

MAKE MORE MONEY AS A DIETITIAN

EP.146: Trying Too Hard

Intro

[00:00:00] Welcome to the Make More Money as a dietitian Podcast, where we talk about all things, money, mindset, and marketing. So your nutrition business can thrive and you can make a bigger impact in the marketplace. I am your host, Christine Dyan, registered dietitian and money mindset expert. Let's get started with today's episode.

Episode start

[00:00:28] **Christine:** Hey there, dietitian friends. Welcome back to another episode of Make More Money as a dietitian. Today's episode is 146 where we're going to be talking about trying too hard. Now. One of the things that I know is a big deal just in the online marketing space is that we tend to want to compare ourselves to others who are doing a thing that we want to do. Maybe they have achieved some certain level of success that we want to achieve. And we compare our beginning to another person's middle.

[00:01:10] Now, while in theory, we all know that this is kind of not realistic. We all tend to do it. I do it sometimes, and I have to bring myself back. I have to reign myself in and say, Hey girl, Hey, remember where you are is exactly where you are meant to be, and just allow this other person to inspire you for what is possible but that doesn't mean you're supposed to be there where they are just yet. I have to bring myself back. Okay.

[00:01:46] And so today I want to talk to you about why trying too hard on your unique journey just isn't the best way to go about things. Okay. So let's go ahead and just dive right on in. Okay. Let's dive right on in today because I really don't want to have this be a really long and drawn out episode, but I really more so want this episode to be something that you are inspired by, something that you feel like you can kind of use to remind yourself that you are aware you are meant to beam.

[00:02:28] So why trying too hard can actually backfire. Okay. This is something that is near and dear to me as well, because I know that I've in the past, spent so many years trying way too hard, and it really did not help me get to where I want to be. Now, if you ask any successful person what actually got them to where they are now you may hear some version of. Quote, unquote, a lot of hard work. Right? It's an answer that makes intuitive sense, I would say. And I'm sure you can think of examples where you believe that you may have failed because you just didn't try hard enough now in anything that you are working toward. Effort is definitely important. Okay.

[00:03:34] But this simplification, the idea that putting in more time, more thought more energy into something is guaranteed to give you better results. Doesn't actually show the whole picture. My friend. Now, maybe you're one step away from achieving your financial goal and you put so much pressure on yourself that you don't actually end up hitting the mark.

[00:04:13] You actually may possibly end up losing a little bit of money. Or if you're still working, maybe you land an interview for the job of your dreams and you spend hours prepping for a response to every question that you can think of, that they may ask you. And then you get there to the interview and you fumble on the most basic question.

[00:04:49] People have been grappling with this idea of hard work leads to success for many, many years. Okay. But I just want you to just take a, listen to what I have to share with you today about the fact that it doesn't take so much hard work. Can you just believe for a moment that hard work, trying too hard doesn't necessarily lead to even more or greater results.

[00:05:39] Okay. If you can just lean into that a little bit. I also want to offer you a little bit of good news. The good news is that there are some ways that you can move a little bit more simply through the process of achieving your goals without feeling like you're on this hard work path without feeling like you are a part of the hustle and the grind crew.

[00:06:12] Okay. So today I'm going to share with you three things that I want you to consider instead of working so hard or trying too hard to achieve success. Now, the first thing I want you to do is to let go of control. Now if you're anything like me, you might be a control enthusiast. Hello, my friend, I am you and you are me, but I want to invite you to let go of control.

[00:06:55] It is probably one of the more challenging things that you will learn how to do. And it is something that you will have to... control is one of the things that you will have to unlearn on a regular basis. This is not something that you learn how to do and then it's like riding a bike and it's forever that way. Even if you haven't rode the bike in a while, you just get back on and it's simple. No, my friend letting go of control for most of us is an every day unlearning. So if you can let go of control, that would be the first thing that I would suggest for you.

[00:07:51] The conscious mind has, and I want to share something with you about the brain. Okay. You know, I love my brain science stuff, right. So the conscious mind has a very small capacity than the unconscious mind. Okay. It's much smaller, much, much smaller than the unconscious. And our body sends about 11 million bits of information to our brain every second, but we can only consciously process about 40 of those snippets at a time.

[00:08:30] And I just want to pause right here and say that, that, distillation down to the 40 snippets. Is due to our reticular activating system. Now it is a common instinct to try to put

more conscious effort toward a situation than necessary. But when we do this, sometimes the opposite reaction is actually more useful, which is just letting go of control because you really cannot hold on to all of the things there's only so much that you can do. There's only so much that your brain on the conscious level can handle. So when you're trying too hard, it really is not working. It is not working. Even when it comes down to like the neuroscience brain capacity level and, and realization of things.

[00:09:46] So when you are feeling like, oh, this is really getting hard, I want you to step back and just think of how you can let go of a little bit of something, something. How you can pull back, maybe how you can, take some of the things that you are doing off of your plate and delegate it. Or maybe if you're not at the stage in your nutrition business, where you can delegate, then maybe it's time to really do a reassessment of how you are utilizing your time and how you are planning out your things that you're working on. Are you working on too much? All at the same time, that is something that I would suggest you take a look at when you are in those moments where you're feeling like. You're trying too hard. Take a step back, let go of control,== maybe do some delegation, maybe reevaluate or reassess, how you are working when it comes to your time. Okay.

