



MARCH
PODCAST
GUIDE

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MARCH PODCASTS GUIDE

This Podcasts Guide is a copy of my notes used when recording the podcast along with exercises where you can apply the principles and strategies I teach.

I suggest you read the notes and do the exercises.

You can also listen to the audio of the podcast via www.lauracarrocci.com/podcasts or on iTunes.

MARCH PODCASTS GUIDE

PODCAST EPISODE #23 – PLAN EVERYTHING AHEAD OF TIME

Busyness ensures we miss life.

Busyness and overwhelm result in a lot of wasted time.

It indicates a lack of intention or proper planning when it comes to your life.

'There just isn't enough time' is a common thing for people to say.

In truth the issue is not that we don't have enough time, it is that we waste so much of it.

No one likes to admit this.

We love to blame time for why we don't do what we said we would do.

We also love to blame others and when time and other people don't fit the scenario we blame the universe.

'Time got away from me.'

'I had intended to do that, but I ran out of time.'

'I will have to get to that tomorrow/next week/next year when I have time.'

'I planned not to drink but she twisted my arm.'

'I was going to get home on time but the client held me up.'

'I fell off the waggon.'

'Something came over me and I ate all the icecream.'

This kind of language is a problem.

It is excuse language, victim language and it is kids play.

If we want to feel better about time and how we use it we need to get adult about time and how we spend it.

This means planning.

A lot of my clients resist this.

'Im not a planner.'

'I like to be spontaneous.'

'I prefer to go with the flow.'

If you don't want to create anything in particular and you are happy to be at the effect of time, life and others by all means don't worry about being intentional about your time. However know that you risk your mental and physical health if you do this.

Because as a human being you have an internal desire to do things, to create, contribute connect and grow and without any intention being put into how you do this that desire is ignored.

When you ignore yourself, when you are indifferent to yourself and just bump around in life, you will never be able to create a life you are fulfilled in.

When people are indifferent to themselves and have no intention in what they give their time to I see a lot of numbing out, dissatisfaction and eventually resentment.

I also tend to see that the people with no plan, tend to have no time for spontaneous activity and they tend to feel a lot of guilt. Guilty for having to work on the weekend, for being late, for forgetting the birthday or missing the school play.

Planning ahead of time means you are clear on your intention, you schedule your time, you own your life and you take responsibility if you miss something or stuff up.

When we plan ahead of time, using our pre frontal cortex, we make better decisions than in the moment decision making, when we are driven by emotion.

All of you probably have to do lists, with smaller ones divided up across each day of the week.

That is not a plan. It is a list.

A plan is 'an intention or decision about what one is going to do' or 'to decide on and make arrangements for in advance' (thank you google).

In advance.

Intention.

And I want to add to this – good planning – means you have a *desired result* from your action.

You have thought about the result you want from your day, week, month, year and your plan reflects this.

This last year I have taken my planning to another level.

What I added in was a clear result focus.

Planning is something that has always come easily to me, I have always liked a nicely thought out schedule. But a year ago I was good at tasks, to do lists, running around doing a lot but looking back I see that a lot of it was unnecessary.

I realised this once I started having a result focus.

Where there is a clear result that I will achieve each day (and don't get anxious, some days that result can be 'rested').

Consider.

What are the results you want in your:

Business? Career? Work?

Health?

Relationships?

Other areas of your life more generally?

What needs to happen in order to achieve these results?

The you need to decide ahead of time everything with this in mind.

What do you eat?

When do you sleep, exercise, work, engage with others?

Exactly what work will you do, for how long, generating what result?

What will you do on weekends and why? What is the result you will achieve?

How will you think, feel and act? Today? Tomorrow?

Being intentional and planning ahead of time all of it.

Work time.

Family time.

Personal time.

With intention.

In advance.

This is how you live the life you want to live as opposed to a life driven by in the moment emotional reactions.

This is how you create a life that you feel fulfilled in.

I want your commitments to yourself to be as good as done.

I know they can be if you plan your time and honour the plan no matter what.

You have all the time there is my friend.

What are you going to do with it?

PODCAST #24 – PEOPLE PLEASING

People pleasing.

Google it and you get lots of articles on how nice people pleasers are. They do everything they can for you. They never say no.

This is all true on the surface.

Most people tend to be a people pleaser for at least one person in their lives. Some of us are people pleasers for everyone.

'I just cant say no'

'I like to make others happy'

'I am a parent, of course everyone else comes first'

When we are driven by a need to control other people opinions of us or out of a fear of missing out we end up doing a lot of pretending, lying and deceiving.

People pleasers tend to feel like they don't have enough time.

They fear rejection.

They fear judgement.

They neglect their own health and desires.

If left for to long they become resentful.

Making yourself out to be someone you are not is never a good idea.

Long term it wont end well.

It builds relationships based on a false idea of who you are.

The hardest part is the first step, especially if you have been a long term people pleaser.

