

Hello there. And welcome to the fourth podcast. I am delighted that you are here and joining me on this new journey. This has been so much fun. I absolutely love connecting with all of you and sharing what I have learned and sharing what I am learning. This is definitely an ongoing process for all of us.

And so today, I am stoked because this podcast is all about action. And why we don't take it even if we know it is the right action. So this is a super exciting topic because so many people make plans, and then they either don't even start the plan, or they start, and then they don't follow through consistently. And this is a very common theme that I talk about with many clients. And we all go through this, we think, Okay, I'm gonna have a super healthy and strong body. So I'm going to get my booty to the gym, and I'm going to cut out all the junk, and then the alarm goes off. And you think about how late you are up. And then you just need a few more minutes of sleep. And then before you know it, you don't have time to go to the gym. And then later on in the afternoon, you're dragging, and you just need some energy to get through this project. And so you're headed to the vending machine. Or maybe you're ready to make a sincere change to your work hours, right and you're determined you're going to spend more quality time with your family. And then that other project gets thrown your way or you say yes to something that you knew that you should have said no to.

So this happens with our eating habits with our exercise routines with work-life balance, procrastination relationships with all of it, we know we want to make changes, but then we don't or they don't stick. And what often ends up happening is that people just get tired of trying, someone said to me the other day that they have lost and gained the same 1000 pounds over their lifetime, and that they were just tired of even trying.

So I want to share with you today a subtle, yet powerful way that you can shift your approach and shift the way that you think about action, and really share a different way to think about taking your action. And the bottom line here is that action takes place on three planes if you will. And we generally only focus on one of them. And that is the physical action that we take.

And of course, that is key. We are physical organisms, we are susceptible to energy laws to physics to thermodynamics, and in order to create change, we have to take action. And honestly, that is where the diet exercise, wellness, self-help industry is focused on that action piece, and creating fun and improved ways to take that action. We have so many fantastic tools that we can utilize.

We've got mirrors, online trainers, courses on time management, and ways to track our sleep and our movement, and our stress levels because we are physical organisms who have to take action.

And it can also become really overwhelming. We get stuck or caught in the questions, should I do strength or cardio first? Should I cut out all sugars? And does that include fruit? What carbs can I eat? Which ones can't I eat? Should I use the one minute manager or atomic habits? Or what is the best way to manage time? I just had somebody asked me, "Do you think that yoga or jujitsu is better?" And it is awesome that we have so many different modalities and ways to care for ourselves. I love the technology and the increased focus on taking care of your brain and your body.

And as I said, we can get caught up in all of that, and feel overwhelmed and it can be a place of being stuck. So we just don't start or we see a new way of doing things when the old way was working just fine. So for you to get clear and precise about what it is that you need to do given your lifestyle is key in the last podcast was really all about that action piece and how to actually put together a quick, concise, and relevant plan for you given your schedule. So it's basically how to organize your actions so that they are in alignment with what is most important to you. And there's a simple process for that it helps cut through the overwhelm and the BS and decide what actions will quickly get you to where you want to go.

So I created a very quick one. Three systems that simplify everything because it can be overwhelming to figure out what you quote-unquote should be doing. So for sure, decide your action plan it does not have to be huge. It can just be one physical action that you are going to do because so many of us are overachievers and want to do things perfectly. But the perfect thing is to choose is to decide one right action. So that could be turning off your cell phone when you walk in the door so you can be present and spend quality time with your family. It could be cutting out desserts or cutting out excess sugar. It could be drinking alcohol only on Wednesday night at bowling or on Saturday nights.

And so when I ask people to go through this particular process so the emphasis is that you are the expert of you. And if you take just a few minutes to think about what is your right next action, to create more energy to have more peace, to lose weight, or have more intimacy, then you can define your actions pretty quickly. And here is where it gets really fun.

Because most of the time, we just focus on that physical action piece. It's like the Nike slogan, just do it, figure out what the action is and get it done. And then we stop there. And that's where we focus.

And I will tell you that there are people who find success doing that. I know that my dad was one of those people, he would decide to cut out desserts. And then he would do it. You'd often offer him his very favorite Oreos and milk. And he'd be like, No thanks. He wasn't even tempted. He was committed, once the decision was made, that was it. But for the rest of us humans. Sometimes it's not that easy. And especially when it comes to a particular habit or action that we have been circling around for a long time. It could even be years, this particular action could feel like the bane of our existence. And we wonder why if we are so successful in other areas, why we can't stop binge eating, binge drinking, yelling at our kids constantly showing up late or drinking too much, or whatever it is, why is it so difficult, and we can end up very easily in a state of overwhelm and over desire and feel like we're failures.

But here's the good news. My dad had this piece figured out, even if it wasn't conscious, and I want to share it with you. And it has to do with going beyond the physical action plan, and using the physical action plan to be aware of another action that is happening simultaneously, that many of us are not aware of, and that is the action of our brains. What is going on in our minds? What thoughts are we thinking? When it comes time to turn off Netflix to get started on a project to say no thank you at grandma's birthday party or to order a salad.

