

## EP48: I Am + Have Enough. I Want More.

[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.

Okay, how are you doing today? I'm so excited. I fly to Sun Valley Idaho later on today to see my oldest best friend oldest bestest friend. We met when I was 13 years old. When I moved to Chicago from Jamaica and fast forward, 10 years to the age of 23, she was living in San Francisco. I was in London and I came to visit her in San Francisco on a 10 day vacation.

And I never left. Yeah. I love my home and life here in San Francisco. we'll have a weekend of chatting, non-stop hiking and just being together in the mountains with [00:01:00] her dogs, hashtag heaven. in last week's episode, I talked about the beliefs. So many of you have of quote, I'm not enough. I'm not smart enough. Fit enough. The list is long. This is also called scarcity thinking. So if this sounds like you, I suggest listen to episode 47, I'm not enough first to understand how to get to that place of feeling like you are smart fit and everything else enough. The thinking of I am and have enough is also called abundance.

So tackle that topic first and then dive into this podcast.

I love Oprah Winfrey. And one of her wise quotes is quote. If you look at what you have in life, you will always have more. If you look at what you don't have in life, you'll never have enough. Boom. I a hundred percent agree with her, and this is a great thesis for today's [00:02:00] session. So today we're talking about Oprah's wise quote and wanting more in your life, but being sure that you want from a place of abundance.

So what does that mean? That means wanting from a place of, I have so much already in my life and I want more, I want to keep going. I know that you want more for yourself and your life or else you wouldn't be listening to my podcast. And there's something very critical that I want to teach today. That will completely change how you feel immediately when it comes to this topic.

So first I want to talk about your wants and state clearly that it is important not to be critical and judge your wants. Maybe you want some big milestones in your life, like to become an entrepreneur or decorate your home in a way you love that reflects the uniqueness of you, or have more money in the bank, or maybe want

some smaller ticket items like to go on a cool weekend vacation or buy that new apple product or that new outfit.

[00:03:00] You are a hundred percent worthy of all your wants. Big and small. No guilt here, please. One of the things that I know for sure of the experience of being human is that being with ourselves means being with our brain and our primitive puppy brain will tell us that we're not enough, that we're not really lovable. We're not really capable. We don't really deserve what we want a whole negative shit show. And this part of our brain has a really shitty talk track, that we should feel bad for having wants. And it's all a lie by the way. But I also know that none of that is true and that we can choose a different way to be with ourselves.

And when you're able to be with yourself and understand that you are complete a hundred percent lovable, a hundred percent enough, and you don't have to feel guilty about anything you want.

Feeling guilty that you have something in your life when someone else doesn't does not serve you, you likely won't be able to do great things in your life. When you feel [00:04:00] guilt, guilt comes from a place of scarcity

So a big reason wants to get a bag wrap is because typically people want things from lack and that feels terrible. So please don't do this. This is the most important lesson of this podcast. I want to teach you how to want from abundance instead of wanting from lack. So wanting from lack sounds like I want to lose weight because I don't like the way I look.

I hate my body. I want to make more money because I don't think I have enough money in the bank. I want to get married because if I'm single, it means that there's something wrong with me. Or it could be something as small as I want to move to a better home because I don't like my current one. It's not nice enough.

So it's wanting something new and different and better because you don't think what you currently have is enough. It's not good enough. and when you want from lack, it feels terrible. It feels like something missing. It feels like you're not enough. Sometimes feels like insecurity or [00:05:00] shame, or guilt.

When we want from lack, typically we are comparing what we have to someone else. So think about when you look at someone else's body, are you thinking, oh, her body is rocking and mine isn't. So I need to fix mine stat or someone else's relationship and thinking that they have the perfect relationship. And so that's what I want.

My relationship isn't as strong as theirs. Usually when we get the idea of lack is when we compare ourselves to others. If we're not comparing, we may not even realize that ours isn't good enough.