[00:11:10] Now, another thing that you might want to consider is to act the part and what I mean by this is to treat whatever it is you're trying to do like you are actually there already. Okay. Maybe if you stepped into the role of being that business owner that you all ready or I should say stepped into being the business owner that you are working towards achieving. It won't feel so hard. So the first thing that you will want to do when it comes to this is make a list of all of the characteristics of the person who has what you want already.

[00:12:16] The person who is the ideal business owner, maybe that person is a real life person. Maybe that is something in your mind that you have visualized already. Maybe it's you and it's your future self, and you've already visualized yourself as this person. What are the unique characteristics that you need to embody on a daily basis to redefine who you are right here? Right now? This is so important.

[00:12:56] And I know it probably seems kind of weird and just like, yeah, yeah, yeah. Christine, but listen, friends. People make a whole job out of acting. There are people out there who are actors and actresses who are playing the role and they do a freaking amazing job of it. And there really is nothing wrong with that, but for you, you're not making a whole job out of acting. What you're doing is you are creating a new identity for yourself. It is very important that as dietitians who want to be in business for themselves, that you are actually taking on a new identity of being a business owner. I have seen so many dietitians not do well at being in business for themselves because they are trying to run a business with their dietitian hat on, and you can't do that. You already have your dietitian skills and expertise and all of that. You have that down. Now it's time to embody the characteristics of a business owner. And if you don't know what that is just yet, that's when you have to step into acting the part.

[00:14:34] Okay. And what that means is first and foremost, defining what those strong characteristics are of a really strong, confident, excuse me, business owner. That is first and foremost. What are those characteristics? Maybe it's someone you admire already. Maybe it's someone, real life, whatever it is, list those characteristics. And then just start toying around with one or two of them every single day.

[00:15:17] How does that sound? Is this something that you would be willing to do because it is really important for you to embody business ownership, embody being a CEO of, and if you're a female, oh, a female CEO, a woman CEO who owns a business, not just, oh, I'm a dietitian and this and that. No. If you want a nutrition business, you have to step into business ownership and being that CEO of a business.

[00:15:56] So very important. Some people may call this, fake it till you make it and whatever you want to call it, it can be an effective strategy. In the face of moving forward in the face of having more confidence. Okay. Try that on. I really would encourage you to begin acting the. Have a business owner. And the third part of this is to focus on the end direct part of the process.

[00:16:37] And what this means is that I really want you to begin to not maintain your focus so hard on the nitty, gritty, minutiae. Okay. But what about zoning outward? What about the indirect part of the process of becoming a business owner, which would be your environment around you? Those who you are meant to serve as well? It really can be helpful to take a macroscopic, look at how you are showing up in your business so that you don't feel like you're in a capsule in this little bubble where you're just so laser focused on your computer screen. But you don't see anything else around you. Okay. So it is really important that you just exhale and give yourself breathing space every single day.

[00:18:17] Because even though I know this part of your life, your, your profession, your, your career as a dietitian is important to you. I know it's natural for us to just tighten up and try harder. We've been conditioned to believe that that is the way, but sometimes when you try too hard, that only leads to setbacks. To make, make it happen for yourself it's important to work at it. Absolutely. And then I want to suggest that you strategically step back and let your unconscious brain do what it already knows. And your unconscious brain knows how to lead, because that is what the unconscious brain does. Every thing that you do on a regular basis, not everything, but a great majority of your actions on a day to day, come from your subconscious mind.

Conclusion

[00:19:44] And so I'm not here to say that you need to just be Willy nilly and not plan and, you know, use the parts of your brain, the executive functioning parts of your brain for planning ahead and taking action from those plans and all of that. But what would happen if you just let go a little bit, let go of control.

[00:20:10] Release control around any kind of specific outcome or in regards to dates times, what a certain goal has to look like when you achieve it, all of that. What would that feel like for you? If you were to just release control a bit, if you were to start trusting the process. If you were to start embodying a more confident CEO role, you know, confident CEOs know that sometimes the best laid plans just don't want.

[00:21:00] And then there are times when we have to keep readjusting, recalibrating and moving forward. That's what confidence CEOs really understand. And so trying too hard, my friends trying too hard to succeed, trying too hard to be like someone else that you admire, just trying too hard. That is not the best way to go.

[00:21:32] So I hope this has helped you to just think about how you want to redefine success for yourself, how you want to work towards achieving your goals and how you want to define your role as the CEO of your business.

[00:21:56] And if you need help with any of this, especially the mindset pieces, and really up leveling your confidence as a business owner, I am here to help, you know, that you can head on over to Manipura Centre, manipuracentre.co/privatecoaching .Check out what the private coaching can do for. Schedule a consult to see if the work that I do would be a good fit. The consult is absolutely free. You have nothing to lose and you may just gain a few tips here and there, even just within that hour of time that we spend together on the call.

[00:22:50] So I invite you to schedule a consultation. manipuracentre.co/privatecoaching, and listen here, my friends, we no longer have to be control enthusiasts in order to achieve our goals. That is one thing I promise you for sure. Have a great rest of the week and the weekend had, and I will see you on the next episode of make more money as a.

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[00:23:22] Hey there. Do you want to make more money as a dietitian then head on over to our website@manipuracentre.co again, that's Manipura Centre.co, where you'll find free resources to get you started. And if you are so into. Get your name on the wait list for an upcoming incubator program.

[00:23:46] I hope to see your name on the list so that I can help you get started making more money as a dietitian. .