

00:00:01 Today's episode is all about why trying to just survive is holding you back, keeping you stuck, keeping you unmotivated and probably unhappy before I get any hate on this. Just hear me out. I'm not saying that your situation doesn't suck. I know that times are tough for a lot of people. And if you're listening to this, maybe that's you, I don't know your exact situation,

00:00:23 your circumstances, or what's happening in your life, but I'm also a big believer that your circumstances don't dictate your experience, your happiness, or your potential. You are not your circumstances. You are so much more powerful than that. I know things might seem tough for you right now. That's probably why I listened to this episode. And I wanted to put this together a special short little episode,

00:00:45 just to inspire and lift you up listening. Cause I'm going to share three simple ways to help you shift from survival to sustainment and even thriving. You're going to hear a fun and practical way to shift your perspective because it's a lot deeper than just telling you to hate change your perspective on this. And I'm also going to give you a simple question. You can ask to make your day to day and any day better.

00:01:08 Here's the deal. I can't change the situation no matter how challenging it feels and difficult it is. I wish I could, but I can't. But I also know this. You don't need me to, you are stronger than, you know, and more powerful than you realize. I promise you this. By the end of this episode, you'll feel inspired,

00:01:27 refreshed, and ready to shift out of survival mode into sustainment, thriving and beyond. Welcome to the Goalden Girls podcast where we believe you can have it all. I'm your host, Lisa Michelle, and I'm spilling tangible tips, gold getting strategies and real life stories to inspire you to tackle your biggest dreams. You're a woman who knows you're made for more,

00:01:53 get ready to leave the excuses and self doubt behind by being vulnerable, sharing your truth and having honest conversations. So you can succeed on your terms together. We'll set goals. You'll actually achieve by staying motivated, having fun and building a community of women, empowering women. It's time to tap into your best self, get confident and truly have it all Goalden Girl.

00:02:16 Let's dive in. Well, hello there. And thank you so much for joining for this special episode of Goalden Girls podcast. I originally talked about this topic about surviving and how to shift out of it on a recent Facebook live. And I thought, you know what? More women need to hear this. Like everybody needs to hear this. So just to give you some context,

00:02:36 I'm recording this on May 28th, 2020 in the middle of the COVID-19 pandemic. But I do believe that any time you've been stuck in survival mode for too long. And you know, when that is, you know, that this episode is something you can come back to and listen to. And

so I hope that it's still relevant for years to come today's episode, I'm calling it special because it's a little different than some of my others.

00:02:57 It's frankly, a little less polished, but I do hope you enjoy it. It's going to be nice short and a little quickie in the best sense. And I hope that the important thing is that I get my point across. And the point is this, that trying to survive is just not enough. And it's keeping you stuck. It's keeping you paralyzed.

00:03:15 It's keeping you in reactive mode, afraid, unmotivated and unhappy. Can we just agree that we don't want any of those things? So before you turn this off or want to punch me through your phone, I want to be super clear with you. I understand that some situations are challenging. Some things it sucks and I can't change. Everyone's suck. And I,

00:03:35 my gosh, you guys, I wish that I could, but I also don't believe that we have to. I don't believe you need me to save you. And I don't believe that we have to change your situation in order to change yourself and to change your life. Trust me when I say this, I'm not saying this from a place of no compassion.

00:03:51 I have compassion. I know some of you, a lot of you are struggling with fear with anxiety, and I've struggled with these things too. I know you have uncertainty in your business. You may have lost your job. You've got children at home, or you're separated from family. There's isolation happening, financial losses, uncertainty everywhere, and heck maybe all of the above.

00:04:12 Let me say this to you. Sometimes we do have to survive. There are going to actually be benefits to being in survival mode. Sometimes when we are in survival mode, it brings us closer to our partners and communities. It allows us to focus on what's important. And we pull together. Sometimes survival mode allows us to access parts of ourselves that we wouldn't otherwise be able to.

00:04:33 We are stronger than we knew as possible. We're more courageous. We have the energy things that we didn't even know possible become possible because there's no other choice we decide and there's no other way around it. I think you could probably relate to. And you think back on your life, you could probably think of some times where you've done this, where you've gone further than you knew you could,

00:04:50 where you've done things that you can know possible. I often ask parents when they've had, you know, lots of kids that I talked to them later. I'm like, how did you have four kids or 10 kids? And they're like, I don't know. I just did. Jen says either something in your life that you just did, you just got through.

