

There's a whole world out there of people that need you to serve them. You are now investing your time and your energy and you are stepping up to be that person and that woman who makes investments like this who takes her business seriously, who's willing to go on, who is driven, who is ambitious, who is going to make shit happen no matter what. This is focused, fierce and financially free. Here's your host Jen Scalia. Welcome to focus fierce and financially free. This is your quick bite podcast for online entrepreneurs who want to create wealth and freedom. Look, they're bigger so you are in the right place. If you're looking for the mindset on strategy to get seen, known and paid online, I'm your host jumps really a success and wealth strategy. I want to thank you for joining us today for today's episode and please make sure to join us every week where you'll get a short 15 to 20 minute audio training on how to build wealth from the inside out.

The little bit of strategy, little bit of mindset, and a healthy dose of tough love with 100% authentic, raw, and real advice on how to navigate this crazy world of entrepreneurship. So in today's show, we are going to be talking about how to unleash the leader within. We all have the power to really lead to really get to the forefront of what we are destined to do, to help people, to guide people, to lead, and to change people's lives. A lot of times we just kind of get stuck in our own heads or we get stuck in our stuff and know that we can see incredible results for our clients, but we doubt that within ourselves. So today we're going to be diving into that a very common problem amongst those healers and coaches and people really in this transformational space. So without any further ado, let's dive in to today's episode.

Today's all about unleashing that leader that's already in flight of us and using our Mingy leadership skills on ourselves. Now, this is a novel concept, right? I can't tell you how often I hear. I can do this for my clients but not for myself. Or I can give great advice to other people, but I never know what to do in my own situation. Most people that will come to me and say something like that are like, this is going to sound really weird. I tell them, no, it actually doesn't sound weird. I feel like I hear that from literally every single person when they can't figure something out. So really today is about figuring it out on her own and knowing that we already have the answers inside, right? Because the truth is if we focus and we commit, we actually can come up with a solution.

We actually already, and the answers are already there inside of us. It's just time to uncover and unleash them so that we can become the leader of our own lives. Really what this has to do with is about setting your own rules, standards and non-negotiables. So we've talked a lot about commitment and you know, kind of making our power statements and committing, declaring what we want. But now it's really more about solidifying it in the way that this is a rule. It is your standard and knowing that you have to raise your standard knowing that there's going to be certain things in your life that are non negotiables, like no questions asked, period. This is just the way that it is. And that's what I want you to step into a lot of times because we're so trained to think certain ways and we have all these kinds of beliefs that we've had for many, many years.

It's easy for us to like maybe commit to something or say, Hey, I'm going to do this. We ended up going back on our word. But when you have like a rule or a standard, somebody that's just absolutely non-negotiable, you don't go back on that. So I want you to even think about in real life, you know like most of us are pretty good at like, you know, respecting other people and making sure that we do things the right way. And you know, I'm not telling you to not be a rule breaker because Hey, I'm a little bit of a rule breaker as well. But the reality is a lot of times we're, we're doing what we're told to. We're doing what we're supposed to, whether that's driving the speed limit or not breaking the law, or you know, if there's certain policies in a Facebook group, we followed them.

It's not that we don't want to be a rule breaker, so we don't want to be an asshole. So I want you to think about this in your own life as well. And I want you to start to create a set of rules, standards, and non-negotiables for every part of your life. I want you to think about your health, your body, your fitness, your relationships. Maybe you know, for you it's a relationship and you have certain standards. And I know many women already have this, right? And we have our certain standards of what we look for in a partner. We want it that way. And if it's not that way, we don't accept it, right? It's kind of like not settling for today's lesson, I want you to think about all the areas of your life and I want you to set your own rules, standards, and non-negotiables in those areas.

So the next part of this is what I like to call personal policies. It's essentially the same thing, but it's just a different way to look at it. Create a personal policy because we're rules can be broken, standards can kind of be up in the air, right or, or can kind of be shifted sometimes when you have a policy and an essentially that's your non negotiable. When you have a policy in place, people can't question policies. I actually have, you know, some personal policies, but I also have some business policies and you know, one of my policies is that I will not do a solo email for a telesummit. And that's just one of my policies, just what I've implemented in my business to save the relationship that I've created with my list. And you know, just because that's what I want to end. So whenever people ask me to do it, I kind of simply reply with, you know, we have a company policy that we don't do this and the policy is never questioned because the policy is law essentially.

