

## **Module 9: You Are Extraordinary**

Hello again, and welcome to the final module of Exhausted to Extraordinary. Let's take a moment to reflect on everything you've learned up until now.

In module 1, you learned how chronic stress affects your energy levels, about the relationship between stress exhaustion and burnout, and about the two approaches to randomly transform you out of burnout, which were top down and bottom up.

In module 2, you learn two major emotional intelligence skills-- namely, how to be more self-aware, and how to manage your emotions. If you've been practicing this, you should find that you are having much less stress anxiety and overwhelm, and that when you do experience these feelings, they just don't last as long.

In module 3, you learned ways to empower your mind by eliminating energy drains. Refocusing on what is going right and being more mindful of what's happening in the present.

In module 4, you learned how to be more optimally engaged in your work by removing obstacles, increasing resilience, implementing more effective time management strategies, and minimizing habits related to fight-or-flight.

In module 5, you learned how to align your efficacy beliefs with your goals by avoiding attribution errors, turning negative self-talk around with self-compassion, and cultivating a growth mindset.

In module 6, you learned how to energize the body. We started by talking about the importance of overcoming unconscious blocks to healing and mindset obstacles to self-care. We then focus on how to release tension stress from the body, and how to build up healthy routines.

In module 7, we talked about how to balance your efforts to work smarter. This included some awareness of what motivates you to work, how to increase that motivation, and get the most from your efforts. More specifically, we also covered how to tackle your fear of failure and overcome perfectionism and procrastination.

In module 8, we focus on creating new neural pathways on your way to enlightenment. You had an opportunity to examine your values to establish purpose and meaning in your work. We talked about how to get maximal joy out of your job through job crafting. How to overcome limiting beliefs that keep you stuck and create a successful meditation practice to refocus your brain and reduce reactivity.

I hope that you've been keeping up with the modules, taking diligent notes on your takeaways, and implementing the weekly challenges, so that by now, you have some established many habits. But we're not done yet, we have one more module. And here's where we focus on you being extraordinary. So today, we have four final objectives. They are to separate your self-worth from your productivity, so you can feel good about yourself no matter what, to reframe your negative thinking and cultivate a sense of gratitude in your life, to utilize the power of your

mind to achieve the impossible, and to learn to love yourself as you are so you can experience success without the exhaustion. Let's dive in.

All too often, high achievers believe they aren't very worthy because their productivity is lacking, or because their work isn't perfect. In addition to this paradigm, being counterproductive because it ties your self-worth to your work. It can also be a form of sabotage, you see, it's hard to motivate yourself when you don't believe you're worth it. On the other hand, you may always feel like what you're doing isn't enough, which leads you to push harder, and by now, I hope you realize that this is what leads to burnout. Last week, I had you watch a video that asked of you to think of why you are remarkable. So hopefully, you've done this by now, but if not, pause the video, print out the 'I Am Extraordinary' worksheet, and list all the reasons you believe you aren't worthy, and all the reasons you are. It's important to have clarity on this in order to clear it out. Hopefully, you've gone through the exercise and now have your lists handy. And now, let's talk about what to do if you lack belief in your worth.

If you believe that you're not lovable yet, or not good enough to love yourself because you haven't achieved enough yet, you need to stop beating yourself up, doesn't make you more successful. Start with loving yourself, and then you'll be successful without being exhausted. You have to overcome the negative tapes in your head that suck up your energy, they may have come in from your childhood, but you are the one that keeps pressing play. So, close your eyes and say to yourself, "I am enough." Feel it in your gut and allow yourself to suspend any disbelief for just a moment. What would it be like to believe it? How does it feel? What would be different in your life if this were true? So, take a moment to really ponder this, and when you're ready, bring yourself back and open your eyes. Perhaps, you criticize yourself to prevent others from criticizing you, but that doesn't work. People will criticize you, especially if you put yourself out in the world. But you don't have to criticize yourself when they criticize you, they are telling you more about them than you. It's not about comparing yourself to anyone else. Consider this, how you show up in the world is in direct proportion to how you love yourself. When you compare yourself to others and feel badly about yourself, you are robbing yourself from the opportunity to fully embrace yourself. How can you love yourself fiercely? Exactly how you are, give yourself permission to do that, and believe me when I say this, you are nothing short of awe inspiring. Self-esteem and happiness go down when there is a failure, but they recover and go back up to baseline. If you experience a success, your self-esteem then goes up, and shortly thereafter, returns to baseline again. To prevent this roller coaster, you might think that the answer is to avoid things, or to lower your expectations so you don't get disappointed. In fact, the opposite is true. To get your base level up, it's not through lowering expectations. It's through coping. It happens by going past your comfort zone. That's because the more you put yourself out there, the more success you are likely to have. And the more you can see yourself as someone who has the courage to take risks, it updates your mental schema.

