

Rock Your Brain Rock Your Life

EP 8: The Rockstar Manifesto

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.

Hi rockstars. How are you? I'm feeling grateful today. It's been a really tough week on many fronts. One of the biggest challenges was the new Glass fire in Napa Valley. That's ravaged some of my most favorite places on the planet and devastated a lot of friends and family. I felt very heartbroken earlier in the week.

I felt a lot of grief. I cried. I felt a lot of sadness for about two days. And then I also thought about how I could show up for the evacuees. And lots of Target gift cards were in order!

So As many of you know I have a goal of a hundred views of the podcast in the first month. Currently we're at 22. And thank you so much to everyone who has taken the time to write a review. Sarah Jane MC won a free month of membership to the rockstar program last month. Yay, Sarah, thank you.

So even though I've not met the goal of a hundred, this is what I'm making it mean. It doesn't mean I failed. It means keep going. I asked my future self, Hey, future self in 12 months. what advice would you give me today about this result of 22 reviews? And you know what her answer was, keep your foot on the pedal of that electric car and keep going. Remember your mission.

Also remember we get to decide what everything means that happens in our lives. So I've decided I'm going to make this result of 22 reviews mean the following: number one, I love that I set gigantic goals, like a hundred views of a brand new podcast in the first month. Another believable thought I have is, I'm so honored to be on this journey to demystify the power of life coaching with a podcast that serves thousands.

So my friends. We will announce who won the free month membership to the rockstar program at the end of this current month. And we're just going to keep on going until we hit a hundred!

So let's talk about my mission. My mission is threefold, and it's important to discuss this because it supports the Rockstar Manifesto.

First: demystify life coaching. To demonstrate how there is nothing about life coaching that is woo-woo intentional bullshit and all that crap that the life coaching industry gets. It's actual concrete tools to change your brain, which will change your life.

The second mission I have is to transform lives. To have incredible tools that keeps students accountable to themselves and their community, so they don't give up on their dreams. And this is actually what we do in our own little community in the Rockstar Program.

My third mission is to change the world. To use thought work to dismantle systems of oppression and fight climate change, and to keep working even when motivation is hard. To keep innovating new ways to exist in the world. To keep unlearning oppressive beliefs that we've been taught. To really demonstrate that thought work is revolutionary. That with thought work, you can truly change the world.

So let's talk about this manifesto. Well, first of all, let's talk about like, what is a manifesto? A manifesto is a public declaration of an organization's mission. And so I felt it was important to write the Rockstar Program manifesto, because I want to be clear about our mission and intentions and why we do the work of shifting belief in ourselves and how we work daily to build massive self confidence in ourselves.

So what is the Rockstar Programs manifesto?

A rock star is someone who shows up, who seeks more with purpose and drive. A rockstar pursues a new level of self confidence. We know that learning to use our incredible three pound brain intentionally is the best investment we can make in our lives. We know that the key to changing the world is showing up for ourselves and putting our bad-ass brains to work. We're committed to taking responsibility for our feelings, our thoughts, our actions, and our results.

We don't numb out, avoid. We don't blame others and we don't give up. We allow other people and ourselves to be human. A rock star never gives up in a dream. We keep iterating until we blow our own minds. We take care of our own needs. We show up for our community. We smash big goals. If you ask us what we want to do in the world, we have an answer. We don't buffer with false pleasure or self doubt, but we shine with self confidence and excitement. We think deliberately, we feel completely. We show up continuously.

We love unconditionally. We build purposefully. We are models of how the world can change. We don't hide from reality. We face it, head on. We keep going. Are you coming?

Now it's time to put your amazing three pound brain to work. Let's take one minute to let your brain answer this question. What does this manifesto inspire you to do?

So the reason I named our coaching program, the Rockstar Program, is because of you. You're all rock stars. You're all high achievers. You all have big dreams, but guess what? Today, so many of you don't believe you're rock stars. You're stuck. You feel massive self doubt and anxiety and overwhelm, but you know what?

I see how you're a rock star. And I see that there's only one simple reason you don't have the results you want in your life. It's only because of your primitive puppy brain, that's it. You need to change your brain and your life. So I want to spend some time covering why it's so hard to change. To be accountable to yourself and show up like a rock star. It's hard. And first of all, nothing has gone wrong. The one reason why it's hard to change is because you have a human brain and being a human with a human brain has its challenges.

Have you noticed that you think, Oh, I have these great ideas about how I want to change and feel more confident at work or what I want to do to impact social justice issues or the planet, and feel a sense of purpose or even something like, I want to do something simple as a consistent exercise program, but I just suck, I can't make the change stick.

Maybe you start and then you stop. Maybe you don't even start because of other unintentional negative thoughts and limiting beliefs, like I'll never change or I'm not smart enough. Does any of this sound like you? Or you experienced maybe a feeling of like massive self doubt and you're stressed or you're nervous, or I hear the words a lot.