It's just the way that it is. And I have had people say, you know, I totally respect that, I understand that, but can you just explain to me, you know why that is or why you've put that in place. So no one ever questions the policy, but they're curious as to like, you know, why did you put that in place? Right? So create your own personal policies and business policies around all those areas of your life so that this is the new standard, not only for you but for other people. I really want you to stop following everybody else and make your own damn rules. Because if we're really to look at it, you can see certain areas where you are following, where you're not leading. I want to just mention a quote that sometimes I like, but sometimes I really hate. And the quote is how you do one thing is how you do everything.

I don't know why I just have this thing with that quote because I feel like it's just not accurate really. But what I've discovered by doing these lessons for you is that the coat actually is just missing a word. And that is how you do one thing is how you can do everything. So if you're able to manifest the perfect mate, if you're able to manifest a perfect relationship and you're able to manifest a perfect body, there is no way that you can't use those same skills and manifest the perfect business, the perfect finances, whatever else it is you want. So how you do one thing is how you can do everything. So if you're able to do it for one area of your life, you're able to do it for the others. I want you to think first and foremost about what standards do you hold everyone else accountable too.

This is a tricky one, right? Because a lot of times we are, you know, holding other people accountable to like these certain standards and, and if people don't meet our standards we kind of have something to say about it or we feel a certain way. But some were easy and lax when it comes to our own standards and our own policy. So I want you to think about just brainstorm, and this doesn't have to be related to business, it can be related to anything. I just want you to kind of get those wheels turning about what standards do you hold everyone else accountable for. Next I want you to to create your new rules, your new personal policies in every area of your life, like business, finance, relationships and help them buddy. So what are your new standards? What are your non negotiables? What are your personal policies around all of those areas?

And I want you to stick to them. What are some examples of times or places where you naturally lead? Because I want you to just really realize and have an awareness that you are a leader and it is ingrained in you and it is deep down inside of you and there's just a little bit of uncovering that needs to happen so you can unleash and stuff. What are some examples of times or places where you naturally lead? Maybe that's when you're facilitating a group. Maybe that's when you're with your kids. Maybe that's when you are, you know, doing a presentation. What are, what are some places where you feel comfortable and natural as a leader? And then a way to think about where do you follow the crowd. I notice it's going to be tough for some of us cause we don't want to see ourselves as followers or think that we are.

But there are certain instances where we are kind of following the crowd. We're just going along with what everybody else is doing. I want you to just, you know, brainstorm around that as well and think about, you know, what are some of the times where you are just kind of following the crowd and you're not leading. And then finally if you come up against, or if you have a certain situation going on or if there's an area of your life you want to improve your leadership on, I want you to just think about how would you guide a friend or a client. So again, this goes back to what I was saying in the beginning about how people come to me and they say, you know, I can do this for my clients and you know, I can give great advice to my friends but I can't do it for myself.

Yes you can. So if you're in a certain situation or if you're in a place where you need to figure something out, I want you to just ask yourself like, what would I tell my friend if my best friend in the whole world came to me right now with this problem, what would I tell her? I wouldn't say, I don't know. I wouldn't say I can't figure it out. I would give her the guidance that she needs. So I want you to put yourself in those shoes. How would you guide a friend or a client? In a situation where you're feeling stuck.

That wraps it up for today's show. I want to thank you so much for tuning in. I really hope that this has helped you kind of see and take your power back and really begin to lead in a powerful way. Unleash that leader within you. This week is brought to you by my infamous 10 X lab, which doors are now open for. This is a program where I walk you through exactly what to do to not only lead yourself, but to lead others and really create the kind of impact and income and consistency in the life and business that you crave. So go ahead and check that out@jetscalia.com forward slash 10 X also, don't forget to check out the show notes for today's episode. I'll also have the link for the 10 X lab on there. You can find that@jennscalia.com forward slash E 26 that is a letter E and the number 26 have as always some good there place where you can grab a free met familial mugs. All that information is over on the website and remember, if you're really looking to step up your game before this year is Alex. If you're really looking to rock 2020 like you never have before, check out the 10 X lab.

Let's keep this conversation going to join us in the private discussion group, the ambitious Bay, but we're ambitious, driven online entrepreneurs. Go to get the mindset and strategy to grow and scale their online empires. Join the ambitious babe at Jenn scalia.com/tribe.