When you find it impossible to shift how you think and feel about yourself, mirror work may be the answer. But before you get started, I want to share with you an approach that can set you up for success. It may be too much for you to jump from believing that you are not enough, to you are extraordinary, and I get that. So, the first step is to identify some beliefs that are more neutral that you can get behind. For example, let's say your name is Ted. You would look in the mirror and say, "Ted, I want to like you." And once you can get behind that one, and that feels easy enough, you can go to the next one. "Ted, I am willing to learn to like you.", or "Ted, I'm

starting to like you.”. And then from there, you might say “Ted, I like you.”, and after you've practiced this for a while, and you really start to like yourself, you might continue the exercise by saying “Ted, you are worth loving.”. And then ultimately, you'll get to a point where you can look at yourself in the mirror and say “Ted, I love you.”. Each time you walk by a mirror, say one of these statements to yourself, depending on where you are on the spectrum. And over time, you're gonna find that it actually becomes believable, that you actually feel different about yourself. So, make sure you make some good eye contact with yourself, call yourself by your first name, and then talk to yourself and state one of these sentences.

So, let's talk about how to reframe your negative thinking and cultivate a sense of gratitude in your life. Being grateful is about feeling thankful for a benefit you have derived from someone or something. It is another example of how you can train your mind to focus on the positive aspect of a situation. When you're trying to develop an optimistic mindset, gratitude can serve as your gateway. It too has associated benefits, including more positive emotions, greater personal well-being, and improved relationships. Adopting an attitude of gratitude and engaging in exercises that strengthen this sense of appreciation provide ample mental, physical, and social benefits. In 2016, researchers conducted a study to examine the benefits of gratitude. Journaling on university students seeking mental health counseling, they divided participants into three groups, each of which received psychotherapy services. What differentiated these groups is the following: the first group had to write one gratitude letter weekly for three weeks to someone they know, the second group had to write about their thoughts and feelings related to negative past experiences, the third group did not receive instructions to write at all. Researchers discovered that the group who wrote the gratitude letters shows significant improvements in mental health issues related to depression and anxiety, showing positive signs even 4 and 12 weeks after the experiment had ended. What contributed to the significance of gratitude writing was the main finding that people who engaged in journaling about gratitude use fewer negative emotion-based words. The shift in focus from toxic emotions like resentment, frustration, and regret occurred because these participants had focused on how other people contributed to their flourishing. This shift took them away from what otherwise might have been ruminative thinking. Gratitude not only improves your mindset, but it can also boost your self-esteem. This result was found in athletes who practice gratitude. Researchers believe that focusing on gratitude steers our mind away from social comparisons where we feel inferior to others who are more accomplished and allows us to appreciate them instead.

Now, as we mentioned, there are also some physical benefits to practicing gratitude. So, a study conducted in 2012 found that more grateful participants experienced fewer physical aches and pains. These individuals were more likely to engage in healthy activities such as a routine exercise regimen and regular medical checkups. We might conclude that those who practice gratitude feel more positively about themselves, and thus, take better care of their bodies. Their self-care practices therefore result in better health. Another study looked at the relationship between gratitude and sleep. The findings pointed to higher sleep quality and duration for grateful individuals. Due to the more positive mindset of practicing gratitude, they tended to engage in more positive thoughts before bed, which help them attain improved sleep and the social benefits. The authors of one of the measures of gratitude used in scientific studies, the gratitude of resentment and appreciation test, or GRAT for short. Conceptualize gratitude with the following: number one, abundance mentality rather than feel deprived. When someone

