

## Ep 2: Why You're Stuck (and How to Get Unstuck)

**Announcer:** [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.

**Sarah:** Hey, rock stars. How are you? What a world. I hope you're all hanging in there. I know these are incredibly challenging times. So much disruption, so much change. And I know so many of you are struggling with a lot of anxiety and self doubt around the uncertainty of your job and finances and figuring out how to stay connected to friends and family and feeling pent up and challenged with a monotony of being at home. [00:01:00] And I know so many of you are frustrated about the current state of many social justice and political issues we're facing today. And I'd also like to offer that we have this incredible opportunity right now to decide how we want to show up for this one amazing life we have. I know so many of you are looking for the answers around how to be the change, our society and our world so desperately needs right now.

So I've been a technology entrepreneur for the last 20 years. And being in the tech industry has taught me the power of curiosity, asking lots of questions and that there's no such thing as failure. We just keep iterating and iterating and the power of innovation. And these are just some of the skills and mindset I bring to my coaching, which is grounded in cognitive behavioral therapy.

I'm a life coach and the founder and [00:02:00] CEO of the rockstar program and ceremony coaching. And there's absolutely nothing about what I do as a coach. My mission is to deliver mind blowing, coaching tools and lessons. My bad-ass students use to transform their lives, crush goals, and realize their dreams daily.

I do this through first being an example of what's possible in the world. And I teach other people how to do the same through my group coaching program, the rock star program and the rock, your brain rock your life podcasts that you're listening to right now. So you can think of me as a superstar, fun, driven, nonjudgmental combination of life coach mentor, an amazing best friend--except, my friends, I give way better advice than your friends do. And yes, probably like your friends, I do swear. [00:03:00] And today I'm feeling really excited for three reasons. The first is this is my inaugural podcast and I'm so excited to hear achieve this huge milestone.

My mission is to be of service thousands of students, and I'm going to share more on this mission in today's session.

Okay. And the second reason I'm so excited. Is this topic is about how to get unstuck and this approach, I used that aisle to actually create this podcast today. And finally, I'm so excited because the end of the month, I head to Telluride Colorado, which is one of my favorite places on the planet. So when you listen to this Marley, my dog and I will be in Colorado surrounded by the fall colors of Aspen trees and 14,000 foot mountains.

And that little old mountain town is in a box Canyon where the speed limit is SLOW...15 miles an hour. They [00:04:00] have a free box where locals can put stuff into the box where others can just go pick it up for free. And there's puppy parking signs outside most of the shops. And this is what, one of the many reasons I've loved being an entrepreneur over the decades, the opportunity of flexibility to live and work anywhere, and create a life that I really feel so good about and that I love. Now this world of COVID, I know many of you are thinking about this too. How to create this life that I love? I'm not tied to a job or a city I can live and work anywhere. Where would I go? What would I do? I know from so many of my students, they're feeling a lot of anxiety and self doubt, but here's the secret.

This is actually the perfect time, my friends, to understand the power of [00:05:00] thinking new thoughts and feeling new feelings. And what that will do to shift so much of that anxiety and self doubt that you're feeling right now. You really can completely change your life and the direction it's taking when you change your thoughts and your feelings.

And here's a concept that might really blow your mind. Every single thought you have in that incredible 3 lb brain of yours is optional and changeable. And so are all your feelings! And your thoughts in your brain create your feelings.

Here's an example: when my team and I decided to do this podcast, the first thing my brain said was "You're not smart enough to create a podcast program." And when my brain had this thought, I felt, as you can [00:06:00] probably imagine, massive anxiety and self doubt. And what action would I have taken if I'd stayed stuck in massive anxiety and self doubt. None, right? Yeah. You wouldn't be listening to this podcast right now my friends!

Yeah, we call that thought a limiting belief quote. "You're not smart enough to create a podcast program." Okay. This, my friends is the reason why you're stuck, because thoughts like that create feelings that were not going to propel me to take action around something that I feel very deeply and strongly about and aligns with who I want to be in this world.

So I consider myself a bit of a brain nerd. And one of the approaches that makes my coaching program unique is I teach how to harness the power of the brain. And I'm actually a little obsessed with the 3 lb organ and I love understanding how it [00:07:00] works. But don't worry. I'm not a doctor. So we won't be diving into the deep end. I'm going to keep it really simple.

So we have two sides of our brain. One side is called the prefrontal cortex. This is our human side of our brain. This is where our long-term deepest desires exist. Logic, reason. Around here, we call that the CEO brain. It's like the super smart brain. And then the other side of the brain is your primitive brain.

You've probably heard about your primitive brain, the reptilian brain. This part of your brain wants things to be easy and efficient and hates things new and likes pleasure. One more Netflix binge coming right up! And this side of the brain, my friends, is terrified of rejection. And he goes at a scavenger hunt [00:08:00] for negative shit all day long, cause he's always worried about trying to keep us safe. This side of our brain, you guys around here, we call it the puppy brain. And when I started coaching, my students were so funny. They would send me Venmos and the subject was "puppy training."

