Night club DJ, that’s right, ladies and gentlemen, you’re listening to 98.7 on your FM dial. It just seem like such a cool thing to be a night club DJ. Instead, I ended up working at a record store in the mall. Close, but not exactly. I had no idea I would end up in fitness. But it has always been my goal to help people become strong, strong. And today, that’s what we’re going to talk about, strength. But not your physical strength. Your mental strength. Your character, your toughness. That edge that makes you feel like you can do anything.

For all the years, all the hours, all the videos, all the lectures, all the seminars, all the appearances that I’ve done to help people improve their physical strength, I believe there is nothing more important than for all of us to work on our mental strength. And just like our physical strength, our mental strength is something to work on.

Eleanor Roosevelt once said, “No one can make you feel inferior without your consent.”

I love that quote. I live by that quote. But I also know that for some people and even myself sometimes, it’s just not that easy.

The truth is, sometimes you don’t even realize that you’ve started to give away your power. In other words, there are people who are in abusive relationships right now who are certainly not consenting to feeling inferior knowingly, meaning, it’s not something they want to do. It’s just something that happened over time.

I love the power behind that quote. Let’s face it, we’re not always just perfectly equipped to brush off people’s rude or unkind or just cruel behavior that makes us feel sad or inferior or unhappy or unloved. First of all, it is a skill.

The strength that we need to make sure we maintain our power. The strength that we need to take back our power and to recognize when we are consenting. It’s almost as if we’ve agreed with what they’ve told us to feel.

The good news is, this is a learned skill. Which means, anybody can learn this through practice in as much the same way, it does not make any sense for me to say:

 “You’re strong, pick up a 30 pound dumbbell and do bicep curls!”

That sounds great. But if you don’t have the strength, if you haven’t built up the strength to do that, it’s just a statement. The same way, it’s just a statement to tell someone,

 “Just shrug it off if somebody makes you feel bad. It’s your problem.”

It’s almost like victimizing the victim. It’s like, well, you’re so insecure that you’ve given that person permission to make you feel insecure. And while there is some truth to it, it’s not the whole story. But it is a skill which means everybody has the ability to improve or grow strength in that area.

Here’s your first exercise.

The next time something happens or someone triggers something in you that makes you feel a certain way, before responding to it, before you start to take on that identity and feel really own that feeling, I want you to stop yourself and just ask yourself:

 “Do I deserve to feel this way?”

 “Am I a bad person?”

 “Am I inferior?”

 “Am I dumb?”

 “Am I unlovable?

Honestly ask yourself that question and try to answer that question for yourself without thinking about this particular situation or this particular individual because they’ve obviously stirred something inside of you that is unique to this circumstance.

I want you to think about all the other years, days, weeks, experiences that provide you with evidence to the contrary. Now this is a habit that you’ve got to get into because if you’ll allow yourself to feel that way and to take on that feeling, that identity that that person has triggered in you, well then, yes, you’ve created a habit of giving away your power. Then what you’re doing is developing a negative habit, a bad habit. The habit of giving people permission to take away whatever it is you want to own.

I want to own the fact that I’m confident. I want to own the fact that I don’t need everybody’s approval. I want to own the fact that the people who matter the most to me, the people whose opinions count are my family and my closest friends. I want to own that.

When I allow somebody else to make me feel other than that, I’m strengthening the habit of giving that away. And I want to carry that with me. So I’m going to break that habit and I’m going to strengthen the habit of holding on to that characteristic that I’m so proud of. That characteristic that I know I have and I have to stop giving it to other people.

I don’t want to give that away, that’s mine. I’ve earned it. There’s too much evidence to the contrary. This person doesn’t deserve to take that away from me. And it’s an exercise that we can all practice.

All you need to do is notice feelings in your body. I’m not a therapist. I’m not a psychologist but I do coach people to be their best. And one of the most important things you can do is be self-aware.

I mean, to be a stronger person, we have to recognize that there are just certain situations and even certain people that trigger negative emotions in us. And it usually has very little to do with that individual.

