



On Fire Empire Podcast – Transcript SEASON 4 EPISODE 31

[0:00:00.6] ANNOUNCER: You're listening to the On Fire Empire Podcast, Episode number 31.

[INTRODUCTION]

[0:00:15.6] ANNOUNCER: Welcome to the On Fire Empire. Each week, seasoned divorce and business lawyer, mediator, CEO, and surf diva Kelly Bennett will help you discover strategies and smarter paths to big results. As you listen, you may ask yourself, how did Kelly know I was going through that? It may feel like she's a fly on the wall of your life. She's intuitive, direct and on point. Kelly brings the amazing lessons from her life's work to the table to set you up for a blazing, bright future.

We firmly believe lasting empires happen when well-rounded leaders achieve personal happiness, live out their calling and develop meaningful relationships. It's time to hear from Kelly and her crew of experts, learn some new strategies, challenge your way of thinking and get juiced about igniting your empire of a lifetime.

The information provided in this podcast is for general interest only and not intended as legal advice, nor does it create attorney/client relationships between you and Kelly.

And now, here's Kelly.

[EPISODE]



[0:01:15.5] KB: Hey there, it's Kelly Bennett. You know, I'm bringing you something very different today. Pretty short, pretty sweet. I've got a confession to make: I'm feeling very behind in our podcast, On Fire Empire. I've been really slow in doing this the way we like to do it. That is, batching and recording our podcast in groups, so we can get it out to you on time.

Well, I've been feeling very behind and really off schedule, to tell you the truth. I also have a book, as many of you know. I'm putting the finishing touches on *Victim Is Not Your Name*. But wrapping up this book, I have to tell you, is taking longer than I expected and quite frankly I'm feeling really anxious to get it released.

You know when you work on a project for a long time and you almost can't stand to look at it anymore? Yup, that's kind of happening to me here, but I can't wait to get the information to you because I think it's really going to really help. That's the reality. This book wrap-up is taking longer than expected.

Then there's the implementation of the couple of new policies and processes at my law firm. I've been working on these things for a while and I am still plugging away at them with a lot of my team members asking, "When is that coming out? I thought we were supposed to have that a month ago." I'm wishing it was flipping done already.

Well, these are confessions of an ambitious achiever. I'm not going to say an 'overachiever' because I think that that has such a negative connotation to it. What's an overachiever? I think when we say overachiever, we're really talking about somebody who is trying to do too many things at once and putting a lot of pressure on themselves.

[0:03:06.5] KB: Well, that's kind of where I am today. This episode is really hitting you today out of order. At the end of the last episode I told you that the next one would be on gossip, and



I've got a great episode on the ways gossip disempowers you. Here we are in the middle of the empowerment series and well, I've been putting so much pressure on myself that I've been feeling pretty disempowered.

The 'gossip' episode is not done yet. But again, I'm not going to release anything that's half-baked. Truth be told, over the last couple of months I've been putting a huge amount of pressure on myself and that's just a habit that I'm in the midst of changing. Some of these habits take a little longer to change than others. So, welcome to the ambitious achiever.

If you're an achiever type, I'll bet you can relate to some of this stuff. In the midst of all this dang pressure I put on myself, I finally stopped, questioned and I said, "Self, why am I doing all of this? I've got to decompress." After all, I wasn't sleeping. I was just feeling...almost like feeling like my blood pressure was going up.

You know what? I find that really quiet reflection brings me, at least, some pretty speedy answers and it just takes getting off my hamster wheel and being quiet. It's taking that time to be still just long enough to listen to that still small voice that's there if we'll just stop.

[0:04:50.8] KB: That's what I decided to do. I've taken a few days off work and I'm in the middle of that right now as I record this. But this pressure was happening and this angst...I took that time, sat still and that small voice, true to form, popped up. It said to me, "You got some decompressing to do, girlfriend." I was so thankful because through that stillness it revealed three ways to decompress. I'm going to share those with you right now.

The first way for our ambitious achievers to decompress is pivot the perception from behind to what I call recalibration time. This is about adjusting the expectations and what is it that you're



putting so much pressure on yourself to do. If you're like me, you probably have a laundry list of things.

Look at that list and check the priorities. How important is the deadline that you put on yourself for each one of those things? Then, take each item and for the one that's the first priority, figure out for real how long it's going to take to get it done in light of all of your other day-to-day priorities.