else has attained their goal, grateful individuals would see others success as a joyous occasion and not harbor feelings of envy. Number two, acknowledge others when they encounter success. Grateful individuals take the time to acknowledge others' contributions to their accomplishments. And number three, appreciate small details. Well, it's easy for us to feel a surge of happiness when we accomplish great feats. Grateful people can appreciate the simple aspects of day-to-day life. We can hypothesize that if you can rejoice in your success, acknowledge others for their contributions, and appreciate the small things in life, you will benefit from stronger social bonds. This is exactly what the research supports. Researchers at the University of Kentucky found that gratitude correlated with decreased aggression toward others, that is individuals who scored higher on gratitude scales, were found to have more empathy toward others and we're less likely to seek revenge when something went wrong. This finding demonstrates both the social and emotional benefit in that grateful individuals are more likely to reduce interpersonal conflict and experience more social closeness with others because they are harboring less anger. When we express our gratitude to others, it deepens our interpersonal connections, and as the saying goes, you reap what you sow. When you build close relationships, you have greater access to social support when you need it, because having these relationships decreases your stress and improves your mood. You're also less likely to need support.

Now that you are aware of the prosperity associated with the gratitude practice, I will explain how you too can reap these benefits. According to researcher Sara Algoe of the University of North Carolina, gratitude is a three-step process. One is to find people with whom you are suitable. Step two is to remind yourself of existing social relationships. And step three is maintaining and investing in these relationships by forming bonds with these influential individuals. As such the find-remind-bind theory demonstrates that gratitude is a practice that brings you into connection with other people and is an ongoing exercise that nourishes these interpersonal bonds. Consider your social circle, are the people in it suitable to your personality and values? If you are content with the bonds you have, focus on engaging with these individuals on a deeper level. If, however, you want to increase your circle, if you want to find new and more fitting relationships, and if you want to feel less lonely and more connected with others, focus on finding the bonds first. Expand your community by joining local chapters of like-minded individuals, consider neighborhood groups, religious organizations like churches and temples meditation circles, or volunteer opportunities, you can join both leisure and business networking events in your area through sites such as Meetup and Eventbrite. Create a goal and take the necessary steps to see it to fruition.

You can also focus on your inner world to reap the benefits, a practice over which you have more control and can engage in more frequently. Here are three ways to practice gratitude: number one, write a thank you note to someone you appreciate. Simply the act of writing such a letter invokes positive emotions in you, whether or not you send it. That said should you have the opportunity to share your letter with the person to whom you're grateful. This would be an exercise that can allow you to deepen your connection with that individual. Number two, start a gratitude journal. Every day, write in a notebook about what you are thankful for by focusing your mind on the positive. This will sharpen your attention to the small details of life as mentioned above. This exercise can be as short as a couple of minutes of writing, so do not let a lack of time be an excuse. Simply get in the habit of writing down three events from that day that you are grateful for, and as a bonus, consider writing your contribution to these events. If you are

thankful for someone in your life, reflect on a recent occurrence that sparked this sense of appreciation in you. And in the resource section, I will provide you with a form you can use as a gratitude practice. Number three, practice a loving-kindness meditation, also known as metta, daily. This type of meditation involves mentally sending good will, kindness, and warmth toward others by silently repeating a series of mantras. And it fosters compassion both for yourself and others. It replaces self-criticism with more positivity and helps you feel more socially connected. Furthermore, it can reduce pain associated with migraines and slow down aging. Research has shown that people who take the time to reflect on and write about the good things in their life were not only more optimistic, they felt happier and more satisfied, okay?

So, we're going to talk about how to stop sabotaging and really start instead to promote your growth and well-being through some simple mindset and behavioral shifts. But before we do that, I wanted to first start with a definition of what self-sabotage actually is. Now according to Google, it is when you have behaviors or thought patterns that hold you back and prevent you from doing what you want to do. An example that they gave were substance abuse, turning to food, or procrastination. And why do people sabotage? Well, if you dig down, you'll find that most of the time you sabotage, either because you don't know how to manage your feelings or because you don't believe in yourself. So, in order to stop sabotaging, you need to first understand it or recognize the habits that you are engaged in, and then you need to identify the root causes and make some behavioral and mental changes. So, let's take a look at what activities mental or otherwise constitute self-sabotage. I encourage you to jot down which ones apply to you.