It has very little to do with the interaction that’s created the trigger. It has something to do with our past, something to do with their past. But once we become self-aware, we recognize that it’s making us feel a certain way that’s when you stop and before you begin to own or identify with that negative feeling and give that person your power or give them in fact, permission to make you feel a certain way, I want you to just stop. Notice what you feel and then ask yourself if that same series of questions, without regard for the person who triggered that in you.

And it really helps if you find yourself triggered all the time with this very same emotion and maybe it’s that you’re dumb or people look at you with judgment. Perhaps that you feel that your inferior because of your looks or your socio economic status. Maybe you think it’s that you’re not good enough to hang around this group of people. But whatever it is, if there’s a common feeling, something that you regularly feel triggered by, it’s not just from one individual but oftentimes you feel alienated or alone or shamed or guilty.

If you’re feeling this on a regular basis regardless of the individual and it just keeps coming up, you’ve got to, trust me when I say, you will gain a lifelong advantage by making in an investment in a great therapist. Period. End of subject.

If this is the first time you’ve ever heard me say this, it will not be the last. I am such an advocate of people finding a great therapist to help you work through this stuff. It’s garbage. It’s baggage. It’s heavy, heavy luggage that you are dragging around and having to cope with and deal with all the time. Get rid of it. Unless you’ve gone to school, you know what, even if you’ve gone to school and you’re a therapist, even the best therapist I know, they have their own therapist. Why? Because they’re really, really, smart.

Smart people work with a therapist as opposed to dragging around that luggage and just white-knuckling it and just managing those negative thoughts year after year, after year.

Why manage them? Let’s get rid of them once and for all.

But until that point, it may be even after that point. There will still be moments when someone will trigger you and all those old feelings start to come up. We’re going to break the habit of holding on to that. We’re going to break the habit of giving away our power. We’re going to break the habit of allowing people to make us feel a way that we don’t deserve to feel.

It’s not logical to feel inferior to another human being. It’s just not. I’ve got to tell you from many years, I couldn’t figure out why I felt so – I guess there’s no other way to put it but worthless or useless to people unless I could make them money. Now I have to be clear, this was not about me making money from me.

The only way I felt really good about myself, like, yes I matter, is if I could do something for someone else, like a boss or a partner or a business or my sales manager. Whoever it was, I didn’t feel like a good person or valuable unless I was making them a lot of money.

And this came up all the time for me. Eventually, it turned into quite an addiction to work. I couldn’t stop because in order for me to feel good about myself, I had to create for other people. I had to create something that would make them money and that meant, I couldn’t stop. If I stop, they didn’t feel good about myself. And eventually, with the suggestion, should I say the urging of my husband, I did see a therapist and worked through why it was I felt that way which stemmed from some really childhood experiences, unintended.

I have great parents. But I had some early childhood experiences that formed this belief in my mind that I was valuable because I could make people money. And once I was able to kind of eliminate that negative belief, everything changed.

You are listening to a reformed workaholic. And I’m on a one woman mission to help other people understand that work can be just as devastating of an addiction as any other drug, food, alcohol, pornography.

I’m serious about this. I’ve seen many workaholics, not only just destroy their marriage but their relationship with their children.

More important than the fact that I can relax now, this is key. As when situations would happen which would continue to arise even today where I didn’t hit somebody else’s mark. I didn’t make them as much money as they thought or I came in lower than what somebody might have expected, or my show didn’t hit number that week, I since learned that that has nothing to do with my personal value.

And I want to share an experience that happened to me just about two months ago. I’m an affiliate for other programs, other people, things that I really believe will help my customers. They’re always something that I use myself. I will never, ever recommend anything unless I use it myself and I love it. And then beyond that, I won’t share anything with my list unless not only is it a program that I like but I like the person, like, as a person associated with it.

I’m pretty particular now about who I will promote. In other words, who I’m going to send you an email about you. You’re going to know that I’ve done my research. I like this person. I like what they stand for. However, there was a time just recently where I sent for a program that I really like but I got a phone call from the individual who owns this particular company. I’m not going to name names, I know you’re trying to figure it out. But don’t worry, you won’t be able to.