Because people will be shocked, they quite like you never saying no, and that is not their fault, it is yours.

The best process I know is to have the conversation.

Explain that you will be doing things differently. That you want to be honest and upfront and not pretend you have the capacity, desire or interest to do things when you actually don't.

Tell them you respect them and value the relationship and that is why you are doing this.

That you want the relationship to be strong and last a lifetime.

Then get on with being honest.

Living in integrity means living as one person. It is so much easier when you show up as you, without the mask.

You can access the Integrity Workbook under the 'Extra Learning' page inside the Your Life Designed membership site.

This workbook will help you identify where in your life you are living out of integrity and how to live as one person and release the need to people please.

PODCAST EPISODE #25 – WISDOM FROM STEVEN PRESSFIELD

Steven Pressfield is the author of a number of books.

Below are quotes that are pearls of wisdom I wanted to share with you all.

Pressfield's work has had a tremendous impact on me.

His direct, no bull shit style and his ability to tell it like it is, is refreshing, real and empowering.

He writes about the resistance we all feel to doing the work we know we must do. He writes for authors but his wisdom applies to all of us.

Maybe you want to write a book.

But if you want to get healthier, change career, improve your relationship or create any change in your life that will take you to a new version of yourself, you will feel this resistance Pressfield writes about.

His words changed my life.

I know they can change yours too.

When Pressfield talks of 'resistance' he is talking about feelings including fear, self doubt, procrastination, addiction, distraction, timidity, ego, narcissism, self-loathing and perfectionism.

He writes about what brings up this feeling of resistance inside us.

On what elicits 'resistance' he writes that resistance is felt when we are called to take, 'any act that rejects immediate gratification in favour of long-term growth, health or integrity.'

He writes that resistance, 'will reason with you like a lawyer or jam a nine millimetre in your face like a stick up man.'

Is says resistance, no matter how loud it is, 'is always lying and always full of shit.'

Perhaps my favorite quote is when he talks about how resistance is not to be ignored. It is infact a sign post. He writes:

'The more important a call or action is to our soul's evolution, the more Resistance we will feel toward pursuing it.'

He talks about how friends and family can sometimes appear as Resistance because they know us as who we are and don't want us to change and evolve.

On doing the work (by work he means, taking that act, doing that thing, you know you need to do) he writes:

'Our enemy is not lack of preparation; its not the difficulty of the project or the state of the marketplace or the emptiness of our bank account. The enemy is Resistnace. The enemy is our chattering brain, which, if we give it so much as a nanosecond, will start

producing excuses, alibies, transparent self-justifications, and a million reasons why we can't/should'nd/won't do what we know we need to do. Start before you are ready.'

He writes about not acting on the direction of the, 'chatter' in your mind beause this chatter is resistance.

On research (and I will add here all forms of investigation, googling, weighing of options, discussing and thrasting ideas about...) he writes:

'Research can be fun. It can be seductive. That's it danger. We need it, we love it. But we must never forget that research can become Resistance.'

On being rational, safe and making realistic decisions and goals he writes:

'Stay stupid. Follow your unconventional, crazy heart.'

On the chatter in our minds, the chatter of resistance, the your not good enough, you will fail, chatter he writes (which was a relief to me when I read it), 'If you have got a head, you've got a voice of Resistance inside it.'

On how to combact resistnce he gives a lot of tips and tools, one that stands out for me is:

'The opposite of fear is love – love of the challenge, love of the work, the pure joyous passion to take a shot at our dream and see if we can pull it off.'

On failure he writes;

'Crashes are hell, but in the end they're good for us....a crash means we have to grow.'

And finally.

On ambition. Which many of you feel guilty for having, like it's a drity secret, that desire for more...

'Ambition, I have come to believe, is the most primal and sacred fundamental of our being. To feel ambition and to act upon it is to embrace the unique callibg of our souls. Not to act upon that ambition is to turn our backs on ourselves and on the reason for our existence.'

Don't turn your back on yourself my friend.

Own that ambition.

Expect the resistance.

Do the work anyway.

PODCAST EPISODE #26 – CONSTRAINT

Options are great.

Choice is good.

But your brain is also limited in energy.

The more decisions you make every day, the more energy you drain.

Are you spending energy making decisions that are insignificant?

We also tend to spend a lot of time on decisions that do not warrant the time spent.

Like when you start a google search for an airbnb, and end up on 50 house pages, forget where you saw the one you liked most an hour ago, log off and decide to come back and repeat the process tomorrow.

Having a practice of making decisions strongly, being decisive and being conscious of what warrants your time and what does not is important in preventing decision fatigue.

We also get decision fatigue when we fail to automate parts of our life.

When you wake up every day with no structure or routine you have to make a lot more decisions before 9am than someone who has a routine that is automated and automatic.

You can automate parts of your life by:

- Creating a morning routine.
- Creating an evening routine.