To start us off, I'm sharing 10 mindset sabotaging activities you need to stop doing. So, the first is doubting yourself. How many times when you have to make a decision, you make it, and then doubt whether you made the right choice, or just have a really hard time deciding because you don't know that you can trust yourself to make the right decision. You gotta stop doing that. You gotta really focus in, and we'll talk about what to do in a minute. But really focus in on what's going to help you. So, self-doubt, no good, okay? Giving up, it's so easy to do, so much harder to just persist, right? So, it's something that you really have to pay attention to. If you're doing that, you have to really stop selling yourself short. Now, that can mean a whole bunch of different things to different people. But it probably means something really specific to you, so if this really rings true, you know what I'm talking about. And you gotta notice when you do it, are there specific circumstances or specific people in which you do that? And you gotta stop, all right?

Choosing overwhelm. Now notice the words that I used here, choosing overwhelm. A lot of times, people feel overwhelmed and you have to recognize that it is a choice, right? You don't have to think about all the things at once. You can just be really focused, and organized, and also I think overwhelm is almost like something that we use as an excuse to not have to do anything. "Oh, I'm so overwhelmed, like I can't do anything." So, be careful not to use that as an excuse because that's a way of sabotaging. What about thinking that it's too late to achieve your goals. So, then you don't even try because "Oh, I'm too old.", or you know, whatever it is that you tell yourself. Or telling yourself that it's not possible, "I can't do it.", you know, that sort of thing. Those are all just mindset errors. You know you can do so much, and you know that. But sometimes, we're scared. And instead of just admitting that we're scared and then dealing with the fear, we tell ourselves it's not possible. We give ourselves that out, okay? Overthinking



everything. So, are you somebody who again is kind of like what we talked about, number one, where instead of just like just making a decision, you start to say “Well, there's so many choices I don't know what to choose. It could be this, it could be what if this happens? What if that happens?”. That's that anxious thinking, okay? So, stop doing that. You gotta not overthink things. Just pick something and go with it. And if you made a mistake, oh well, learn from it and move on. Really just overthinking things just keeps you on the fence, and keeps you anxious, and keeps you from getting into action mode, thinking it will be too hard, right? So, many of my clients are afraid to take a step forward because they think it's going to be so hard, and then when they actually get into whatever it is that they're doing, they realize it was just fear, right? Sometimes, it's hard work but it doesn't mean that it's too hard. It just means that it requires some effort, and anything in life requires effort. If it's worth, you know, having right it's like, I just took my kids to get a vaccination and they were so scared of the needle, they thought it was going to be too painful. And then they got the shot, and it was like “Oh, that's it?”, right? And I think it's the same thing here is sometimes we overthink things and we assume the worst, and we're so scared that we don't even start, okay, living in fear. Again, this idea of, you know, fear can easily take over your life and keep you playing small. But like, do you really want to live like that, okay? Creating a story that keeps you from your goals. How many times have you told yourself “I can't do this because I'm not that kind of person.”, or “I don't have what it takes.”, or you know “That's not me.”. Those are just stories that you tell yourself. And so, if you want something, if you would love to have some goal achieved in your life, you can do that. You just have to create the story that aligns with that goal, and we'll talk about that in a minute, right?

And then also, worrying about how things are going to happen. It's like people sometimes don't create goals and don't go after things, because they're like, “Well, I don't know how to do it. I don't know the right way. Well, guess what? Life is about figuring out the ‘how’ as you go along. So, really you don't have to focus on that, you just have to focus on what you want, and the ‘how’ will show up. And you know, you're going to try it one way, and it's not gonna work, and you're going to learn from your mistakes, and you will try another way, and that's how you keep rolling until you get to your end result. The hell doesn't really matter because there's more than one right way to do things, and what's right for somebody else may not be right for you. So, don't, again, it's like don't overthink it, don't worry so much. Just get into action mode, get started, okay?

We've got some more another 10 of these, this time is less of the mindset, more of the behavior. So, pay attention, okay? Trying to prove yourself to other people or trying to please everyone. This is something that takes up so much of your energy, this is an energy drain. You don't have to prove yourself, okay? And you don't have to, it's not your job to make everybody happy. It's very nice of you, but it is kind of sabotaging, right? How many times have you not gone after what you want because you're so focused on what other people are gonna think, or you know if they're going to be happy, and then you end up feeling resentful. So, it's like what are we doing here, right? You got to take responsibility for yourself, not for all these other people. They have to take responsibility for themselves, okay?