He was explaining to me kind of where I ranked in terms of all the other people who were “affiliates”.

I thought to myself, I don’t care. That’s not why I suggested it to my list anyways. I’m not trying to be your number one. And so it didn’t bother me. Until all of a sudden, he went through kind of a breakdown of how much each affiliate was valued to him per click. Meaning, when someone from my list clicked on his link, here was the actual value for this person, this person, this person. And here it is for you Chalene. And I was lower than he wanted me to be on that list. And for just a fleeting moment. Just a moment. I felt that feeling like, “oh I’m not valuable.” Because I’ve done so much therapy, I was like, woohh. Brushed it away. I felt a little twinge of anger. But it wasn’t his thing. It wasn’t at all what he was trying to say about me. It was just simply in his mind showing me a breakdown of the numbers and how he predicts certain programs.

I just have to tell you that even if you ever figure out who this was and what It was I was sending for, it wasn’t a reflection on this individual or their company. It was more so he was crunching numbers and in my head, I reverted back to my old way of thinking, which was, “Uh oh, I didn’t perform as well as he thought that I would and therefore, I’m not valuable.”

But I immediately went to the exercise of asking myself,

“What makes me valuable?”

“What makes me important?”

“What makes me unique?”

And the answer is, that I care about people. It’s not how much money I can make somebody else. It’s not about where I rate on his list or how much my list meant to him per click. That’ wasn’t important. And it wasn’t what he was trying to say. What I needed to remember is that I’m valuable because I’m a great teacher, because I care about people and because I put people before anything else.

I just have to be honest and tell you, I would not have been able to get there that quickly had I not done a lot of therapy to get over and to get rid of that negative belief.

So steps number one and number two are first, of course, to recognize when we’re being triggered and then to make sure that we’re not giving away our power by practicing these exercises that help us develop that strength.

The next best way to develop personal strength has a lot to do with the same mechanisms that we use to develop physical strength.

I’d like to explain this to you and forgive me if you are in the fitness industry or a personal trainer but I think, it’s really interesting how this relates to muscle growth as well.

You see, the reason why a muscle grows – in fact the only way we can make a muscle grow is when we break it down.

That sounds negative to some people but it’s just the science behind it. In other words, I’ve got a place forced on a muscle that creates muscle breakdown. Then the muscle fibers repair themselves and when they repair themselves, what they’re doing is adapting that muscle so that it can handle a new level or a new threshold of stress.

In other words, the body is saying, “Okay, so we’re under this new type or pressure, this new type of stress, a heavier weight.” And the body is repairing the tissue so that it can handle that in the future. That’s called growth.

Interesting, isn’t it?

One of the best way for you to become a stronger person is by learning to embrace change and fear. That will actually make you not only a stronger person but a more courageous person. You see, courage requires fear. There’s no courage if there’s an absence of fear. You don’t need to be courageous if you don’t have any fear. You’re just acting. You’re just behaving. But if you feel fear, if you feel trepidation and you are nervous and anxious about the outcome of something and you’ve calculated the risk and you realized, “I’m not going to die from this. It may be uncomfortable. It may place me under a great deal of pressure but I know I’m going to be better for it.” And then you actually follow through, then you realized, “Wow, I did survive this. I did live through this.”

It creates this cycle of confidence where we go, “Okay, I did something scary. I was nervous about it. I felt fear. And I found the courage to follow through anyways and I lived to tell. And I got better the next time I did it. And the next time. And the next time.”

So in order to become a strong person, you can’t keep running away from things that scare you. As a matter of fact, it’s one of the most important things that you can do. Find something that scares the dust out of you and then just do it. And notice how good you feel. Notice how confident you feel. Notice how much stronger you become each time you do something that’s like pretty scary.

And then include change. You see, most people avoid change because of fear. They don’t want things to change because then they would lose control. And if we lose control, what would that say. If we don’t have control over our world, if we don’t have control over other people then what might happen.

Well, what might happen is, you might just survive it. You might just find that during that breakdown, growth occurs.

