

TRANSCRIPT:

Ep. 059 Suneera Madhani on Letting Go of Perfectionism, Moving On After Mistakes and Allowing Yourself to be Human

Intro Clip, Suneera Madhani: No matter how perfect you think you are organized, no matter how many tools you have, no matter what systems, every single system that you have in place, remember, at the end of the day that you are human, and that you are going to err. It's going to happen. And you have to accept the fact that you're going to err and you have to just let go and be forgiving and give yourself a little grace.

Shannan Monson: From CEO school it's Wine Down Wednesday, pour yourself a drink and join us for CEO happy hour as we share the messy behind the scenes, straight talk and real world advice to help you level up in leadership and in life. Cheers.

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Suneera Madhani: Hi, everyone. Welcome to this week's Wind Down Wednesday at CEO School. This is your host Suneera Madhani and today I wanted to take a few minutes to discuss the fact that we are not perfect. And no matter how hard we try to just get everything possibly done. And we try to think through absolutely everything. At the end of the day we are human and that we make mistakes. And so for today's episode, I wanted to talk about a story and just share something that took place last night actually. So the timing is really relevant and just wanted to share and be vulnerable with you guys on my struggle for perfectionism. And how I can be so hard on myself sometimes if things just don't go exactly as planned.

So as you know, we've launched the club, which is absolutely just the most phenomenal place ever. For ambitious women, we have this most incredible slack community. And there's over 350 members of the club right now. They are just powerhouse women from professional women that are working in massive corporations to just powerhouse entrepreneurs. And this community is so so special to myself and Shannan, this is something that we've been building for years, this is my dream vision, to create a place where women can come together, find the support that they need, find the mentorship that they need, asked the questions that nobody answers, have the discussions that nobody wants to talk about. And really just a supportive community where we can all learn with that growth mindset of becoming better in our mind, body and soul. And it is just that is just the place. And so we launched The Club at the end of the year. And we've had our first few workshops. So every week, there's a fun workshop that's been taking place. And yesterday was our first official member happy hour. And I just had, it has been such a crazy beginning of the year already.

As you guys know, my schedule is just insane. I operate Fattmerchant that is my day job. It is really, really busy here. so much stuff happening. My meeting schedules are just non stop. And by the end of the day, sometimes I mean, I am just I have zero brain power. Also, I'm here to support all of you guys at CEO School. And so I record podcast during the week, we are working on the workshops, we are preparing for a live events like there's so many things happening at CEO School. We have a very active slack community that you know, contributing to everyday, obviously social showing up on social media every day showing up on my stories, writing content. And then of course, there's family, right, so I've got my kids, I got two little babies, they're not babies anymore on a second birthday just happened this week. And her birthday party is actually on Saturday. So I've got a four year old and a two year old. And anyway point is, life is very full. I hate using the word busy. I like to use the word full because it's the things that I love. It's busy if it's the things that I don't love. So life is very full right now. And I'm absolutely enjoying it.

And in the beginning of the year. I mean last year was such a foundational year for me, building CEO School, this podcast out with you guys. so much stuff happening, but we put in the work, we got everything as structured as possible, so that I can do it all and that way that I'm able to have everything hyper organized, I have all the dashboards everywhere. I have everything automated as possible. I have everything organized in my calendar, I have things that are time blocked, I mean, you name it. Everything is organized in my world. Then I apply that same principle obviously to Fattmerchant, my life here super organized, but I apply the same thing to CEO School. And then I also have that same in my home life. And I'm a huge proponent of systems in your home life and that was a workshop that we had earlier this month like the first workshop was systems at home and in your life. Systems for your food, like everything is on auto delivery. For me, I literally have so many subscriptions. My kids schedule is perfectly organized. There is amazing communication between myself and my husband and our nanny and my mother and everybody else involved so that things are easy.

My point of me painting you this picture is not to say wow, everything is I'm just telling you, I have literally thought like I've literally thought through everything that I can think through so that I don't make mistakes, so that I don't not show up for something so that it is easy, right? So that it is as easy as possible for me to just go from task to task and spend my time efficiently. That is the end goal. And yesterday as organized as everything possibly was...I leave work on time. It's not like I was working late. It's not like I had a happy hour. It's the only thing I had leave work on time, get home and our happy hour was at six o'clock. I literally walked to the house at 5:30. And my kids just like Mom, Mom, you're home and like, you know, just overwhelmed by their hugs. And then Mila was like I want to show you something and then I go upstairs to her playroom. And here we are. And Mila and I are making this puzzle upstairs. And my phone was downstairs. And usually I have my Apple watch on me because I have my reminders set up for everything. And everybody usually knows when I have evening events. Everybody knew all the alerts were there. I mentally knew I had an event at six o'clock. And I just lost track of time. Like a human being. I just lost track of time.