So we need to have an action plan so that we can get the physical results. And we need an action plan more importantly so that we can witness our minds right at that point of action, really, right before the point of action, or the point of inaction. And we as human beings have an amazing ability to watch ourselves, we can watch the mental action that is taking place in our minds. And most of us were never taught to watch our thoughts. We think we just have them. And we don't either realize that they're there, or we don't realize that we can change them. And you certainly can't change them if you're not aware of them.

So when you have a plan, you get to watch yourself. So if you decided to skip dessert, and then one night, you've finished eating dinner, and the kids get out the ice cream, your favorite ice cream, you now have the moment where you can watch your brain. And you can watch it say things like, "Nope, you cannot have that dessert, you promised it you would not have it". And then, "Wow! It's family time".

And you know, "It would be great to enjoy it with the kids and you've already skipped dessert twice already. This one time probably won't hurt". Or you go to your grandmother's 90th birthday party and someone offers you a piece of cake and you're like, "No, thank you". But then you're like, "Well, this is her 90th birthday party, this will never happen again. And you never know. She'll be around for the next one. So everyone's eating cake. Don't be a party pooper".

And these thoughts are happening all the time. And they are especially powerful at those decision points at those moments when you are trying to change your habits. And then what happens is, later on, you're like, thinking why did you even do that? Why do you taste that cake, you have no willpower. You ended up having to hold pieces, you have no self-control, you keep trying and you keep failing. You're never going to get this done, what is wrong with you? And then, "Well, you know what, you already blew it. So you might as well enjoy the rest of the weekend and those thoughts and that conversation loops around and around and around." And that internal mental action is what we want to be aware of that mental chatter is fascinating.

I am re-reading one of my favorite books right now it is called the untethered soul. And the author is Michael Singer. And he does a great job of explaining this narration piece, he calls it your inner roommate. And as a matter of fact, we are discussing this internal dialogue quite a bit and the Healthy Leader Inner Circle this month, because we're focusing in on communication, external communication, and also internal communication. And it is fascinating to witness your own thoughts. So I highly recommend this book. And I will include a link to it in the show notes. And the bottom line is that you the real you, your meta-awareness is capable of witnessing that conversation.

So you have an action plan, or what I call a protocol, in order to see what that voice is saying to you. And it is that voice that ultimately will rule your consistency of action and that will determine your motivation and your discipline. And so I want you to know that when it comes time to take your action to follow through on your plan, that voice will always always always have something to say about it. There will be a judgment and analysis, there will be a discussion about why you should not follow through. And this voice is fascinating as you come to the point where you've planned to skip the nightcap, to shut down your computer to turn off Netflix to say, no thank you to that desert, or whatever it is you planned your brain, that voice will not want to do it, your brain will come up with every reason not to do it.

So I want you to know that those thoughts, those sentences in your head, are extremely convincing. And we can make them sound very sophisticated. They can sound like, you know what, this isn't right, I didn't know that this would be the situation when I made this plan. I've done a fabulous job of till now, I deserve this, I didn't know that that would happen. If I don't clean off my desk and go through all my emails, and I won't be able to concentrate and on and on and on. And then your plan goes out the window. That action, that conversation that is going on in your mind is what we want to hear that voice is the root of the real reason that you do not follow through.

And here's why. Because that voice creates another type of action, it creates an action, an energy in your body, that we call a desire or an urge. And boy can that feel intense, that desire that energy in your body is an emotion, you can literally feel it. And that is the energy that will propel you to either take the action or to not take it now nobody else can see this action, right, it's just inside of your body, you certainly can feel it. And if we are not paying attention to the mental action, and the emotional action that is occurring within our own minds and bodies, then our plans will keep getting sabotaged, over and over and over again.

And many of us aren't even aware of what we're thinking. It really matters because those thoughts, create those emotions, I'm going to say that again. Our thoughts, create our desire, our thoughts, create our urges, our thoughts create that energy in our body. And ultimately it is that energy or that emotion, right, that leads to our actions. And so many of us aren't taught that we can learn how to witness those thoughts, figure out what they are, and see how those thoughts create emotions. And so when you're focused on making changes to both your mind and your body, mentally, emotionally, and physically, so that you can lead your life and lead others at your very best, then you are able to follow through on your right action.

So in order for you to remember this, I want you to think about the acronym TEA as a cup of tea. And it stands for thoughts, emotions, and actions. And of course, notice that that action piece is at the very end. Because the cause of your actions, the energy behind your actions are your thoughts and your emotions. And this is the piece that people generally gloss over when they don't follow through. They think that they're not following through because they're inadequate or something's wrong or the situation is wrong, or they don't have enough willpower enough discipline. But if you can pinpoint exactly what your thoughts and emotions are at the moment of decision, a moment of action, well, then you have some really, really good information, you know who you are being in that moment, then I use the word being on purpose.