Now there’s one really important note that I think applies not only to muscle growth but spiritual growth and the strength of character that we need. And that is that muscle growth that doesn’t occur as we’re lifting. It occurs during the rest period. After the stress or after the strenuous workout. So just know when those toughest moments when you’re in the thick of things. Don’t expect a ton of growth in that moment but once it’s over and you can sit back, I think that what you will see is that you’ve grown from the experience and you are now a stronger person.

My kids are 17 and 14 at the time that I’m recording this. And it just seems like yesterday. I brought my oldest Brock home from the hospital. I can remember sitting in the back seat next to his car seat and he was all swaddled in this like cushioned head things. They’ll hold their head in place and that to me still wasn’t enough so I wrapped my hands around that little cushion headrest just so that if we went over a speed bump it won’t accidentally give him brain damage.

You know what, in the next one, you bring home and you’re like, “yeah, just throw him in the back.” But that first kid, that first child when you bring home, you’re so worried about them getting hurt. But I remember him learning to walk and how many times he fell and how many times there must have been an angel intervening because he would fall a centimeters distance away from a very sharp object or a marble table. And each time I thought, how in the world did he escape death with this fall? But that’s what kids do. They fall. They stumble and they fall and they get up and they stumble and they fall, and they get up and they stumble and they fall, over and over and over again. And we see it as such an amazing testament to success.

But as adults, for some reason, every time some of us fail we tend to look at that as a negative or failure. Whereas we would never see that as failure if a child is learning to walk or when a student is trying to learn something new. So you’ve got to reframe the way you view your own missed attempts. It’s part of the journey to success.

I have so many, I guess you could call them failures. I’ve never thought of them as failures. I’ve always thought of them as funny stories I could later tell in a podcast or funny stories I could tell from the stage.

I’ve always seen every failure as something that would teach me how to do it better the next time. Now, I don’t like to fail. I don’t love to fail. But I don’t mind it because I know there’s always an opportunity for me to learn. Even if I don’t have the opportunity to do that very same thing again, at least I know what I did wrong and how I can be better. And that always makes me stronger.

We want to feel strong. It feels good to feel strong physically, mentally, spiritually. In our relationships when we feel strength, we feel safe. If we feel in control, there’s nothing better than feeling strong on the inside and we see a lot of people who overcompensate for what they feel on the inside by making their exterior look strong. Sometimes it’s because they feel weak inside.

I see this a lot. I see at the gym. I see it in my industry. You probably know people who have this amazing physique and their always working on their body and perhaps it is to compensate – not always, but sometimes, it is to compensate for a weakness that they feel within.

So how do we strengthen our inner resolve?

I believe you have to start by knowing ultimately what is your end goal. The same way if I was your personal trainer and we were to sit down and create a plan for you to follow to get stronger, I would want to know what’s your goal. Are you going on camping or hiking? Do you want to learn water ski? Is it just something you want to do to look better in your bikini? What’s the goal?

Ask yourself that question when it comes to your inner resolve, your inner strength. What is your goal?

My goal is to make sure I’m always doing what’s right. Doing what’s right next according to my priorities, my values and most of that centers around my family. With that goal in mind, knowing that that is my overriding principle, it allows me to find the strength that I need to say no sometimes when people ask me to do something. It gives me the inner resolve and the power and the accountability that I need when my people pleasing tendencies start to take over.

I want to help everybody. Sometimes that feels like it’s the right thing to do. But there’s sometimes more than one right thing to do. Is it right to help this person if it requires my family has to sacrifice? Is it the right thing for me to do to say yes to you because if I say yes to you for this, that means I have to say no to me or I have to say no to my family or no to my own business or to my own pursuits.

So it really helps especially those of you who tend to make decisions based on pleasing others we don’t even realize we’re doing it. We think it’s out of the kindness of our heart. But oftentimes what we’re doing is trying to please others because we thing it will make us feel better and it just doesn’t.

We end up taking on their problems, taking on their responsibilities and for not much gratitude and the whole lot of extra headache, and worse yet, to the detriment of our own family.