And so, because I've been doing this thought work for a while, I recognize that this thought that I'm not smart enough to create a podcast program was literally just my primitive brain or the puppy brain trying to keep me safe because he doesn't like new things.

And this part of the brain was also terrified that I'd be rejected. I also had other thoughts, like "you're not smart enough to even create podcast content other people learn from." Puppy brain, you guys, is like that eight week old puppy you just picked up at the pound. He needs [00:09:00] direction. Right? He needs training or the house is going to be a hot mess. Right?

Guess what my friends, your brain needs daily direction and training daily as well, or it too becomes a hot mess.

And so with this work, you start becoming the watcher and observer of these limiting beliefs and thoughts that are not aligned to your goals and dreams. The beliefs that if you don't change, you won't be able to figure out what is that life that I want to create, where I will feel happy and fulfilled and peaceful and no longer riddled with anxiety and self doubt and worry.

So in order to create new beliefs, you have to believe them and feel them automatically in your body. Right? So I want you guys to think about something you've never done before. Say you've never practiced in a high [00:10:00] intensity interval training or HIIT class, either outside or at the gym. Learning this curriculum is going to be cumbersome at first. It's going to take some energy. It's going to take

some focus, right? You're going to need the right form when lifting weights or using the Bosu. The instructor moves pretty quickly. And all those things that you're thinking about consciously that make it difficult soon become practiced and efficient in your brain.

And then you become more of a natural at crushing that HIIT class. And with practice, class soon becomes effortless. This, my friends is what we're gonna do as we start practicing new thoughts. So. Here's the one simple thing you can do today to get unstuck: change your thoughts. That's it. Now you're [00:11:00] not going to go from thinking "I'm not smart enough to create a podcast program" to "I'm going to crush that podcast program." No. That would be a lie, right? That would be like the positive thought swapping bullshit that we don't do around here.

And remember you have the power to change any of your thoughts, just think of your thoughts as sentences in your brain. So if a thought is not serving you in achieving your goals and dreams, you have the power to change them. So here's what you can do to change your thoughts. Maybe practicing a first thought could be something like, quote, I'm open to believing I can learn and deliver a podcast program and just try this for a few days until you feel it like cellularly start shifting in your body.

And you're like, yeah, I believe this. Then, I'd suggest [00:12:00] practicing another thought that moves you a little farther along in belief, such as "You know, it's possible I can deliver an amazing podcast program." Then your next thought might be, "I'm feeling a little excitement about the idea of creating a podcast program." And then finally after you practice that one for a while, try this one on, "I believe so strongly in my mission, I know I'm going to create an amazing podcast because I'm on this planet to be of service to others. I feel excited."

So you have to go through a few weeks of that awkward stage of learning how to believe something new, just like you have to go through that awkward stage of learning, how to crush that HIIT class.

And I'm a big believer in the power of brain hacks. So a few ideas I have for you are: 1) create some art with the [00:13:00] words like, you know, I can do hard things and put it in your office wall to remind yourself that you can do this, whatever this is. And another one is, you know, record some believable thoughts, like the ones that I just went through, on your phone and listen to them while you're walking the dog, you know, doing some chores at home, driving, you name it. And then when you consciously decide what you want to believe and you practice it enough, guess what my friends? It becomes unconscious! It becomes automatic.

So it's a three step process. Step one, you start seeing what you're currently thinking. You become an observer and watcher of those thoughts. Step two, you change the thought. If it's not serving you to something that you want to be thinking, and step three, you practice what you want to be thinking on a regular basis, until it becomes [00:14:00] unconscious and natural and just totally automagical.

And you can use this same process with feelings. And one of the practices I highly recommend you start doing is sitting down and writing or typing down the thoughts you want to believe and the feelings you want to feel and practicing these thoughts and feelings daily. And what this means is you're going to have to go into your brain and clean up the thoughts and feelings that are not supporting you in achieving your goals and dreams and helping you shift out of feeling anxious and self doubt and actively replacing them with new thoughts and feelings with practice.

And most of us are going to say, we're too busy. We can't take the time to visualize our future. We don't know what we want. We've only got time to run around and be really busy [00:15:00] and overeat and overdrink and overwork. Right? My friends, you just need you to decide that you're going to stop feeling all this anxiety and self doubt. And you're just going to start practicing thoughts you believe and start moving up a ladder of belief and start getting unstuck, feeling less anxious, feeling less overwhelmed, and go out and tackle some of those goals and dreams you have for this amazing life of yours. You got this.

Next week, we're going to dive deep into the framework and the nitty gritty of how to identify those thoughts and feelings that you want to change. I'd love to hear your feedback about how this thought work is going for you. So just shoot us a note on Instagram at Sarah L. Moody. We love hearing your comments. All right, everybody I'll talk to you next week.

**Announcer:** If you're loving what you're learning on the podcast, then you need to come check [00:16:00] 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. We hope you'll leave us a rating and review, it really helps others to find the show. To find show notes and so much more head to [sarahmoody.com](http://sarahmoody.com).