we have in this planet right now.

Look around at where you are right now. Everything around you started off with someone's dream. I'm in my office typing on my apple mac book. I'm sitting at a table and chair Restoration Hardware created and wearing jeans and a tank top from the store. The Gap. My view is of my deck furniture sitting on a stone deck.

It's currently blowing my mind. Y'all that everything around me and everything around you right now started off as someone's dream.

I love the author, Stephen Covey, who wrote the book, *The Seven Habits of Highly Effective People*. And he talks about how all things are created twice. First, there's a mental creation or a dream, and then a [00:06:00] physical or second creation and the physical creation always follows the mental. Just as a building, always follows a blueprint. So if you don't make it conscious effort to visualize who you are and to think about your dreams, then guess what you all, you empower other people and circumstances to shape you and your life by default.

I would rather have me empower myself and create my life with intent and go after my dreams versus giving my power away.

I also love what Walt Disney says about dreams. All our dreams can come true, if we have the courage to pursue them. Oh, my God Walt. I a hundred percent agree with you. a quick recap on my definition of discipline is consistently doing what you say you're going to do for yourself and your life.

It's about building a relationship with yourself, where you trust yourself and are certain that you will keep your word to yourself. And it's a decision to show up for [00:07:00] your incredible self every damn day, regardless of external circumstances.

So here are the two tools I use daily as a coach. I started using them almost two years ago and they are how I created the results of being a serial entrepreneur and becoming a certified coach, starting this podcast. So I could get my tools and lessons out into the world and help bad-ass women like you love their lives. Write my book, *rock your brain, rock your life*, which by the way is available at Amazon. And the title of one of my favorite reviews is quote, a practical guide to getting your brain in gear to support your goals. Boom. and I use these tools to create the result of being in an amazing romantic relationship with my boyfriend and so many more results in my life.

So the first tool you can use to dream with discipline is to show up every day and live your life. Like you've already achieved the goal and dream live your life from your future self it's done. Tell your brain it's done. Say your [00:08:00] dream is to be in a committed, loving, romantic relationship. Like mine has been, or was imagine waking up daily and feeling like you are already in one.

I bet you feel pretty peaceful and happy. Right. Versus how do you feel when you wake up and you think, oh, I really wish I was in a relationship. So daily, I encourage you to visualize your dream as though it's materialized.

Even before I was in a loving, committed relationship, I woke up and thought I'm going to loving romantic relationship. I would also write it down in my journal daily that I was already there. And I took both of these actions daily until I fully felt it in my body. That it was true.

There's tremendous power in talking to yourself as this talk track is what our brain start believing. So it's important to get very conscious around what you decide to say to yourself every day, because your amazing brain is going to believe it. The second tool I use is a commitment to [00:09:00] taking massive action, putting the actions on your calendar and then following through on what you committed to yourself, you would do with me, no excuses.

If you want to be in a committed, loving, romantic relationship, how will you take massive action to get there? Will you hire a matchmaker? Will you sign up for dating apps? Will you find singles mixers to attend? Ask friends to help talk to strangers when you're out and about? Start a conversation with that cute colleague? Go on 200 dates.

So first make a list of all the massive action you will take so that you create the actual result of being in that relationship. When you follow through on that to do list, did you accomplish your priorities for your life and you learn how to be committed to your bad-ass self around that dream?

I love formulas. So your calendar plus commitment equals massive results. Just remember that. The important point here is commitment because putting shit on a calendar or to do list, [00:10:00] isn't hard. It's just a fact, but our brains love to make things hard. Should that primitive puppy brain wants you to believe that dating means risking heartache and heartaches a terrible idea, or your brain has a belief that you're too picky or dating is hard, or you need to lose five pounds first, or there's no guy out there that's a great fit. That was one of my limiting beliefs on f-ing repeat for years.

So managing your brain and your thoughts is the difficult part when it comes to dreaming with discipline and sticking to your calendar. And here's how I want you to think about your calendar.

It's non-negotiable. For example, say you have a dog. Imagine if you didn't let your dog out in the morning, they pee and make a mess in the house. Right? So it was kinda non-negotiable to let them out. Right. Of course it's always a choice, but what's the alternative to have to clean up that mess in the house? Uh, I don't think so. I want you to decide to think about your calendar in the same way. When you put something on the [00:11:00] calendar ahead of time, you decide with your

prefrontal cortex, your CEO brain, that you're gonna do something and you're just going to do it. No drama, just results.

You get to the place where there's no brain drama. First. Remember that every thought in your brain is optional. I know this is probably blowing your mind right now, but it's a fact. You decide what to think and your thoughts y'all will always create your results in your life.

Number two, what results do you want in your life?

Let's stay with having a romantic relationship in your life as an example. If you listen to the brain drama, what result you would create or not create for that matter. Heartache sucks. I bet. When you think that thought you feel paralyzed, which means you're never going to take action and hire that matchmaker or get that profile ready and rocking on a dating app. Another bit of brain drama. I need to lose five pounds first before I can get my profile online. this just flat out, shuts you down from any [00:12:00] action. And I'm going to tell you right now y'all five pounds. This is just, this is a lie. It's important that you just love and accept all of yourself and whomever you're going to be with just needs to love and accept all of you.

Or another one of my favorites, because this is what I used a lot. There's no guy out there that's a good fit. And I bet if you think some thought like that, you probably feel hopeless, which will never spur action. My friends. any of those limiting beliefs or any of your other limiting beliefs that your brain is serving up around a result you want, whether it's a romantic relationship or whatever, just look at the feelings, what actions are you taking or not taking?

I'm just going to say it, these are all unintentional limiting beliefs from your primitive puppy brain. And this part of your brain wants to keep you safe, keep you on the couch, but remember you want to be in a committed, loving, romantic relationship. Now, I'm not saying that you aren't actually feeling hopeless and paralyzed because so many [00:13:00] of you are, and of course you are with those thoughts, but the only reason you have those feelings is because of your thoughts. And the problem is not only do they feel terrible, but they rob you of achieving your dreams in life like being in that loving, committed, romantic relationship.

So here's your exercise for this week and it's all about discipline. I'm going to encourage you to practice this skill of being certain. You will show up for your bad-ass self and follow through on what you say you will do, and that you will do this for you. No one else.

So pick one day this week and at least 24 hours in advance and this is a really important part plan the entire day, including rest time, what you will eat for breakfast

and lunch and dinner. And when you will scroll it Instagram, then the day of notice what thoughts come up as you follow your plan. If you notice resistance, like your brain thinks it's a really good idea, too scroll on Instagram for an hour, instead of the 15 minutes that you [00:14:00] planned asked your brain. One question, what's the problem what's going on honey? So if you need help doing this DM us on Instagram with your problems.

Here's one thought I love to use by my perimeter puppy brain is having a lot of resistance and serving up a bunch of bullshit. I just tell myself discomfort is the currency of my dreams. I can do hard things. So that's your assignment just follow your calendar for that one day. Simple, but not easy. I promise you mastering this one skill of discipline will change your entire life and you will build one that you fucking love.

Okay, you got this. And if you like the podcast, thanks so much for leaving a review, which will help others find this work. And if you need help, mastering the skill of dreaming with discipline and creating a life, you absolutely love come and join us in the rockstar program as we're doing this daily.

Y'all okay. I'll talk to you next week. I love you. Bye.