00:05:04 I can think of lots of situations in my life. And one of the ones that comes in mind right away is that when Troy and I at first were moving to Vancouver, I had less than two weeks

to back up our whole house to find a new place to live in Vancouver, which is one of the tightest rental markets in the whole world to quit my job and to wrap it up.

00:05:22 And he, while he was at work and we had to move across country like two weeks to do all that, that was survival mode. And I remember going into thinking, Oh my gosh, this is going to make or break us. And I'm really lucky that it made us. And the funny thing is, is that when it was like push comes to shove is,

00:05:38 I don't know if that's the right way to say this, but I'm going to go with it. Um, like we had to come together, we had no choice. We had to move out. We had to find a new place to live and we did it. We got creative. We didn't get a lot of sleep, but honestly we had fun and we made it happen and it made us stronger.

00:05:51 I tapped into energy and creativity that I never had before. So you know what I'm talking about there. And maybe you can relate. Maybe you've been through a busy season or a project at work I've often found as well. You know, after we've passed a loved one has passed away. There's also a different connection that can be established in this survival season of,

00:06:08 of grief. So you know what I'm talking about here, I'm saying that sometimes these situations, this survival, it's everything it's important. And it actually serves us and makes us better. Then there's the other type of survival mode. And that's when it feels heavy, where we feel uncomfortable. Uh, there's a lot of sadness, lots of anxiety, it's stressful and it's not a good place.

00:06:32 This is the survival that doesn't have an end date that it's indefinite. And it's also at the same time, it's not sustainable. And if you're listening, you know, this is really cute. You know, the energy, there's a difference between the two. Again, I'm not talking about, you know, survival mode for a couple of days, a couple of weeks when we had natural disaster,

00:06:49 a family emergency the beginning of a pandemic, just as an example, I'm talking about the season when it's gone past that zone of survival mode. And frankly, we're now just under living our lives. We're settling and we're living in this unsustainable place. And these situations with no end date, this is the time when you're in survival mode where it's not serving you.

00:07:09 And that is what I'm here to talk about because I do believe that you are made for more today. I'm talking about the energy and the perspective you have towards your situation, not the situation itself. I recognize many of you, like I have feel like you're just trying to survive. You're in reactive mode. And I know that there's times when yes,

00:07:29 we do have to do this. But as an example right now, if you're listening to this, we're over three months into the pandemic. And I know so many people are still in survival

mode. And if you feel like you're still in survival mode, whether it's from a pandemic or anything else, and you know, it's not working from you, it's time to shift.

00:07:47 I want to be clear on this. I'm not saying this from an ego perspective or to make you feel like you should be doing more or you're not good enough, or any of that crap. I say this for you. And I say this for your health. And I say it for two reasons. Number one, it is not healthy to sane stress mode.

00:08:02 You are in this survival, you are not doing your body, a service. You're compromising your immune system. You're in fight flight or freeze mode. And it doesn't feel good. Uh, I could Google search and tell you that stress is not good for you. And I'm not going to get into cortisol levels and all those things, but just know,

00:08:18 and you know this, if you're not feeling good, if you feel like you're struggling, it's a cue that it's time to shift out of it. And number two, I got to say this. This is just as freaking important that you are made more made to do more than just survive and die. Your life is still here. You are still breathing.

00:08:36 You are still alive and whatever life is throwing your way, I want you to make the most of whatever experience that is here is also a truth bomb that I got to tell you right now, it is an illusion and this is always true. But especially, I think right now, it's an illusion that we tell ourselves that when something happens that then we will feel a way when I get that job title.

00:08:57 When I hit that revenue target. When I have that client, when I have that dollar number in the bank account, when I wear that specific size jeans, when I hit that number on the scale or when my partner is perfect or he does that thing differently. And the truth is is that that's not the way that it happens ever. And I think so often a lot of us are saying,

00:09:15 if you're listening to this pandemic or anytime, you know, you might be saying, I'm just in this mode until we find the perfect house or until I ended up getting pregnant or until I get that job, or until I go back to school or until there's a vaccine or whatever it is you're telling yourself, guys, it's an illusion. And this isn't just me telling you this.