Overlooking what's going right. So, this is a problem because it's so easy for our mind to focus on everything that's going wrong. What is going right at this moment in time, that is where you can have different practices, like gratitude, that really bring you into the present moment and

make you a little bit more mindful about not just the negatives. And this actually can be like a very intentional practice that you do, but really refocusing the mind, we've talked about that, okay?

Criticizing yourself or having that negative self-talk where you beat yourself up for your mistakes. This is never helpful, right? How many times have you done this? We've all done this to some point, right? But you gotta stop doing it because where does that actually lead you? It only leads you to feel bad about yourself, and then have less confidence in yourself, and this is how you end up overthinking things, and having difficulties making decisions, and really doubting yourself because of all that negative self-talk. So, you've got to turn that off and, you know, hopefully you've learned some ways to do that, okay?

Now, overdrinking, emotional eating. these are different ways in which we overdo it, where we look to things outside of ourselves to mask how we feel and allow us to be in the world by avoiding our emotions. And that never works. So, drinking and eating is obviously like a normal thing that we do, but when you overdo it, it's a problem. That's how alcoholism develops and that's how we become overweight, and these are just bad habits to have. So, this is a way that you escape from your emotions, and you've got to learn how to deal with them. Instead, you don't want because otherwise, you know, you're really just creating another problem on top of a problem.

Playing small. I think I talked about that a little bit where you're just holding yourself back and no good reason for them. We'll talk about that in a bit, as well letting yourself off the hook. So, oftentimes we just make all these excuses, and we don't, this is again like the playing small bit, right? Don't let yourself off the hook, hold yourself accountable, you have to make sure, I mean no one's gonna do it for you, okay?

Busying yourself with unimportant tasks. So many times, people say "Oh I'm so busy. I'm so busy.". Well, are you productive? Are you doing things that are important? Are you moving the needle? You know it's so easy to fill up our time in our entire schedule with a whole bunch of stuff to do, but you know we only have this one life to live, and if you want to be accomplished and if you want to spend your time on meaningful things, don't waste your time just like being busy with a whole bunch of stuff, right? If it's not important, you shouldn't be doing it, okay?

Ignoring the plans you made yesterday or procrastinating on your goals. So, are you somebody that has goals? That would be a first step that's really great, and then when you have those goals, do you break them down into little milestones and then schedule them? If you do, that's amazing. Fantastic. But then, if you have all these steps in place and then you ignore your plans, and that's sabotage, right? That's just like you put in all this effort, and now what? You're gonna just not do it? Not helpful, okay? And then giving it to social media addiction, you know? So, it's so easy to just fall into this trap of constantly checking social media, especially if you are somebody who cares very much about what everybody else thinks of you, and what they're doing, and how amazing their life is, and you're comparing yourself to them, etc. Don't go down that rabbit hole, it is just a huge waste of energy, okay.

So, now that we've talked about all the things to stop doing in order not to sabotage, let's talk about how to start really promoting growth and well-being. So, the first 10, and I've got 30 of these for you so hopefully you're taking notes. The first one is to be present. You really want to focus on being in this present moment, practicing your mindfulness. It makes a huge difference because then you're so aware of what you're doing, why you're doing it, and you're not focusing in and all the things that we just said to stop doing.

Acknowledge yourself right. So, one of the things that we see a lot with high achievers is they know how to push themselves and they know how to get things done, but they're always jumping from one thing to the next, and you really got to learn to slow down, and take a moment, and acknowledge yourself for your accomplishments. And even if you didn't accomplish what you set out to do, acknowledge yourself for the effort that you invested in putting into this task, okay? That is life-changing because you know, so many times, we beat ourselves up when we are not successful. But I think it's important to acknowledge the effort, not just the outcome, okay? And I actually worked with the client on this and it completely changed his whole world. He was like "What a concept.", all right? So, be sure to do that, and it's part of what we're doing in this module is really acknowledging all the work that you've been doing throughout this entire program.