To simplify this, simply stated, my goal when I think about my personal strength, my inner strength, my goal is to feel confident that the decisions I’m making are the right decisions. The way I’m spending my day, the people who I give my energy to, the things that I’m doing are all in alignment with my priorities and my values. And when I feel that way, I feel a power, a strength, a confidence that allows me to also enjoy peace.

If I question my own motives. If I wonder if I’ve made the right decision, I feel nervous. I feel weak. I feel compromised. I question myself. But when I make a decision that I know is the right decision according to my values, according to my own priorities, I feel strong. I feel empowered and I use this to feel empowered to say no.

We tend to be people pleasers. We want everybody to be better. And oftentimes we say yes to way too many things because we want to help other people. But at the end of the day, oftentimes, we say yes to things that are not in alignment with our own values and our own priorities.

We place somebody else’s priorities and values ahead of our own and to the detriment sometimes to our family and the people who we care the most about.

By working on my own inner strength, I learned to feel more confident when I say no. It’s helped me to realized that when I say yes to someone and offer my assistance, my help, my knowledge my money, whatever it is, then I’m actually saying no to something that’s important to me.

I can’t say yes to spending an hour with you without realistically understanding, I just said no to spending that hour on my own stuff, on my own family, my own goals, my own pursuits, my own customers, my own hobbies, my own rest and relaxation.

So every time I say yes to someone, I have to ask myself, “Is this the right thing?” And by right thing I mean, is this in alignment with my own priorities, my own values, and what it is I believe and stand for?

It’s not uncommon to want to say yes to something that is in alignment with your beliefs and your values, and your priorities. But it means that you have to say no to something else and that something else should rank even higher than the thing that you said yes to.

So ultimately, my goal when I think about my strength is to have knowledge and confidence and resolve and the belief that what I’m doing, how I’m spending my day, the decisions that I’m making, the people who I’m investing time with, all of those things are “the right” thing to do according to my values, my priorities, and the way I’ve designed my life. And to be honest, sometimes that means making some decisions that are really selfless, meaning, I want to go and do this appearance. I would love to speak on this person’s stage. I would love to have a girl’s night out or whatever it is. But I have to ask myself if by saying yes to this, am I saying no to something which should be a higher priority?

In most cases, I have to ask myself, is this the best thing for my family? Is this the best thing for my children? Is this going to help my children? Help my family? Hurt them or is it pretty much indifferent? And that’s, quite honestly, that’s how I measure my decisions because it’s simple.

We overcomplicate our decisions. Just make them simple. Those are the simple questions I ask myself when I feel like, “Oh gosh, I want to do this. I really want to do this.” But is it the right thing to do?

You see, knowing the right thing to do means knowing what’s right for you. Not what’s the right thing to do based on society or based on what people expect you to do or what people will think of you. Doing the right thing requires that you know who you are.

I’ve always struggled with that cliché because it sound so simple, like, “You need to know who you are.”

Well, you know who you are. You know where you live. You know your name. You know your date of birth. You know your social security number. You know who you are. What does that mean?

I think that means, knowing who you are when you’re forced to make a difficult decision. Knowing what you stand for, knowing what’s truly, ultimately, important to you.

How do you do the right thing when you’re not really sure what the right is for you? I know what the right thing is for other people or what society might want me to do or what other people expect me to do or what I might need to do to make sure people like me.

But what do I need to do so that it’s the right thing according to my own definition of what’s important. My own definition of what I want to do in this world. The mark that I want to leave on my family, my children, and the people who I care about. And the only way to do that, in my opinion is to take it from your brain and to put on paper and to go through the difficult exercises. They’re not difficult. I don’t know why I said difficult. They’re not difficult. It’s just that most people don’t do them.

