

Butterflies



Too often our self-doubt tells us we're not ready, we're not worthy, we're not qualified, and on and on. A voice in our head says that we're not good enough. Well, that's junk. That's stinkin' thinkin'. The time we've spent doing what we do, seeing what we see, learning what know has prepared us for the majority of the challenges we face each and every day. Sometimes those challenges are bigger than normal, like a speech to 7000 people or a foul shot when the game is on the line. But life and livin' have made us ready. You got this. We got this. It's go time.

Debrief the video with these questions and challenges:

- Share a moment when you felt you weren't ready for a big challenge and the result was better than you could have predicted, and you realized that you were better prepared than you had given yourself credit for. What happened? What did you learn about yourself?
- Where does this thinking come from?
- What are your beliefs about success?
- How many of you have heard of the Imposter Syndrome? It affects all of us, but women more than men.
- When we realize someone close to us is suffering from stinkin' thinkin', most of us try to step in and pump them up. At the same time, though we allow that type of thinking to rage in our own heads. Share your reasoning behind why we want to stop other people from thinking like this but we allow it to happen to us.
- Could someone's lived experience cause them to see and feel differently about a similar situation? (Based on my Race? Gender? Age? Sexual Orientation? Abilities?)
- Is there something you tell yourself when you're facing a mighty challenge that helps you focus and

gives you strength? A verse or phrase or mantra? Where did it come from? What does it mean to you?

Notes:

The bias of some people is to focus on their failures and not their victories. When given question one above, they'll quickly remember a time when they fell short of their or other's expectations. Encourage them to recall a memory of unexpected success. If they can't (or won't) don't let them sabotage the dialogue.

Listening to your inner critic is there to keep you safe — but when done right, it can be a useful tool. Self-Doubt can be the destructive inner voice that holds you back OR you can choose to let it be helpful in seeing your limitations, recognizing a bad idea, or taking accountability for a failure or mistake. Name it — and Reframe it into an opportunity!

Let it motivate you to keep learning and growing!

PRO Tip: We don't experience this type of stinkin' thinkin' when we work in an environment of inclusion, value, respect and belonging. What is your environment like — do you have an environment of inclusion and belonging? When we are surrounded by people who respect and appreciate us for who we are, when we feel psychologically safe enough to be creative and take risks, and when we can trust that we can speak our ideas without judgment, we don't hold back, and we give it all we got!


CAM MARSTON