- Automating certain decisions like what you eat for lunch, when you exercise, where you shop.
- Having a set of guidelines that make certain decisions easier.
- Having time that is protected.

A lot of people shy away from having structure and routine.

They want to be spontaneous. They feel like structure robs them of a sense of freedom. In my experience this is wrong.

Structure, routine and ritual give you the freedom you want. The freedom to be able to spend time and energy on the things you love the most.

Without structure and routine you fall prey to other people's demands, requests, expectations and schedules.

Fear of missing out ties in here too.

We don't want to miss the better option, the new thing or the latest one.

We don't want to miss out on the possible opportunity or new connection so we go to every function in December.

We fear missing out on any fun so we try and be friends with everyone and end up spread thin both in energy and depth of relationships.

We fear that our kids will be left out so we go to 5 birthday parties over 1 weekend and run late to all.

Constraint is a beautiful thing.

To decide for yourself to limit, restrict or control areas of your life.

It makes decision making easy.

It protects energy.

It frees up so much space.

Here are some ways you can exercise constraint.

There is no 'right' way to do this, rather it is about deciding for yourself where you want to constrain or automate decision making.

Where you buy clothing to a few stores.

What type, style or colours of clothing you will buy.

What you buy from the supermarket each week.

What day/s you shop for groceries.

What you eat for certain meals / what time's you eat.

Number of nights per week you will go out.

What time you go to sleep / wake up.

Morning routine.

Evening routine.

Number or type of social engagements you will attend.

Days you work.

Hours you work.

Location of work.

Number of clients.

Fee you charge.

Type of work you accept / offers you consider.

The areas of my life I have constrained in or automated, I don't have to think about these things much.

They are automatic.

The structure and guidelines I have created for myself make decisions easy.

No guilt, no fear, no worry. They are my guidelines, my personal rules and they give me so much freedom.

I believe that constraining your decision making, automating parts of your life and having certain personal guidelines and rules for how you live is essential if you have any big goal you want to achieve.

You have to protect your energy and attention for what you want to be creating and not let it be drained by things that are not that important.

If you want to be a connected and engaged parent you have to create guidelines, routine and structure at home.

If you want to grow your business you likely have to protect your work time and structure it so you don't take on too many external commitments.

If you want to improve your health, automating routines, meals and sleep is essential.

This something we see a lot in high performers.

Some automate what they wear.

Where they work.

Hours of work.

Hours of sleep.

What events they attend.

What social media engage in.

What offers they accept.

What type of interviews they agree to.

They use constraint, structure and strategy to combat decision fatigue.

Do you constrain?

Consider the areas of your life where you can implement constraint and structure.

Diet

Health

Career / Business

Relationships

Social life

I exercise a lot of constraint.

For many of you this may be too extreme.

But just consider where some of these may work for you and I encourage you to try them out for yourself.

Constrained to what matters most to you can be a very beautiful thing.

PODCAST EPISODE #27 – HUMILITY

Humility:

Grounding ones worth in your intrinsic value and worthiness as a human being.

Self acceptance, both your strengths and limitations.

Humble people make others feel seen and accepted.

Humble people see life as school, as an opportunity to learn and know that they can work on their limitations from a place of inner respect rather than inner self loathing.

They know that you don't have to be broken in order to improve.

Humble people are more open to criticism, new ideas and advice.

Humbleness is not something that you are born with, you can generate humility by living from that place and practicing thinking that allows this.

Here are thoughts I use to keep myself grounded in humility:

I don't have all the answers.

I only have my experience.

I have what I know to be true for me, right now.

I am always open to being wrong.

I am open to changing my mind.

I am open to a new approach for a new stage.

I am eager to learn.

I provide space for others to be heard and acknowledged.

It's all just belief, very little of this life is fact.

I honour myself and my humanity by developing myself and working on my limitations.

Humility is a willingness to stumble, fail, err, and to take a good look, to learn, to share and to understand.

How do we actively develop humility?

Here are my tips.

1.

Embrace your flawed human self who is always, no matter what, totally worthy...all of us are.

When you fuck up, you are not a failure, you are human. It's part of the deal. It is also never as bad as it seems, in the scheme of the universe and of time, it is a mere moment in time that is soon forgotten.

None of us are as important as we think we are.

2.

Self compassion.

Kindness to self.

See your flaws and love them, own them, without judgement.

Be aware of your inner flaws, your inner self talk, your inner nasty, judgemental self and see her with compassion and accept that this needs changing.

3.

Self inquiry and reflection.

This is the process of seeing where you err, stumble, fail and owning it.

Seeing where you can replace negative thinking or actions over time.

4.

Gratitude.

For what you have, for your self, your life, this life you have.

5.

Respect for the life and opportunity you have and committing to growth and evolution.

To giving value and creating something with your life.

6.

Being totally honest with yourself.

With who you are.

Flaws and all.

Humility is the first step to changing the world around you.

If you want to create any change in your life or the world around you, you must start with yourself.

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