

THE COACHING HUB

Podcast Episode 17 - Making commitments to ourselves: going from half-assed to all in

Today, I want to talk about how we can go to half-assed to all in, how we can change the habits that we have and the belief structure and the thoughts that we have around our ability to do things and to stick at things rather than giving up and failing to keep those commitments.

Hello, and welcome to Conversations to Help You Thrive, with me, your host, Ruth Kudzi. I am super excited to have you here. This is a place where we're going to challenge you to think differently, to have those difficult conversations, both with yourself and with others so that you can thrive in your life, in your career and in your business.

Welcome to episode 17. In this episode, I am talking about holding commitments to ourselves. If you're a coach, there is something here about being in real integrity because if we are really holding ourselves in integrity, we are able to hold commitments to ourselves. When we are not holding ourselves in integrity, something happens, and I'll tell you what happens. Often, we are saying one thing and behaving in a different way, and the issue with this is that there'd be a lack of alignment. There will not be an energetic alignment between what we're saying and what we're doing. Often, as coaches and entrepreneurs, our clients and potential clients are looking at us to role model behaviors.

For example, if we're saying that we exercise every day, but really we're at home eating cream cakes on the sofa, how do we expect that our clients are going to hold the standards that we are aspiring for them if we are unable to hold those commitments to ourselves? Let's be honest, we are probably our own flakiest best friend. We can often say that, "I'm going to exercise every day, or maybe I'll do it tomorrow, or I'm going to start writing my book every day. Well, I've got too much on, so maybe I'll do it tomorrow." We seem like that person, who is half-assed, who doesn't really care about what we're doing. We are consistently giving ourselves a message. It is okay to say that you're going to do something and not to follow through. What kind of message are we reinforcing in our belief system if in our brain that it's okay to be half-assed? It is okay to talk about things without doing them. It's not the kind of message that I want to have, and I'm sure that many of you feel the same.

Today, I want to talk about how we can go to half-assed to all in, how we can change the habits that we have and the belief structure and the thoughts that we have around our ability to do things and to stick at things rather than giving up and failing to keep those commitments, not showing up for those dates with ourselves.

How do we do it? Well, first of all, when we're saying that we're going to do something, are we connecting in to why we're saying it? Are we connecting into what it's going to give us and what is going to be different? Are we making sure the commitments that we want to make to ourselves are about things that are important to us?

I'm going to give you an example. Back in March 2020, I made a comment to myself to exercise every single day, and I think probably since then, we're now in August 2020, for five months in. I probably have failed to do that once or twice, and those have been not the norm. How did I hold that commitment? Well, I made it a nonnegotiable, and I made it easy for myself to do it.

When I'm saying exercise, that does not mean that I need to run every day. That does not mean that I need to do HIIT every day. That does not mean that I need to do anything huge every day. That commitment means that every day, I want to do something that moves my body. If I'm not feeling great, if I'm feeling that energetically I'm lacking, maybe that's going to be dancing. Maybe that's going to be a walk. Maybe that's going to be spending a little bit of time outside. I'm giving myself some flexibility, and that flexibility enables me to actually stick to the habit and stick to the commitment. Because the reason that we often fail our commitments is because we try and overload our brain with all the things that we could do because we know, we've read the books, we've done the work, we know what we should be doing. We know that drinking eight glasses of water a day and 30 minutes of exercise and 10 minutes of meditation and this and that and this and that are great habits to have.

We know they're success habits. We know that the millionaires and billionaires do them, but we decide that we're going to do everything all at once. We go from no exercise to 30 minutes a day HIIT, an hour of yoga every single day. Of course, the jump between where we were and where we now are is too huge, and we find ourselves flailing. Because we fail, we then create a story that this is our new reality. It's our reality to fail. It's our reality not to do that.

What's the alternative? The alternative is to start small and to start with one thing and to build, so you're able to continue to build and grow. You're able to continue to leverage the things that you already do to build those mega habits, those atomic habits as James Clear would say.

I want you to think about a commitment that you really want to hold yourself, something that you haven't been doing that you want to do. Maybe it's exercise. Maybe it's writing that book. Maybe it is meditation. I want you to think about what that commitment looks like for you, what it feels like and connect deeply into your why.

Now I want you to make it a nonnegotiable. I want you to imagine that you have shared with me that you're going to be doing this and why you're going to be doing this and how this is going to make a difference to you. Then, I want you to go all in, and I want you to schedule for success. I want you to say, "Right. I'm going to start doing it at this time every day, or I'm going to do it after I do X." I want you to think about, okay, it gets to 8 PM at night and I haven't done this thing. What am I going to do? What is going to remind me? What's going to keep me accountable? How do I need to show up to be that person that holds commitments for myself? Because I'll tell one hint. If you are holding a commitment for yourself personally, you will be able to hold clients even better, and if you are holding a commitment to yourself, if you are showing up for yourself, you are going to show up for others, and you're going to show up for others on a much deeper level.

This is my question today. How do you show up for yourself in a way that makes it a nonnegotiable and a no-brainer for others to show up for you? When we hear about in coaching, you can only go as deep as you've gone yourself, this is what it's all about. This is what it's talking about. Start to show up for yourself in a way that you would like others to show up for you. Feel free to share in my group about how you get on. Take care.

Thank you for tuning in to Conversations to Help You Thrive with me, Ruth Kudzi. I hope that you have enjoyed this podcast. If you have, please remember to give it a rating and to share it with others. I would love you to continue the conversation over in my Facebook group. It's called the Coaching Community with Ruth Kudzi. I would love to see you there.

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