So, for example, you may think I love my home and then you see someone else's home and you think, oh, mine's actually not that great. I want a bigger cooler home. I want it to be cooler because mine just isn't as good as I once thought.. So we do this all the time and we compare ourselves to others, and then we want more from a place of thinking that ours or who we are isn't good enough.

And then this is very important because what happens next is we get in this mad [00:06:00] rush to change it. We get in a rush to achieve our goals. It feels very urgent, almost like a neediness or a desperation. We're always in a hurry. So if you had a really big hurry to achieve your goals, it's usually from a place of lack.

And why is this a problem? You're asking me right now. Because you're probably thinking Sarah, I like to go fast and achieve my goals. Well, my friends, it's a problem because how you feel on the way to where you're going, stressed, anxious, you name it is how you're going to feel when you get there. When you get to the goal completion line.

Yes, I know. Right. And the good news is your thoughts always create your feelings. So when you achieve something, you will only feel different if you have different thoughts. The achievement doesn't actually change your thinking. I know newsflash, right? So if you want to lose 10 pounds and you do lose 10 pounds, the next thing as well, maybe your brain is like, I want to lose five [00:07:00] more pounds and then you lose the five pounds and then you think, wait, I have flab everywhere.

I need to add some muscle next. And the treadmill of things you want to fix about yourself keeps rolling. This is holding onto the scarcity thinking of I'm not enough.

So you see how, if you want more from this place of my, body's not enough, you want from that place of lack and you end up creating more lack, should this all goes back to the fact that your thoughts create your reality and your results, what you focus on expands. So, if you think your body's not good enough, you can go about changing it all kinds of ways to Sunday, but you will likely feel terrible because you haven't addressed your thoughts about your body.

And when you haven't addressed your thoughts about your body, you will only just find new ways to not like your beautiful body and this applies to money and your career and your relationships. It applies to everything in life, your home, [00:08:00] everything. So think about what it is that you think now and think about what it is that you want.

So ask yourself, do you want more in your life from a place of lack, a feeling of scarcity of not enough a feeling of I am, or this is not enough. This is the critical question. If you are, the solution is to want from a feeling of love and appreciation of what you already have. And this is definitely not something we're taught to do, but it is life changing.

When you feel love, gratitude, and appreciation for what you already have, and you create more from a place of having enough, you feel peaceful and happy along the way to what you want next in your life.

So it's thinking like, I love my body and I want to get really fit, or I love my home and I'm excited for the next chapter of a home, [00:09:00] or I love my group of friends and I would love to another bestie who I can share outdoor experiences with, or I love my life and I want to add a partner to it.

I see that last one, a lot with people who want to meet someone or get married, and this used to be me y'all. There's a sense that they are incomplete and their life is incomplete. And that by adding a partner to it, somehow their life is complete and they're more worthy. And the opposite is true. You have to love your life first and then want to add a partner to it.

Same thing with money. I love and appreciate the money I have and I want to create more. So practice liking your body, liking your money, liking everything first.

So you can change how you feel about your body and its fitness level. You can appreciate the body that you have and want to be more fit. This is a practice of being content with what you have and truly [00:10:00] appreciating it, and then wanting to grow from there. And it's so important that you get this concept. I was coaching someone in the Rockstar Program a few weeks ago, and she wondered, Hey Sarah, when is it enough, whatever around fitness money, all the things.

And my answer was it's enough right now. Okay. And then she asked, well then why don't you just, content's supposed to be content in life, you know, around how much, how fit you are, how much money you have. And my answer was, uh, right now so the secret is to feel fulfilled and content first and then want and grow from that feeling of I have enough and I am enough.

I love growing of course, and you all probably love growing because you're listening to this podcast. And so I love thinking. I'm shifting belief in myself, I'm growing, and

this is all for fun. So for me, growth is about pushing the edges of your comfort zone.

So you can just love your life even more. So here's a question for you. Would you ever quit [00:11:00] working out? Not this girl y'all I love my HIIT classes at my gym Equinox. Is achieving your physical strength ever complete. The answer is never right. You always need consistent exercise in your life. Even when you're 90 or a hundred years old, it will be a different routine than today, of course, but you'll still do something the same is true for your brain.

