

44 The success formula of digital & uncertain times, simple ...

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SPEAKERS

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Today I wanted to share my simple success formula for fast, digital and uncertain times. And it's a formula that I learned through experience through trial and error. It's very simple, in fact, but that doesn't mean that it's easy. In fact, I still need to practice it a lot myself, because to be able to successfully implement it, I need to become a new version of myself and let go of habits, beliefs, and mindsets that have served me in the past, but not anymore. So tune in to find out what it is. I'm Murielle CEO mom, an educator, I used to work really hard and sacrifice the important things to me until I lost my motivation. Fast forwards passed many failed attempts and lessons learned. And I found a way to reach great results while working less. Today, I'm obsessed with helping other leaders build meaningful lives. So each week, I'll be sharing inspiration to change your life and organisation. This is rebel leader with a heart. Okay, what is the formula? First, I want you to think about what you want, then once you know what you want, you just put an action in place and a habit in place that will lead to your desired outcome. Once you do that, then it's time to let go, let go just see what is going to unfold. And then if you get the result that you want, you continue. If not, that's where you stop, increase your energy. See that result as feedback, manage your mindset and beliefs. Think again about the results you want to achieve, put a new action or habits in place. And then let's go again. And if you get the result that you want, you continue, if not, you stop, you increase your energy, you see that result as feedback, you manage your mindset and beliefs. Think again about the result that you want, because maybe it has changed, put a new action or habits in place. And then let's go again. So you do this until you become successful, because winners are losers that didn't give up. But what I see is, a lot of people, myself included, make mistakes in this formula. And I identified nine mistakes. The first one is they don't know what they want, they just don't think about what they want to achieve. And so they just react to all the requests, all the to dues, all the the opportunities, and they try to deliver it all instead of really thinking about what they want. Then the second mistake I see is that they don't think enough in terms of habits, they think a lot in terms of actions. But often it will be your habits that will make you successful, because once an action becomes repetitive up until it becomes a habit, you don't need as much energy anymore, it will become something automatic that will lead to your success. And this success formula should become a habit as well. And not just one action that you do once Of course, then the third

mistake that a lot of people make is that they can't let go. And because they cannot let go, they put actions in place. And then you should just see what is going to happen. But it's a very uncomfortable face. Because you're afraid it might not work, you were afraid that it might not deliver the result that you want, maybe you should have done something else. But there you should be able to let go. And if you don't, it will cost you a lot of energy and focus. Then the fourth mistake is when they don't get the result they want. They see that as failure. And sometimes they quit. And this is something that I work on constantly. Because I have been this good students, I have most of the time managed to deliver what was expected from me. So I'm not used to not getting the results that I want. But the more challenges you face, the more you grow in your career or the more ambitious you become an ambitious I mean in terms of results, the bigger the results you want, the more the more often you will fail. And so if you see this failure as failure instead of simply as feedback, it will then cost you a lot of energy and you might even just simply Stop and quit, then the fifth mistake that is also linked to not getting the results that you want is that people then can get very hard with themselves. And because they get very hard with themselves, you're stupid, you should have done this, you're not good enough, they can also often become very hard on orders, and blame orders or on their team. If you're the team leader, and you don't get the results you want, you can become dominant or angry or impatient or really nasty sometimes. Then the sixth mistake is they don't stop, they don't get the results that they want. But it's becoming a problem. Of course, if you don't get the result that you want, it means you are facing a problem. And because you don't like our problems make you feel you want to get rid of it as soon as possible. And so you don't stop. On the contrary, you put immediately a new action in place. But these actions come from a place of fear, or you just don't think about it, and you simply deliver what's next on your to do list. And not stopping is the biggest trap that leads to failure and burnouts, then the seventh mistake is they don't increase their energy, which is then really hard to pick yourself up again, after this failure or this bad results and try again. And when you don't have energy, that's when you resist change, that's when you don't manage to learn. And when you don't manage to learn new skills, you don't adapt. So increasing your energy is really crucial to get through this cycle and pick yourself up again and try again, then the eighth mistake is that they don't look at their mindset or beliefs. And then you can get in this vicious circle where you put actions in place, you don't get the result that you want, you put another action in place, you don't get the result that you want. And so you are you are then very action oriented and very busy. But you never stopped to think maybe I have to change my mindset first, maybe I'm not seeing something that then might change my actions, because with a new mindset, you will suddenly see actions possible that were not visible to you before. And then the last mistake that I see often is they don't think again about the outcome they want to achieve. Because this is a cycle. I mean, you know what you want, something is clear, and then it doesn't anymore. And maybe it's because your needs have changed, the market has changed, some things have changed. And so you have to think again about what you want to achieve. Now let's do this exercise for you know, think about a situation where you don't get the result that you want, and stop for a moment to do this exercise, just stop. And you can do this exercise in your heads or you can do it on paper. What is it that you really would like to achieve? What would be the ideal outcome for you? And then what action could you put in place? Or what habits should you adopt to reach your desired outcome? Then once you know we'll just implement that action or or build that habits and then let go of the result. Trust that whatever happens, it is what is supposed to happen. Once you get to result, it will be great because either it is good, and you continue, or it isn't what you expected. But it's also great because it gives you the opportunity to learn something from it and grow as a person. Because if you always get what you

want, that means that what you want might not be challenging enough, maybe it's not big enough. And you can get in this no man's land, where you just lead an average life or worse, the life leads you. And so in the beginning, it will be difficult for you to see this result as simple feedback. And it is completely normal that you don't see it that way immediately. It's not because you have decided to see it that way in your head that it has already been integrated in your body and in your feelings. Remember, you have been programmed from a very young age in school to see a bad result as something bad to avoid at all costs. So it's normal that you don't immediately see bad results as simple feedback. So that's why you It's important to students stop, to be nice with yourself to increase your energy until you feel good again, and ready to tackle this challenge. And then when you are in that place where you feel good again, look at your mindset and beliefs, what is it that you are not seeing yet, that could prevent you from reaching the results that you want. And observing yourself will already help you change that mindset. Now, once you have this new mindset, think again about what you want. Because maybe it has changed what you thought that you want, it's maybe it isn't exactly what you want it. And that's also completely normal that this evolves, then put a new action or habits in place, and let go again, and embrace the results. And just continue this process. Now, this was the success formula. And I can assure you that if you implement this, you will always reach what you want. In the end, he will reach it in the end, because you will simply continue and continue and because you manage your energy you won't give up. Now, if you want some support in implementing this formula, because like I said, it's a very simple formula, but it's really hard to implement because you will need to upgrade yourself as a leader. So if you want some help there, be sure to check our programme leading authentically in digital times. Or join our free masterclass, just go to www.qileader.com for more information, or to the show notes of this episode. So and share with us share with me when you implemented this formula, what happens to you or what is hard for you in implementing this formula? Maybe it's stopping maybe it's managing your mindsets. Maybe it is like me seeing not having the results you want as simple feedback. Well, thank you and see you next time. Yeah, you finished another episode of rebel leader with a heart if you want more go to rebelleaderwithaheart.com for show notes and past episodes. If you love the show, subscribe, leave a review and share it with a friend The more the merrier. Thanks for tuning in and have a great week you rebel leader with a heart.