Number three, make it happen. Okay, so, this is kind of like the Nike slogan of "Just do it,". Don't get into all the excuses of why it can't happen, why it's not gonna happen, why it shouldn't happen, whatever. Just make it happen. Just do it. It's up to you, you're so empowered, you can totally do whatever it is that you set out to do. So, remember this so, so important, okay? Just start. So, a lot of times, people are like "Oh, I don't know what to do. I don't know how to do it.". And so, they don't even get started. But you know sometimes, when we just take that first step, all of a sudden, we're like "Oh, okay now I know what to do next.". And you just need to start somewhere and then start to build momentum. And that's going to help you ride through the rest of the tasks. And then don't forget to have fun because that is so important. When we are engaging in tasks, it doesn't always have to feel like work. How can you make things more fun, right? How do you incorporate fun outside of your work? So, having that balance is so important.

Taking chances. So, this is instead of living in that place of fear, you really have to take some chances even when you don't know how it's going to turn out, because this is about risk taking, it's about pushing the envelope, and it's the opposite of playing small. Believe in yourself, okay? So, this is about like really trusting that you have what it takes so you can set yourself up to do all the right things. You have to really believe that you are worthy, that you are capable, and then from that place, you will be really unstoppable, okay? Now, finish what you start. So, we talked about getting started, but a lot of times, people start and then they just start procrastinating, and they put things off, and they never actually complete the job. Be somebody who finishes what you start, okay? This is so important. Have integrity. If for nobody else than for yourself, if you say to yourself that you're gonna do something, do it all the way, okay? Listen to your intuition, okay? I don't know how many of you have had an experience where you didn't listen to your intuition, and you went with some other plan, and you got yourself and a whole bunch of hot water. I've had this happen to me, so I know from experience that this is so important. Do not ignore yourself, your intuition is there for a reason. It's there to guide you, so make sure that you follow along. And number 10, allow yourself to feel how you feel. So again, this is coming back



to feeling your emotions and giving yourself permission to feel whatever it is. If you're feeling anxious, if you're feeling scared, if you're feeling sad, whatever the case may be. Don't run away, don't try to mask it, don't try to cover it, really focus in on it, and don't be afraid of it. It will pass. Remember that. So important, okay.

Next page, so we've done the first 10, now get another 10 here. So, build up your confidence. I hope that you are constantly doing this work so that you really can feel like you can do anything, whether it's in your work, in raising your children, in meeting people, and engaging socially or really creating anything you want in the world. Whatever it is, it's really an important thing to be able to feel confident in your gut that you can trust yourself, that you know what you're doing, that you can show up, and if you make a mistake, doesn't matter because you're there to learn, okay? We'll talk about that, too.

Stay consistent and committed. So, whenever you are trying to build a habit, and whenever you want to really accomplish something, you got to keep showing up. So, you got to be consistent, and you got to stay committed to whatever it is that you said you're gonna do if you have a goal or if you've decided to build a habit. Habits don't happen sporadically, they happen when you are consistent. So, if you want to, let's say, build a meditation habit, you got to show up every single day and meditate. And then it'll get easier because then you just become like on autopilot. You're able to remember exactly what it is that you need to do without really having to think about it much.

Now, strive for the impossible. I love this because what seems impossible to you right now is only impossible right now because you haven't done it. But if you strive for it, and then you accomplish it, can you imagine what else you can do, right? There's always going to be a next level, so just really push yourself all the time to do the thing that you think is not even possible. And even if you come short a little bit, it'll get you so much further than if you were just striving for the thing that's easy.

Focus on one thing at a time. So, you know how it is when we're trying to multitask and get all these things done so we don't have to think about all of them. It's not helpful, and it actually wastes time. So, it's a lot more powerful for your mind to just focus on one thing, and make sure that it's an important thing, okay? When you're done with that, you can move on to the next. Remind yourself that you can and that it's possible. We talked about, you know, stop telling yourself that it's not possible, that you can't, this is the opposite.

Number 16, know that the only thing to fear is fear itself. So, remember fear is an emotion. Anxieties and emotion, and sometimes we have anxiety about having anxiety. Do you know what I mean when I say that? Is that something that you've experienced, right? And what we find is that we have more fear about having fear than when we actually have the thing that we're scared of happening. It's not as scary as we thought it would be, okay? And this is true for so many things. It's not just fear, but like pain, you know we get into all this fear about pain. Fear about loss, fear about all these things. So, don't live in that state of fear, just work to create that certainty in yourself to tune into your intuition, to reassure yourself that it's all about learning. And then, you won't be so afraid. Hard work is something to be proud of, not shy away from. So, if you are somebody who is allergic to putting effort into things, remember if you want to be really accomplished, I'm guessing this isn't you, right? I'm kind of preaching to the choir but if