00:09:33 This is there's research behind this. Look at Sean acres work. He's a Harvard professor to Aww, in positive psychology. What happens is that we tell ourselves when this thing happens, then I'll be okay. Then I will be able to be happy or whatever that is. And the truth is, is that as we get closer and we hit that marker,

00:09:49 we just then move the goalpost again. And we never achieve the happiness and contentment and joy that we so deserve in our lives. This is true all of the time. And I see it way too often in my work and what's happening right now. And if you're in a season of survival, like extended survival, let's call it that extended survival mode.

00:10:06 What's happening is a condensed version of this. And you are telling yourself that you cannot be happy, or you can not be rested, or you can not wa fill in whatever, however you want to feel until something else happens. And then again, that's not to say we don't go through weeks or days of survival mode, but the longterm, we can not live for something else in the outer world to come and to change our inner world.

00:10:28 I'm going to say that again. We can't live for something else and we can't wait for something in our outer world to come in and change our inner world. It has to come from us. It has to come from inside and a decision that we are going to change, that we are going to change the way we feel, the way we see things,

00:10:45 the way we experience our world today, regardless of what's happening outside the world. So with when I say this, I mean that we, we, me too, we're not waiting for daycare to reopen and trust me, I've struggled with that one. We're not waiting for a vaccine. We're not waiting for better weather. We're not waiting for the business to come back or our partners to improve or any other illusion.

00:11:07 We keep telling ourselves, I don't want to invite you to say that we take charge and we are in control. We recognize our power and we step into it today. My friend, well, I feel like that was a soap box, but you know about good. I hope you guys don't mind. All right. So how, how do we shift from this extended survival mode?

00:11:27 That's not working for us into something that is sustainable into living again. Uh, what, just start with number one, ask yourself this. And this is a little blunt, but that's, this whole episode is a little, a little edgy, but I really am sharing this with you guys in service. And I believe that will help. So I want you to ask yourself this,

00:11:46 what are you getting from being in survival mode? Probably more importantly, are you willing to let it go? And this is where it's super important. To be honest, when you're in survival mode, there's something you're getting out of it. And this is a truth for anything. If, if you're doing it, if whatever happened, it is whether it's smoking or staying up late or waking up early or whatever,

00:12:06 whatever it is, you do everything in your life because you're getting something for Ramit. And so I want you to ask yourself, like, what are you getting from staying in the survival mode? Maybe you're getting sympathy. Maybe you're getting to play the victim. And trust me, I know this, cause I've done this. Maybe you're getting validation because people are seeing all how hard things are.

00:12:25 And that makes you feel better. Maybe you're getting to watch more Netflix. Maybe you getting an excuse as to why you're not actually basing your fears because it's a lot safer and more comfortable to stay where you are. And like I tell you guys, I know this, and I

know this sounds a little raw and maybe a little cruel. Um, but this is so important to dive into because when you understand why you're holding onto survival mode,

00:12:48 you can then shift out of it. So let me give you an example here. This is something that I often do is I like overwhelm myself about so many things on my plate and I play the victim sometimes. So I get, I get stuck in this survival mode, myself or overwhelmed because what happens is that then I get to play into this whole,

00:13:07 I'm a solo parent. I do everything. I get it all done. And I get all these people saying things like, Oh, you're so amazing for all you're doing, or I don't know how you're doing it. Get this validation that feels really darn good. And the impact of that is that I don't actually focus on what's important to me and I,

00:13:22 don't always, I'm not always the happiest I can be and I'm not always the best mom that I can be in the best part I can be. And so what I have to do is first understand that, and this is what I'm inviting you to do too, which is what are you getting from this situation? What are you getting from being in survival mode?

00:13:36 And step two is the honest question of, are you willing to let go of this? And for my goodness, if you will, for the sake of your health, your vitality, your life, you're your best self. I want you to be inspired to say yes, that I'm willing to let go of the validation, the sympathy I'm willing to let go of the Netflix girl.