You need to give it a good workout daily manage those thoughts and that primitive puppy, brain of yours that is guaranteed to go to the worst case scenario daily of. I'm not enough. I don't have enough. All the things. And remember y'all life is 50 50, so expect every day to feel good and hard. And sometimes life hands, you really hard stuff like a romantic relationship ends, you name it.

And so this is the time to feel the feelings of sad. To feel your feelings. And if you can accept the 50 50 of each day and [00:12:00] life, you can feel at peace in your life and feel like it is enough now. Life is good now, and I want more. Yes. And if this sounds kind of hard right now, that's okay. You're in the right place.

Remember the last time you tried to learn a new skill, this is just like learning a new skill. It's going to be hard at first. Remember, you're just not used to doing it yet. And that's okay. So start with something easy in your life. One part of your life, and then it becomes a habit and then you can apply it to all parts of your life.

So the first exercise I would suggest doing is to make a list of the things that you want, that you already have. So my list would look like I want a dog. I want a condo in San Francisco. I want to be an entrepreneur. And there's something very powerful about wanting what you already have. When I say, I want to be an entrepreneur. I feel very empowered. It feels like it's go time. It's so cool.

So look at your life and make a list of things that you [00:13:00] want, that you already have, and notice how you fall into a place of love and appreciation. I want to get married. I want to have a family. I want to live in this home. And then you just go, go, go and make a list of all the things that you want, that you already have.

You're training your brain to create the feeling of enoughness and abundance. And it feels really good. So from a place of wanting what you already have, then you can want what you don't yet have from a place of love and appreciation. So let's look at the example of our body. This exercise is to practice thinking.

I love my body. I'm so glad that I have a body I've taken care of it. I feed it healthy foods and I'm excited to work with a personal trainer to get it in shape. Instead of I hate my stomach. My body's not good enough, so I need a trainer to fix it.

When you went from lack, there is this sense that you're not enough and what you have isn't enough and it feels really bad. And even though you think that the [00:14:00] achieving of the thing that you will want will create enoughness it never does.

You always want more from that place of not enough. Meaning if you wanted to get in better shape from a place of hating your body, you would come up with another reason to hate your body. Once you lost a few pounds or got super fit, it would be something else. Trust me, just as Oprah says, what you think you just create more of.

It's just a thought pattern. And when you get in the habit of wanting from a place of having enough, it feels really good to want. And there isn't a rush to get there. And the whole point of wanting is just expand your life to grow, to push the edges of your comfort zone. I'm helping so many women in the rockstar program, and I can't wait to help more.

And this thinking is not from a place of needing to prove myself or my worth you and I already worthy and doing more does not change that. I truly believe this. And I think it's such a useful thought and [00:15:00] idea to know that all humans are a hundred percent worthy. So from that place of worthiness and wholeness you get to decide what you want to do with your life.

Yeah.

You get to feel content and to want more in your life, just because you want it, just because having money as fun and wanting that amazing wedding and getting married is fun. And you want to change and grow and see what's possible for your life and help others do the same. It's a freeing way to live. It makes life really easy and fun.

So when you look at your wants, ask yourself, are you wanting from a place of love and appreciation for what you're already have in that area of your life? Are you wanting from I'm enough? This is enough. Are you coming from a place of comparing despairing and feeling like it's not enough, here's an exercise for you this week.

Make a list of wanting what you already have once this feels really real in your body practice, wanting new things and experiences in your life because you [00:16:00]

want them from a place of loving what you already have. And most importantly, from a place of knowing that you are more than enough. And that you have enough.

Okay. I love you all. And if you want help feeling like you're more than enough in all parts of your life and that you can want more from this place, come and join me and the cohort of amazing woman in the Rockstar Program. Okay. And thanks for leaving a five star review on iTunes and fingers crossed you're the a hundred dollars Amazon gift card winner this week, All right, I'll talk to you next week. Bye.