you have your little moments where something seems too hard, remember to bring yourself back to the statement that “Hey, this is something for me to be proud of. If I am able to accomplish this, I’m gonna feel so amazing about myself. And if I don’t even try, how am I gonna feel creating a story that aligns with the result you want to create?”, right? Okay, so start doing that. Start creating that story because that is going to propel you forward. And remember the mind really doesn’t like discrepancy, so when you feed it these kinds of stories, it then tries to create the result in the world, so that it aligns with what’s inside your head. When we do the opposite, that’s when we’re sabotaging. Now, remember you only need to prove things to yourself, so you don’t need to show up for everybody else and try to impress. You really need to just prove something to yourself, and that’s where you set these goals and you go after them.

Number 20, incorporate self-care even at the expense of others’ needs. So, too often, we overlook ourselves because we’re, you know, you’re in the helping profession, you care so much about other people, etc., etc. Or maybe you just think that taking care of you is selfish, you know? There’s all kinds of myths out there about what it means, but remember that if you are burned out, exhausted, depressed, anxious, overwhelmed, whatever the case may be, stressed to the max, how are you gonna show up for other people? It’s gonna be hard. So, if you want to show up in an optimal way, you gotta take care of yourself. You gotta prioritize your needs, okay? This is our last bit.

So, another 10 things that can help start to promote your growth and well-being. So, 21, take time to appreciate what’s good, right? So, we talked about before how, you know, it’s so easy to ignore all the things and focus on what’s bad. But really taking time to have some gratitude, house of compassion, especially when you mess up. So, when we make mistakes, it’s so easy to just fault ourselves, and feel really bad, and beat ourselves up. We talked about that. So, instead have some self-compassion. Number 23, focus on learning from your mistakes. I’ve mentioned this at least three times. 24, seek moderation. Avoid excess in anything. So, this is true whether it has to do with food, alcohol, gambling, exercise, you know, even things that are good for you, when you have too much of them, it actually turns bad. And unfortunately, the opposite is not true. It’s not like, if you take a bad thing and you do a whole bunch of times, then all of a sudden it becomes good, right? But you know, you don’t want to have too much of anything because then it’s not good. So, if it’s a bad thing, quote unquote, where like let’s say, sugar. You know we know sugar is not good for us. It’s not going to promote our health, but we like it. So, we’re gonna have it every once in a while. Too much of it is going to be a big problem, right? You can develop diabetes and all kinds of problems. Obesity happens as a result of it and things like that. So, it doesn’t mean that you can’t have it, but again it’s coming back to moderation.

Manage your emotions appropriately. So, we’ve talked of nothing else in this course, I really hope that that’s like a big piece that you walk away with. This is a big piece of how to manage anxiety is to manage your thoughts, right? That’s one way of doing it. So, I’m hoping that you’re doing that. You’ve got your tapping, you’ve got a whole bunch of different tools that we’ve talked about, both in terms of your mindset and behaviorally, so put them all to good use and really manage your emotions. That is something that is so powerful in the world, and that very few people are able to do, unfortunately.

Hold yourself accountable. So, again this is really important. Sometimes, people say “I can't really be successful. Or I can't do X, Y, and Z because I don't have any accountability.” A lot of times, we need structure and accountability in order to be successful when it comes to certain goals. And I get that, that's why people sign up for coaching, they want the accountability. They want somebody else to hold them accountable. If you work for a company, then they're holding you accountable to show up on time in the morning and to do your work, right? But you also have to learn to hold yourself accountable, and that's because there are certain things that are going to be important to you that are only important to you. Like for example, how you eat. Nobody is going to monitor what you're doing in terms of your food, or your exercise, or whatever it is you're doing for your lifestyle. So, you have to find ways to keep yourself accountable to the things that are important to you. Be intentional about what you spend your time on. This is, man, I tell you, this is so important because time is your most valuable resource. And if you are just going to piss it away, then you know that's on you. You have to be intentional. You're not gonna get that time back ever, okay? So, it doesn't mean that you can't ever just like not do anything. You can absolutely take breaks, and actually you know, meditation is an intentional pause of like not doing anything but just being. And you can absolutely have that in your life, but that's intentional as well, okay? Plan for things in advance and get them done. This is crucial because it ensures that we have that structure in place, that we know what to expect. We're not just saying “Oh, yeah. I'll get to it whenever I get to it.” That's never gonna work. How many times have you done that, and then it's been like years, and you still haven't touched the thing. Whether it's cleaning up your house, or you know, going to visit a certain country, or whatever the case may be, make mindful decisions in each moment. And that can really only happen if you are mindful, so that's why it's so important for us to practice mindfulness, to practice meditation. So that we increase our mindfulness muscle and to make those decisions, each moment from that place of fully trusting ourselves.