Exasperated. Remember my friends, you have a primitive puppy brain that thinks anything new. You try means you're going to die. It's programmed and designed to think this way. So think about your iPhone, you know, how your iPhone is designed to keep track of time. This is the phone's design, right? So remember you're fighting your brain's design.

So it's so important to expect that you're fighting your brain's design and it's going to resist! Your brain is going to say, Oh, listen, this is too hard.

So your work is to put the collar and the leash on the primitive puppy side of your brain, or better yet put him in his crate with a bone and close the door. And just start observing and noticing what thoughts come up in your brain when you think about making these changes. So that you understand what's going on inside of you. Here's the three step process your brain goes through when you're trying to change. Whether it's big changes or small changes. The first thing it does is it resists and it

says things like this is new and hard, and I like easy street and pleasure. So you may find yourself starting something and then stopping.

You may notice feelings of frustration. Annoyance, you may notice that your brain is in a bit of a battle, the two sides of your brain. The one that wants to go off and do something new and the one that wants easy street or in a battle. So there's resistance. The second thing that you may notice your brain doing is just avoiding or numbing out thinking that anything else is just a much better idea, like cleaning the house, scrolling social media, taking a nap, snacking when you're not hungry or you too many cocktails and waking up feeling like crap.

So just avoiding. The third thing, you may notice that your brain does, is it, is you blame yourself or you blame others. So you judge yourself or you judge others. Have you noticed that sometimes if you can't do A, B and C, you make it mean something terrible, who you are as a person that you can't just change and you have all this negative critical.

Self-talk like, I suck. I can't change. I have no willpower. I'm always going to be this way. And you're, you're, you're judging yourself with a lot of negative critical self-talk. All of these will only create feelings of shame and not enough and will shut you down. Or maybe your brain thinks that in order to unlock and be able to do something yourself.

You have to get someone outside of you to fix this shitty thought or to help you shift belief in yourself. Have you ever noticed your brain obsessed with trying to get someone else to make you feel better help you do something? I remember one of my students saying, you know, I really want to stop drinking, but you know, I'm, I'm really like, I can't do it on my own because I really need.

My partner to stop with me. that is absolutely giving your power away. So now you understand why we are predisposed to fear change. But what impact does this have in your life?

You don't show up and be the best version of yourself. You walk around with feelings of massive anxiety and self doubt. You won't take all those brilliant ideas you have in that brain of yours and turn them into reality. And you don't show up for yourself, your family, your friends, your community, and the planet, ready to change the world

here's what else happens is we start getting addicted to those feelings. I just outlined of shame, anxiety, and self doubt as we try to change. These feelings are so ingrained in our brain.

We think these feelings and their associated thoughts and beliefs that created the feelings are fact. We think that, yeah, we should feel like anxiety and self doubt and fear. Like that's how we should show up every day. That's all a lie. The thoughts that are creating those feelings are stories our brain is telling us to keep us small and stuck, otherwise known as safe from danger.

And that's why it's so important to understand that all of our thoughts are optional. We get to decide what we want to think, and this is what's so mind-blowingly revolutionary about this work. Because the only thing that creates all the results and goals and dreams you have achieved, or have not achieved in your life are your thoughts and being committed to taking responsibility for your thoughts, feelings, actions, and results. So practice thoughts, like I'm enough. I'm good enough. I'm smart enough. I'm a hundred percent worthy. My body is enough. Or whatever that believable thought is that you're trying to believe in that feeling you want to have. Your job is to manage your primitive puppy brain and figure out what is that thought and feeling you want to have to be the rock star you want to be. To live into that rock star persona you already are, that you don't believe you are right now.

And if you find yourself leaning other people to give you belief in yourself, stop giving your power away, get back in your power seat and figure out how to give it to yourself. Because my friends, you have all the superpowers you need today to be any semblance of a rock star you want.

So the key to living the life of a rock star and your version of this manifesto is learning how to harness your incredibly powerful three pound brain. That's why you need to learn thought work.

And I hope you'll join me in the rockstar program. If you're not already there, we have an incredible community. You will no longer be home alone battling your primitive puppy brain. We meet weekly. And just by witnessing the lies, the other members of our cohorts, primitive puppy brains are telling them, you start seeing yourself, you start seeing the stories that your brain is telling you that's keeping you feeling like shit. It's so much easier to shift belief in yourself and create massive self-confidence when you're in a group, all working towards the same goal. And the first thing you learn in the rockstar program is one concrete tool.

It's called the self coaching framework, and it's a set of steps you go through to figure this shit out. As you guys know, I'm from the technology industry, we love frameworks. This framework will blow your mind. It's blown mine and it's blown my students' minds in their first month.

All right. Have an awesome rest of your day. Thanks again for leaving a podcast review in iTunes and helping us towards our goal of a hundred. And I can't wait to talk to you next week!

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 @sarahlmoody and on Facebook at Sarah Moody Coaching.

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