00:13:54 Are you ready? Um, you're willing to let go of the excuses that comfort for what's really in your heart and what is meant for you in this life and in this moment. Okay. So I'm going to assume that you are, you'll recognize, you can understand what you're getting from survival mode and you're willing to let this go because if you're not,

00:14:12 then you might as well turn this off right here. But if you're willing to let it go, if you're willing to go and shift from survival to, to joy, to life, to thriving again, let's keep going. So step two is to choose a different perspective. And I think this gets a bit of a bad rap, cause everyone's like,

00:14:28 Oh, just change your perspective, change your perspective. And how do people are like, well, how do you actually do that? So let me give you a really fun exercise that I often do with my clients. It's a coaching exercise that you can do, um, with a friend, with a partner, with your kids, coworkers. And it's a great way to shift perspective.

00:14:46 You can do this with business problems, with, uh, with family, with life, with anything going on. So here's how it works. What you want to do is you want to grab a piece of paper. Yeah. Maybe a few actually, and you can, Oh. Sets and write down what is the situation? What is the piece that you're stuck on?

00:15:02 What's the challenge you're dealing with and try and keep that as neutral as possible. So for example, instead of being like exhausted because of blah, blah, blah, blah, I'd be like, okay, working from home with kids is my current challenge or career direction is my current thing I'm struggling with or business direction or staying healthy, try and keep it as neutral and fact-based as you can.

00:15:24 Then what I want you to do is literally put that piece of paper, the post to note on the floor, step away from it. And then again, you can do it with this, with a friend, a partner with her family, or you can write it out if that works for you too, but let it all out. What is your current perspective,

00:15:38 your thoughts, your feelings towards that situation, that, that piece of paper that you're looking at, what are your current beliefs about your career direction? What are you currently feeling about your business or about staying healthy or whatever challenge it is whatever's going on? Maybe it's the pandemic. Maybe it's a recession, maybe it's, uh, moving cities, changing jobs,

00:15:58 whatever that is, right. Your current perspective and let that all out and you can talk it out, write out whatever works there and give it a name. Maybe it is, uh, you can set the date that it is, or however, whatever you want to call his perspective. Um, sometimes my clients will call it like, ER, cause they end up realizing they sound kind of like,

00:16:14 you can maybe relate to that. Uh, okay. Then what you're gonna do is you're going to physically move your body. So this is actually combining left brain and right brain thinking where I'm using our bodies and our creativity. This is gonna allow us to access different parts of our brain and different parts of our intelligence. We're going to physically move and look at the paper for a new perspective and choose a different way to look at it.

00:16:37 I'm going to give you a couple of buttons, ways to do this. And um, you can, I want you to do this a couple of different times, but you might decide to look at it from the perspective of a hero or from one of your favorite movies or a song or a color or a quote or a city or anything like that.

00:16:52 Like have fun and get silly with this. So for example, if I was choosing a hero, I might say, okay, well, but Oprah sands literally feel yourself stepping into the Oprah perspective and look at that, that challenge, that problem, that situation, what the neutral thing there, and like what would Oprah say about changing career directions? What would Oprah say about a recession?

00:17:11 What would Oprah say about changing jobs or changing cities? What would be on say, say what would be on say do maybe let that all out and go with that? Like what are the things that, what, from that perspective, what, what is the thoughts? What are the feelings? What are the actions that you would take from that perspective?

00:17:26 And let it all out, go with that and then do this again and do this a couple times. Do this maybe five, six times. So you have different perspectives. If you're doing this with a coach or a friend it's really cool to have them have a piece of paper and write down some of the things that you say out loud, if you do that for yourself,

00:17:41 that works to, um, give that perspective yeah. Name and put it down and then move on and look at that your situation, your scenario from a different perspective. So some other examples, and I'm giving you my ideas, but you can obviously create your own, you know, maybe you pick your favorite color and that's yellow. What would, what would yellow have?

00:18:00 And I know this scene is kind of weird, but we have to actually to change your perspective. It's not something you can say. I'm just going to change my perspective. Like we can't, uh, here's another soapbox coming. We can't just change something. It's not the way that works. We actually have to do something different to get something different.

00:18:17 And that's what this is about. So I know it seems kinda silly, but trust me. So here's what you would do. You would say, okay, what would yellow have to say about this? What would pink have to say about this? What if I was thinking about the song, Britney Spears, stronger song, or, sorry, not sorry.