Break this down and then schedule it out. How long is it going to take? Maybe it's only one day a week for two hours you have to realistically give attention to this item, but schedule it out and put it on your calendar. Here's the pivot on the perception. Not getting it done when you initially expected to is not a failure. It's not a missed deadline. It's a recalibration, that's all.

Look, life happens. I know that firsthand, and I know that so well. But life happens and it doesn't have to be this big failure or all this pressure that I tend to put on myself. I'm deciding, it's okay to just recalibrate that particular thing that I want to get done. It's going to be okay to recalibrate again if more time is necessary.

[0:07:09.6] KB: The second way to decompress is to remind your ambitious achiever that you know what? There's a time and a place for her to drive this bus. Now, look, achiever is one of my many strengths. All of us have a set of strengths. We're not only an achiever, or an empath, or whatever it is. We are all mixed bags, right? Mixed bags of strengths. Achiever is a strength, except when it's overdone. And then, it can become a weakness.

What does that mean? What does it look like when the achiever strength is overdone? Well, it's overdone when she's in charge at the wrong time. I like to look at my strengths as my board of



directors. I learned this little tactic or technique a couple of years ago and it's been really helpful.

I want to suggest this to you, if you're struggling with some of the same issues, to think of all your top strengths. Achiever is obviously is one of them. Look at them as individual members of your own personal board of directors with a rotating chairperson. Somebody's got to lead the meeting of the board, right?

If you've ever served on boards, you know that somebody leads the meeting. When we get into trouble with the achiever strength, or really any of the others, is when we let them drive the bus or be the chairperson of the board of directors at the wrong time.

For example, maybe the thing you have to do in your life right now is to plan, or you really need to rest and recharge, or get strategic about something. If now is the time to do one of those things, give the achiever a sucker and tell her to wait her turn. Sometimes I have to mentally, truly do this and I haven't been doing it for a while. Because if I'm not really cognizant about who's running the show among my strengths and I let the wrong one into the driver's seat, things get run off into the ditch.

Remind your ambitious achiever that there's a time and a place for her to drive the bus, or to run the meeting. If the time isn't now, encourage her to take a seat and remind her she'll get her turn in a minute.

[0:09:38.7] KB: The last one I want to share with you is how to decompress when you're an ambitious achiever. Remember, you can do everything you really want to do. And a lot of us as achievers had important people in our lives—parents and teachers and coaches. Someone along the way that told us, "You can do anything you put your mind to."



Yes, I absolutely agree with that. You can do everything that you really want to do, but the key is you just can't do it all at once. That's the key. Sometimes when we're running and gunning and we don't stop to be still and reflect on the reality, we're putting the pressure on ourselves. I know I do this all the time. All of a sudden, I realize that I'm expecting to do it all at once.

Make that list of all those things you want to do. Pick the one that will make you the happiest. You know, the one that will give you the most joy, the most peace, and focus on that one. Then put the rest of them on the waiting list. Kind of like putting achiever to the side and taking all those things you really want to do and put them on deck.

It's just like going to a ballgame. We don't have all the batter's up at one time. That would be stupid, right? But where's the next batter in line? He's on deck, getting ready to go but he knows it's not his time yet. We know that there are going to be more batters, and the next project or thing that you really want to do will be up to bat and get the full focus.

[0:11:07.7] KB: Lastly, under this, remembering that we can do everything we really want but just not at all the same time. A key piece of this is realizing, "Hey, I'm not superwoman, you're not superman...you're just not. We're not designed that way. We're designed for balance. Realize we're not superwomen, realize we're not supermen, and let's build in the required time we need to relax and to rest. Every single week.

Because this hustle thing, this grind thing that our society is telling us, it's a total misnomer. A lot of time, it's not fun and sexy to admit that—especially if you're an achiever and you have a lot of drive to get stuff done. Truly, truly know and understand that you're going to get more done by doing less. And clarity truly comes with pressing the pause button.



All right friends, I told you this was going to be short and sweet because I'm in the midst of some stuff here. I'm a little bit behind. But that's okay. I'm going to decide I'm not behind, I'm recalibrating. If you're an ambitious achiever, give yourself a break because life is now and you can go get it, but let's do it in a way that is rewarding and a joyful, happy road.

Until next time friends, live with gusto and ignite your empire. Ciao.

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