

THE COACHING HUB

Podcast Episode 2 - Tackling the inner critic

Ruth Kudzi: How do we start having those conversations with ourselves? I'm not recommending that you sit in a dark room, talking to yourself. A great way that we can have those conversations is by using the power of writing.

Ruth Kudzi: 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.

Ruth Kudzi: One of the ways that we can have conversations to help us thrive is when we start having those conversations with ourselves. I'm talking about having an honest conversation with yourself. I'm talking about tackling the inner critic, but also talking to that inner cheerleader. We all have them. We all have those voices in our heads that tell us to do things or tell us not to do things, and often we have other people's voices in there too. I'm sure that we can all say times where we've gone to do something or not gone to do something and we've heard one of our parents or teachers or our partners in our head telling us to do or not do that thing.

Ruth Kudzi: So how do we start having those conversations with ourselves? I'm not recommending that you sit in a dark room, talking to yourself. A great way that we can have those conversations is by using the power of writing. When we write, we're able to get our thoughts out of our head. So we're able to make sense of them, and therefore we're able to delve into them and start having that conversation, that inner dialogue.

Ruth Kudzi: So where do we start? Well, the best place to start is by being completely honest with ourselves. What do we actually want? When was the last time that you wrote down a list of everything that you wanted? In coaching speak, there's an exercise that I get people to do. I get people to draw three columns on a page, and in those columns, I get them to write down everything they want to be, everything they want to do, and everything they want to have, and I'd love you to have a go at this.

Ruth Kudzi: So three columns, top of each column, be, do, and have, and then in each column, everything you want to be, everything you want to do and everything that you want to have. And for each of those, I want you then to consider why. What's the reason

you want to be that or do that or have that? And if you find that difficult, it means you don't want it enough.

Ruth Kudzi: So stick with those ones that you've got a strong why for, and I want you to look at them. I want to say, which are the priorities, which are the ones that you really, really want. And then I want you to ask yourself when you've got that list of priorities, of those things that you want in your life, how much are you making those a priority? How much are you making those a non-negotiable every single day? Are they the focus of your day? Do you always dedicate time to these priorities? What are you doing actively to make sure that they become a reality? Because if you're not, then I'd like you to question yourself. If you're telling yourself that these are priorities, what is stopping you acting in a way that is consistent with them being priorities?

Ruth Kudzi: It's very easy to write something down on this sheet of paper. It's much more difficult to take the action towards it. So if these are priorities, what is stopping you making them priorities? What is stopping you putting those into your schedule every single week so that you know that you've got dedicated time for them, so you know you've got dedicated heads pace and so they don't fall off your agenda?

Ruth Kudzi: If you haven't done that already, I would highly recommend that you do. But if they're there and we're not doing them and we're not paying attention to them, then we're probably self-sabotaging. So I wonder when you're having those conversations with yourself, what you're telling yourself about your ability to actually get this stuff done, to actually live that life that you want to live, what's stopping you? What are those conversations that you're having with yourself that are telling you that you're not enough or that you're not worthy or that you're not ready or any other thing that you're telling yourself that is stopping you move towards these goals?

Ruth Kudzi: I want you to be honest with yourself. How long have you been telling yourself this stuff? How long have you been allowing yourself to stay where you are, to not pushy those things that are important, to not be honest with yourself about what you really want? Are there some things that you're scared of saying? Are there some things that you're scared of admitting to yourself? Are you worried that maybe your relationship isn't in the place that you want it to be, or maybe that business that you tell everyone that you love, you're not feeling that you're in love with?

Ruth Kudzi: The only person who can change these is you. The only pass that you can change anything about your life is you. So this starts with brutal honesty, looking at what you want, and then have a look of where you are now. Be honest. How'd you feel about it? How do you feel about where you are? How fulfilled are you? Do you feel like you're thriving or is it something different? Take a step to look at it. Where are you thriving? Where are things really give for you, and where, if you're honest, have you neglected?

Ruth Kudzi: We all know where we water, the grass grows, and sometimes in our lives, we're watering somewhere so hard that we've forgotten about that grass behind us and

it's getting a bit brown. It's getting a bit grim looking if I'm honest. So I want to be brutally honest with yourself and to have that difficult conversation on where you currently are. And then I want you to say, what are your non-negotiables? Why do you really want to go? And I want you to make that commitment to yourself.

Ruth Kudzi: If you're in my Facebook group, come and post it, get some public accountability and support. Because ultimately, you are the person who's in control. You're the person who's in charge. So when you've done that, I want you to make sure that the thing that you've said is a non-negotiable is a non-negotiable. Which means it's in your diary every day or every week, which means that there's time blocked out, which means that you're going to focus on that when you look are those things that you're going to take off your done list or add to your done this at the end of the day, which means you're going to measure your progress towards it. And if you don't know how you're going to move towards it, you're going to get somebody to help you.

Ruth Kudzi: You are the person who's in charge of your destiny, but equally, if we don't have these conversations with ourselves, if we allow ourselves to go through life sleepwalking, we're not going to thrive. If we don't say, "Actually my relationship isn't where I want it to be, my business sucks, I don't like my job," then we don't even start that conversation where we're going to do something about it, where we're going to change it. We're going to make forward progress towards a new goal, a new way of being, a being where we're thriving.

Ruth Kudzi: I would love to know what you're going to focus on changing first. We don't need to change everything. We don't need to throw the baby out with the bath water. What we do need to do is we need to be honest with ourselves. What is that biggest thing that we're stopping doing? What is that biggest thing that we're stopping changing, and what if we weren't afraid? What if we weren't afraid to go out there and live that life that we want to live? What if we weren't afraid to challenge ourselves? What if we weren't afraid to have those difficult conversations with ourselves first of all?

Ruth Kudzi: 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.