00:18:30 Or here comes the sun. What would that say or do about this scenario? And I know that seems kind of funny. Um, but play with it, have fun. And what will happen is at the end, you now will have five, six, seven, eight, whatever you feel like different perspectives on that one scenario. And if each one of them,

00:18:50 you're going to have different feelings, different thoughts, and different actions that you could do with respect to that situation. The challenge you're having, whatever it is that you're facing. Now, I would also say this, I would suggest at least one other time make, have one of them be negative. Cause they don't all have to be positive. You know,

00:19:09 you could pick what would ERSA about this? Or, um, maybe like somebody grumpy in your family or like, what would your least favorite teacher have said about this or whatever that is. Um, whatever it is, but like have a diverse set of different perspectives. Now here comes the powerful part. Now you pick, and I want you to remember that you are always in charge of your perspective.

00:19:32 You always get to choose. You're always empowered right now. You're just choosing the perspective that you're in. And if you know what, if you want to go back to it after that, after all that you've talked them all and you're like, no, I'm still gonna sit in, ER, or, or I'm still gonna stay in where I am then that's okay,

00:19:45 that's your choice. You're empowered to do that, but I encourage you to brainstorm. And, and obviously if you're feeling stuck, I'm going to invite you to choose a

different perspective and write it out and then decide from this perspective, what, who are you being from this perspective and what will you do? And that will allow you to access new creativity,

00:20:05 new ways of thinking, new ways of being and new things to do to then move you forward with that particular situation, challenge or opportunity that you have. So that is a coaching exercise. Obviously I would love to actually do that with you, but it's not possible to do with all of you. Um, but I hope that that makes sense. I hope you guys give that a try,

00:20:28 give yourself about 15 to 20 minutes to do that and have fun with it. Again, you can do it on your own. You can do it with a coach and mentor a friend, your, your kids have fun with it. And you're basically literally creating different perspectives on a, such a topic, a challenge and opportunity. And then you are choosing one and you remember you choose,

00:20:50 you're always in charge and take action from the perspective that you choose. All right, now, then all that was a little long, but I want to share that with you. Cause I think it's a really cool tool. Okay. Last thing, last thing you're going to do to shift from surviving to really living your life is to keep it super freaking simple.

00:21:09 Now you can't change everything. We can not change all of our circumstances. We cannot go back in time. But my invitation to you is to check in, and this is something you will probably have to do often, maybe every day, maybe every hour when things are really hard. I have to do this every hour sometimes. And I do this with,

00:21:27 with Troy. Sometimes my partner, he gets a friend, but ask yourself, what is one thing I can do in this moment or today to make this more joyful, to make us more fun, more loving, more playful, whatever you are craving. And you're wanting, what can I do to have this moment feel more calm, to be more relaxed,

00:21:46 what to have this day, um, be stress-free whatever that is for you. And this is where you are your best expert. You know what you need. Just ask yourself that question. What is one thing I can do to make this this day To feel alive today, To be present today, to be less stressed today. And literally just answer that question.

00:22:09 What do you need right now? And what can you do? Maybe it's as simple as playing music while doing the laundry that's that can be really fun. Maybe it is asking for some help with writing an advertisement that you're doing or rewriting your resume. Maybe you can order dinner in or make your favorite meal or bake something fun. Can you call a friend with that brighten up your day?

00:22:30 Can you have a nap? Oh my gosh. Sometimes we just need a nap. What can you do to bring joy in life, back to your life today in this moment, if you have to ask yourself this

every hour, you do it. Now I got to tell you this. It's not all suddenly going to shift. You're not going to listen to this.

00:22:47 And Oh my gosh, the heavens are going to part everything's going to go back to two, whatever, whatever thing you think needs to happen, but it will with small actions with consistent action with checking in often you're going to see huge shifts, especially if you are empowered in your perspective. And then you take action often to give yourself what you need.