The only thing that’s difficult about it is making it important enough to spend 20 minutes putting the stuff down on paper. It’s why I created my 30 day challenge. It’s the 30daypush.com Now, I’m not trying to sell you anything because that’s a free program. But if you’ve struggled with some of the things I’ve talked about today, if you’ve never put on paper exactly which area of your life is most important to you right now and which areas are just intrinsically part of you, you don’t need any accountability, you just do it naturally. You get it done and perhaps you even spend too much time there. And then, what areas you really need to focus more attention on so that you feel good. You feel right about your decisions and your behaviors.

If you’ve thought this through but you’ve never put it in writing, I can’t be strong enough in my recommendation that you actually put it in writing.

I mean, if you want to be strong, and you come to me as a personal trainer, I want to say, we need to get on a strength training program. You’re paying me to get strong, that’s what I’m going to tell you to do. If you started listening to this program because you like to be a stronger person, and let’s face it, who wouldn’t want to be a stronger person.

You’ve got to put the stuff in writing. And I’ve created a really simple formula to help people figure this out. And most importantly, you’ll be able to adjust it really quickly when there are major life changes because if tomorrow you find out that someone you care about has cancer, your priority shift.

If your son goes away to college next year, your priorities will shift. If you’re recently divorced or you’ve changed jobs or you’ve just graduated from college, each major life change means that you’ll need to go back and re-evaluate your written priority clarity statement. But once you’ve created it, the work has been done and modifying it is really simple. But you’ve got to modify it every time you go through a pretty major life change.

But if you’ve never done that exercise, I strongly encourage you to do it because nothing will make you stronger than having the conviction of clarity. Clarity of knowing what is right for you, that’s what it means to know who you are.

Who you are is what you’ll do – the actions you will take when no one else is looking. The decisions that you’ll make when you’re forced into a corner.

I think everyone says they’ve got really high morals and standards and they believe they would act this way or that way until they’re actually presented with that situation. And then our emotions and our ego and other bad habits tend to cloud what it is we once thought up in our head was our priority.

But if it’s one paper, gosh, there’s something about it that just keeps us accountable and gives us an incredible strength, integrity, power, determination and the character that serves you when you have a difficult decision to make.

There’s nothing that makes me feel stronger than knowing I’ve thought through my decisions and I’ve pressed them against, I’ve measured them against my written priorities and my values.

So if you haven’t done that, please, by all means. It’s free. Go to 30daypush even if you don’t do the whole 30 days. Just take this challenge up to the point where I walk you through putting in writing your own priority clarity statement. That step alone will make you a stronger person, a stronger mother, a stronger father, a stronger friend, a stronger member of your team, a stronger individual, a stronger single person. It will make you a stronger daughter. It just gives you this conviction this power. It’s really interesting. I mean the whole thing is interesting. And I know that’s why you’re here. That’s why I love you because that’s what we have in common and we both want to be better. We want to be better for the world. We want to be better for the people who matter the most to us.

Thank you so much for spending this time with me. I really do appreciate it. I value your time. Thank you for letting me know what you think about the show. It’s kind of weird to be like sitting here talking to you and I really don’t know what you think or what pieces of the show really spoke to you.

By all means, please let me know. The best way to reach me is either Facebook or you can send me tweet at @chalenejohnson and then of course, leave me a comment under this particular podcast.

All you have to do is go to [www.chalenejohnson.com/podcast](http://www.chalenejohnson.com/podcast). If you don’t already know, I have two shows. One is called, Build Your Tribe and that is really about leadership and building a personal brand online, marketing tips and things that will help you create your plan B if you don’t already have one or to be better at it if you do have a plan B. It’s about leading people and helping to build community.

This program is called The Chalene Show and if you go to [www.chalenejohnson.com/podcast](http://www.chalenejohnson.com/podcast) you will see both of those show options there. Just click on the episode that you want me to leave a comment about. And if you’re not much into typing, we have a little, I think it’s called SpeakerPipe and you can actually record me a message. I love that and I will be playing those in upcoming shows.

So thank you. Your feedback means a world to me. It’s really why I do this. Podcast are free, they take a lot of time. But for me I feel like this is my calling, my purpose, my passion and it just makes it so much more rewarding when I know the messages are connecting with you.

Alright, until we talk again, I just want you to know I love you. You are the bomb.com

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