And when I got downstairs, it was like literally five minutes to seven. And so I look at my phone, I have all the alerts going off. And the happy hour happened. And I'm seeing the Slack just is blowing up. Everyone's having such a great time. I'm seeing all the Insta posts, I'm seeing all the pictures. My team is sending me pictures saying We missed you today. We missed you today. And I'm just like, how did I just miss this? I don't do stuff like this. I don't just not show up for something. I don't just lose track of time. And I really got down on myself. I literally started to cry. I literally started to cry. And my husband's like, why are you just like, calm down? Like it's not that big of a deal. And then when he said it's not that big of a deal. I went into like a complete eruption of like it is a big deal, because I work so hard on ensuring that everything is so hyper perfect so that I don't have these mistakes. And I was so upset. I'm so upset. I'm so upset at myself. And I was trying to explain to Faizal, I want to be like Kobe Bryant. And he's like, here you go with your rants.

And I'm like, okay, let me just explain. Okay, so Kobe Bryant is, you know, rest in peace. He's just one of the most incredible athletes to ever live. And it wasn't, he wasn't the fastest he wasn't the tallest. He didn't have the greatest build for his position. He just put in the work. He mastered his craft. He showed up before everybody, he left after everybody, he would watch his seasons over and over again. And every season perfect one element of it. So whether that be his three point shot, whether that be his free throws, and then he would work on that one piece of craft for so long until he got it right. And that work ethic and that level of mastery of your craft is what I crave. I just want to be the best. And I know many of you women here listening can relate to that. And I know it sounds absolutely crazy. But I want to be like Kobe Bryant. And that's that I want to be like Kobe Bryant. I want to be the absolute best in what I do. And in order for me to be the absolute best, I have to think about everything. I have to be hyper attention to detail. I have to review things.

But at the end of the day, I forgot yesterday I was in tears and I'm like Faizal you just don't get it. You don't get it. It is a big deal because I want to be like Kobe Bryant. And then he goes Kobe was also human, right? Like he also made mistakes. And you can't beat yourself up for just being human. No matter how perfect you think you are organized, no matter how many tools you have Suneera, no money, no matter what systems every single system that you have in place. Remember, at the end of the day that you are human and that you are going to err, it's going to happen and you have to accept the fact that you're going to err and you have to just let go be forgiving, and give yourself a little grace, you do so much you're showing up, and you're doing your absolute best. And you, you missed it, you just missed it. And that is just what it is. Chapter close. It's not nothing more, it's not as bad as you think. It's not as hard as it is. It just is what it is. And just accept it and see what you can do better next time, right? And just say, Okay, how can I have improved it? Was there another thing I could have done? And if it wasn't, and you just made a mistake, it's also Okay, just to say, Hey, I just missed it. And that's what happened, and accept it.

Because everything isn't going to be perfect. That was a big, it was a big lesson. It's something that I say all the time. Perfectionism is the enemy and that we cannot strive for perfectionism is something that I preach all the time to my team, when it comes to getting product launches

out, it's okay, if it's not perfect sending out emails, it's okay if it's not perfect, because it slows us down. And it was a really good reminder for me yesterday, even as much as I see these things, and I'm doing my best. I'm still gonna make mistakes. And I wanted to hop on today. For today's episode, I had another topic which do on another Wine Down Wednesday on. But I felt very just connected to share the story with all of you guys on perfectionism and in grace and just allowing ourselves to be human. And so for anybody listening out there, I know, you guys may look from the outside in and even think that everything that I do, everything is organized, she has everything. You know, everything is scaling and ready. And even I make regular human mistakes. We all make regular human mistakes. And we just have to be willing to accept that that is just what it is. And move on. And give yourself a little bit of grace to say it's okay.

And I just want to remind you guys of that. I just wanted to share that with all of you guys on today's quick episode and share that story with you. Because I know how much we as women really struggle with this. And I just needed that reminder. And I just wanted to remind all of you here today listening that just do your best and that is the best that you can do.

I hope everyone has a wonderful rest of the week. If you guys are part of The Club, I will see you at next week's event. And I'm just I'm so happy to have learned this lesson. I think I needed to learn this lesson yesterday. I think there was absolutely a reason that no matter how much everything was perfectly outlined, it didn't go according to plan. Because I do need to remind myself that I'm human and I can. I'm just doing my best. So cheers to all of us out here doing our best this Wednesday. I hope you guys absolutely crush it today. And I'll see you guys next week on Wine Down Wednesday at CEO School.

Shannan Monson: Thank you so much for listening. We hope you enjoy the show. Follow us @ceoschool on Instagram for show notes, inspiration and exclusive behind the scenes that you won't find anywhere else. We also have an absolutely incredible resource for you. It's the seven lessons we learned building million dollar businesses. These are complete game changers and we want to give it to you absolutely free. All you have to do is leave a review of the podcast, why you love the show, screenshot the review and email it to Hello@ceoschoolpodcast.com and we'll send it your way