

Love YOU! Self-compassion is the greatest gift you can give this Valentine's Day; Laura Cox Kaplan, She Said/She Said Podcast, short-form, Episode 139 - TRANSCRIPT

Ever have one of those moments when you realize you made a huge mistake, but you caught it in the nick of time so that you can fix it before it happens? Rarely are we afforded this incredible gift. But I received it this morning. If this particular mistake had happened the world would not have stopped spinning nor would any great harm have ensued. I could have fixed it after the fact, but the time required would have taken me away from other projects and tasks that wouldn't otherwise move forward. Making mistakes is frustrating, and the ones that cost time (which is typically all of them) particularly so. Wasted time is one of my pet peeves. Today's "mid-air catch" afforded me perspective on a couple of important fronts that I thought were worth sharing with you.

The first is gratitude.... Today's little mishap gave me an opportunity to reflect on gratitude. I'm grateful I caught this mistake. I'm grateful I won't waste time later having to fix it. And, perhaps most importantly, I'm grateful I remembered to pause and reflect in a way that was kind to myself (and where I recognized that gratitude in the first place). We all mess up. That's life. But learning from those mistakes and growing from them (even the maddeningly frequent little ones) while at the same time not being too hard on ourselves when we make mistakes is incredibly valuable.

Equally important, however, is learning stop and pause in the moment. When I'm consciously aware and I stop to recognize whatever it is that's tapped me on the shoulder and said "hey pay attention to this, it's important," it often provides me greater clarity and perspective.

For those of us who are wound a little tight (GUILTY!), it takes practice. Lots of it! Knowing this, I set a goal of rewarding myself with gratitude when I get this right. That means taking that little pause just to reflect.

As we head into Valentine's weekend, I want you to join me in pausing for a second..... think about all the people who depend upon you. Think about how your effort and hard work to be the best version of you impacts others. Think about how treating yourself with kindness can have not only a positive impact on you, but a positive impact on all those around you as well.

Having been locked up with my three favorite Valentines for almost a year, I'm reminded of all those opportunities I'm given each and every day to show them how this works and what it looks like to get back on track when mistakes happen, and we have

to fix them. Trust me.... I don't always get this right. But when I do, I really try to celebrate that progress. It's valuable for me, and it's valuable for them as well.

In those moments, I also try to communicate as honestly as I can. What I mean by that is I try to explain what my disappointment or fear feels like. And, then what it looks like to keep going and push through the discomfort.

When I left my job as an executive a few years ago to pursue this dream i had I could never have imagined how much i would learn about myself and about the work I love, and how rewarding this would be. At the same time, I also have had to get really comfortable with pushing beyond comfort. That takes believing in yourself, but it also takes compassion. Recognize the struggle for what it is --- it represents growth. With each step it helps you continue to build confidence, and the muscle needed to keep pushing forward. The journey is worth it, even if you don't end up exactly where you thought you would. It still will have been worth it.

For more on self compassion, and learning to lovecheck out my conversation with Dr. Stefanie Stahl in Episode 138. Stefanie is a leading psychotherapist in Germany and the author of the best selling non-fiction book in Germany and Europe 3 years running. The book is called "The Child In You." Now it's also available in the United States and globally. It's thought-provoking with great personal improvement exercises. It's terrific.

In our conversation, Stefanie does a particularly good job of talking about the difference between self love and selfish love -- they are not the same.

Coming next week, we'll be talking mindfulness, health and wellness with my two wonderful friends Doro Bush Koch and Tricia Reilly Koch. Doro and Tricia are the founders of BB&R Wellness and the hosts of the "Health Gig" podcast. Their dedication to the topic of mindfulness, and to helping others is inspiring. Also inspiring is how their work in this area improved their own lives. I'm excited for you to hear from them!

In the meantime, friends, I'm grateful you tuned in today.

I hope you found this investment in you well worth it. Happy Valentine's Day.

See you next time! Take care

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