And lastly, automate your self-care through habit building. So, as I mentioned earlier, when you are, when you try to do something, whether it's self-care or something else, it's always hardest in the beginning. You have to do the thing consistently in order to create that habit, and that is what's going to make it so much easier over time. So, even if it's hard in the beginning, in the first month, or two months, or three months, eventually it's going to get to a place where you've built these neural pathways in your brain, so that the activity becomes automated. And when things are automated, it takes a lot less energy, a lot less effort. You don't have to think so much, it's just kind of like when you wake up and you roll out of bed. First thing you do is brush your teeth. You don't have to think about it, right? That's habit, and that's when you're like on autopilot. So, you gotta automate your self-care. In the same way, this can help you remove the doubt and just start doing things with more confidence. And I wanted to share this quote from Marianne Williamson because I think it really touches on some of the things that we just talked about, and she says, “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our

presence automatically liberates others.”. Wow, I love that. I think that is so incredibly powerful and I hope that you have something that you can really hold on to from this quote that will continue to bring you here so that you can shine your light, because you are really amazing. You have so much to share in this world. And now I'd love to share with you about the power of the mind. Roger Bannister was a runner. During his time, people believed that you couldn't run a mile in less than four minutes, and doctors actually ran tests and said four minutes is the limit of human ability. Runners always ran above the four-minute mark, but Bannister said this is nonsense, and he said that he would do it. People dismissed him, and then he ran 4 minutes, 12 seconds, and improved until he got to 4 minutes and 2 seconds. So really close, right? Then in April of 1954, he ran the mile in 3 minutes and 59 seconds. So essentially, what happened was he was getting stuck in the same way that everybody else was, because there was this belief that it's not possible. And then as soon as he broke that, even by 1 second, guess what happened? Six weeks later, someone else ran it in 3 minutes and 58 seconds. In that year 1954, 37 runners ran a mile in under 4 minutes. In the next year, over 500 runners broke the barrier. And the next year, they actually stopped counting because too many people were doing it. The power of the mind, it's important to really believe in success and in the possibility of being able to attain what you want, because you are what you think. We've been on a 3-month journey together, and I hope you are at a place now that is beyond what you could have imagined when you started.

So, what's important is that you take the time now to reflect on a few things. Number one, identify and write down things you want to celebrate. Number two, what have you achieved during this program? Often high achievers are struggling but don't ask for help, that alone makes you unique in a positive role model. So, if you know anyone like this, please tell them about this program. Your feedback is invaluable to me. I want to hear about the highlights of the program and your transformation. What was most helpful to you? I also want to hear about areas for improvement, what was missing that you think could make this program even better? As you consider all of this, let me refer you to the link in the module notes. It will take you to fill out the program's post assessment, the burnout meter. Anytime you do anything worthwhile, it's important to write things down. At the start of this program, I had you rate how you were doing in certain areas of your life. I would like to be able to compare where you were, to where you are now. So, take a few minutes to complete this. Now before we jump on a call to discuss your progress and next steps, once you've completed your post assessment, please schedule your exit interview with me. It's a chance for us to discuss your experience in the program and gain some insight about what else you might need. It has been an honor and a pleasure to work with you over the past 3 months. I have poured my heart and soul into this program with the hope that it is as transforming for high achievers like you as possible, so that you don't have to contend with massive stress anxiety, overwhelm, or burnout anymore. As you probably know from experience, burnout can wreak havoc on your mind and your health. So, in ending, I hope you are feeling more energized, more grounded, and more in control of yourself because ultimately, that is the most empowering place to be. So, go ahead and fill out the questionnaire, schedule your call, and share this program with your colleagues so they, too, can benefit. Looking forward to speaking with you on the call. All my best, meanwhile, and thank you for the work that you do in the world.