It's not just about the doing piece, the action piece, but who you are being on the inside what you were thinking and how you are feeling. And so when you are aware of that, then you get to notice how your thoughts do influence your emotions and how your emotions influence your actions. And you get to see that exact cycle that TEA cycle. And this is one of the most important and most empowering things that you can do.

I want to give you an example of a client, who also was telling me that they had lost the same weight over and over and over again. And he knew that when he cut out late-night snacks, and walked in the morning, that the weight would come off fairly consistently, right. And he also knew his own history. He knew that he would be good for a couple of weeks, or even for a couple of months, or until he reached a certain weight that's very common for people. And then things begin to slide. And even though he knew what to do.

When he came to me, he's like, I just I'm not doing it. I'm not following through, I cannot get myself to do it. He would write out his plan. He would set aside the time in the morning, he would schedule it out. And he would have the whole plan to start and then when he came time to do it not right. So when I asked him to go to the decision point to think about how his thoughts were driving his emotions and how the emotions were driving his actions. He reflected back that he wasn't walking, right. And the reason that he wasn't walking is because the alarm would go off and he would just roll over and hit snooze. And so we went to that moment in time and I asked him what is going on in that moment. And he said I don't know I just don't want to get up.

So think about that. "I just don't want to get up." That is a desire, it creates a powerful urge to stay in bed. And that emotion, you don't wake up with that emotion. Right, that emotion comes from a thought. And so I asked him, Hey, so what are you thinking at that moment? And it took a little bit to figure it out. But he eventually said, you know, I'm thinking that this isn't gonna matter, right? That I've tried this before, and it's not gonna matter. So why bother might as well get the sleep. And so now we know that the root cause of him not getting up is not that he was sleepy, or that he hadn't gotten enough sleep, that he was thinking that it just wouldn't work. And so when we are aware of that, we can catch that thought. And that's where we can change it. And then when we talked about the night eating piece, and what was the energy or the emotion driving that, he figured out that when he was on late night calls or doing emails that he was bored, and that he just really wanted a little entertainment a little pick me up, and he would say to himself, you know what, you work hard, you deserve, it won't hurt.

And of course, when you have those thoughts, when you have those thoughts, the urge, the desire to eat grows. And so it's easy to see why people get stuck, why they keep getting stuck in that same cycle. And so then we were able to change those thoughts, change the energy and change his action. And that is the secret sauce, right? Because people normally just focus on the action piece, they start to get uncomfortable for one reason or another, and then they change the plan, or they decide that it's not worth it. And if we are always trying to change our actions, without changing the thoughts, or the emotions that are driving the action, there's just going to be a struggle, right, because we constantly will have to work against our own emotions.

And that is why for so many of us, change is difficult or frustrating. So that is why we do not take action, it has to do with our thoughts and our emotions, it does not have to do with the external environment. It has nothing to do with our own history. It has everything to do with our current thoughts and emotions. And I promise you, I have seen this 1000s and 1000s of times that when you take the time to really understand why you are taking action or not taking action, then you can change it. Right, it does not mean that you have to go back to your childhood or to a past relationship or do some serious deep digging on a therapy couch. It just means you have to pay attention to your current thought, the thought right in that moment and pay attention to the energy to the emotion that that thought is creating. And that is the secret to taking consistent action. Now, it takes practice, right, because your brain has been trained to think in a certain way, right? You've been thinking a certain way for a long time.

So as you go through this process, as you witness the action on the mental and emotional, and physical level as you do that simultaneously, cut yourself some slack, right? This might be a new process. For many of you, it might just be easy peasy for some of you, regardless know that when you begin to look inside of your mind and to see what you are thinking and become conscious of your inner action. When it comes to changing anything in your life and you ask why you're doing it, then you have the most valuable information of all.

So I want for you to practice paying attention to your TEA cycle to those three layers of action. start seeing how your thoughts influence your energy and your body and how that influences your action. And I will share also a download in the show notes where you can see this TEA cycle right in the middle of the Wellbeingness® model. And I dove into the Wellbeingness® model on the first episode and we are going to continue to talk about it because this is the way that it works.

So I want you to be patient with yourself. Give yourself a chance to witness to understand to see what is going on on multiple levels. So there you go. That is the practice of taking your right action, the practice of following through and I would love to hear how it is going for you. I hope that you enjoyed this podcast. It has been my pleasure to be with you and to be in this process with you and to share with you the practice of being the healthiest, most energetic and high performing leader that you can be. So go forth and create with your thoughts, emotions, and actions your most amazing day.

Hey there if you are ready to take your Wellbeingness® to the next level, come visit thewellness.coach where I've got lots of free resources and make sure that you type in thewellness.coach and I will see you there.