00:23:08 So that's pretty much it. It is. It is time. So my invitation to you to let go of the illusion that when whatever it is, when, when that new job happens, when the vaccine is created, when daycare opens, when this person moves away, when I move away that then things will change. I want you to recognize that right here today,

00:23:27 you can create the change that you want in your life. There are some seasons. There are some times where we are in survival mode. We have to be conscious of when that survival mode is allowing us to be focused and to prioritize and access the energy and creativity we need. And when being in survival mode is unsustainable. And it's holding you back,

00:23:45 keeping you stuck, keeping you unmotivated and unhappy. If you're listening to this and you know, like, you know, in your heart, you know, in your soul, you know, in your mind that the survival mode is not working for you, then here's what you do to change it. Number one, you recognize what you're getting from it.

00:24:00 And you be honest about it. If you're willing to let it go. And by the way, if you're still listening to this and you've come as far, I know you are willing to let it go. Number two, you change your perspective. You get honest about your current perspective on the topic and you play around to create other perspectives. Then you choose an empowered perspective that you're going to want,

00:24:19 that you take action. From that perspective. Number three, he keep it simple every day, ask yourself, what do I need? What is one thing I can do to create that right now? That is all my friends. So if you are ready to stop surviving and to step into choice into feeling alive, inspired and motivated, this is for you.

00:24:41 I believe that you are meant for more. You are not meant to survive and then die. You're meant to enjoy life, To feel alive, to have fun, To dance in the rain and to fall down and cry. Really big tears. And to pick yourself back up because you are strong and you are wise and you are capable. If you are listening to this,

00:25:04 I don't know when you're listening to it, but if you're listening to it in 2020 in may or the beginning of June, then I've got something special for you because I know a lot of people are in this situation. I know a lot of you are, so I'm hosting a free seven day. Refresh your goals. Challenge relate, refresh your her year challenge starting June 1st.

00:25:21 And I would love to have you be a part of it. I'm dropping the links in the show notes. [Lisa michelle.com](https://www.lisamichelle.com) four slash seven day refresh. And I want you to check it out. And by the way, if you're listening to this after that date, that's okay. There will be a laneless waitlist available because I'll probably run something like this again.

00:25:35 So make sure you sign up and check out Goalden Girls Community because we do this often, and this is exactly what we're here for. So check out the link in the show notes there too, or [Lisa michelle.com/community](https://www.lisamichelle.com/community). If you are ready to stop just surviving and you're ready to step into your power and feel alive, inspired and motivated. He got to get into the seven day,

00:25:54 refresh your challenge. This is for you. If you are not willing to waste any more time, if you want to refresh and redesign or realigned with your goals, if you want to stop feeling like the first half of the year was wasted or, or like you've, you're so far behind. If you want to release that pressure and get clarity and really create a goal and action plan for what's next.

00:26:13 This is for you together. We're going to get intentional about how you spend the rest of 2020. You are going to feel proactive and intentional instead of always feeling like you're reacting to what's going on. You're going to have clarity on your goals and what is important to you. You're going to create your next goal plan and you are going to take action to make the most of this year and shift from surviving to seriously living your life the way you are meant to regardless of the circumstances,

00:26:38 regardless of the situation. So make sure you sign up for free again, if you're a little past those dates, no worries. Sign up, get on the waitlist. [Lisa michelle.com](https://www.lisamichelle.com) forward slash seven day refresh. I cannot wait to see you in there. So that's it. That's all. If you enjoyed this episode. Oh my gosh. If you could please do me a favor and leave us a written review.

00:26:57 It makes a really big difference. And I would love to give you a shout up just for it. Hi, forgot to do that today. Full disclosure. Um, but usually mind you, my episodes. I give a shout out and I would love to leave one just for you. So make sure you leave us a review. Um, and thank you so much for listening.

00:27:11 I hope that you enjoy this episode. Thank you for being a part of this. You are seriously the best and I cannot wait to see you in our seven day refresh your, your challenge or even better in Goalden Girls Community. Thank you so much for listening. If something spoke to you, send me a message by sharing this episode and tagging me on social media.

00:27:32 If you know someone who loved to hear this episode, please share it with them to his, I love surprises. Make sure you subscribe people only Girls podcast today. It's the only way to find out about bonus surprise episodes and make sure you don't miss a single beat on your Goalden journey. Thanks again for listening. And I will talk to you in the next episode of the Goalden Girls podcast.