

TRANSCRIPT

Ep 91: Suneera Madhani on Six Things You Need to Quit Today, Letting Go of Resentment, and Making Room for Abundance

Suneera Madhani, Intro Clip: When it doesn't work out, it's hard and resentment naturally builds. It's a natural self defense mechanism that we want to protect ourselves. But too much resentment isn't a good thing. We're in fight or flight mode. We're trying to protect our emotions. We're trying to physically protect ourselves. And so that's why these thoughts and these feelings come about, but you have to let go or is that we have to be willing to move on. We have to be willing to forgive and truly turn off that mind share. That mind share takes up a lot of our brain space without even knowing it.

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Hi, everyone, welcome to this week's Wine Down Wednesday at CEO School. This is your host Suneera Madhani, and today I'm going to be sharing the top things that we need to be quitting today. Now I know you know that I am not a quitter. And none of us here at CEO school listening, following are quitters. We are ambitious women who get shit done, who put their minds to our goals, and we crush it. And so quitting is not something that is in our nature. However, there is something that I wanted to share on things that we should be reflecting and quitting on. And so I'm going to name the top six things that I believe that we should be quitting today and kind of go through in order of why I think that we should quit these items, and what that can actually do for us. So let's begin. The number one thing that I think that we as women should be quitting immediately is trying to please everybody. It is not possible, it is absolutely not possible to please everybody. I have probably tried my best in many ways to break through this to say, of course, I know this, I know I don't need to please everybody. But my actions sometimes don't

reflect this feeling. Because I still feel that I must be very likeable, I have to show up a certain way I want to please everybody, I have a yes personality.

And so for me, this has been something really difficult, very, very difficult to break through and to quit is pleasing everybody. And I have to remind myself that I have this list of the things to put on, on my desk, and you can actually find it. I'll post it in the show notes below where you can find it on my feed. But I have this list because I need to remind myself that I really can't please everyone and disappointment, putting that putting that pressure on yourself to please everybody. This is something that I see many of us do. I see my friends do it, I see the women here do it. And it's a lot of pressure. So much pressure to please everybody. And what I will tell you is that we all know it, you can't please everyone, there's always going to be somebody that you're going to fall short with that you're going to make a mistake.

Or even if it's not your fault, that they may not be satisfied. And this could span it doesn't even have to span in business, right? I mean, we see this all the time with like customers and clients and yet you can't please 100% of your clients, you can try your best. But even in life, right, it's so difficult. And disappointment is hard. But I think accepting the fact that it's going to happen, we're going to have shortcomings and there's going to be misalignment that there's going to be misalignment with some people. And that's okay. And so the number one thing on this list is trying to please everyone. The number two thing on this list, ladies is self shaming. Okay, we're all guilty of this. So everything on this list that I'm telling you I'm 100% guilty of, and I know every single one of you is guilty of and we need to quit this self shaming is one of the worst traits that we have as women. I did a PechaKucha talk which is kind of like a mini TED talk on voices in my head. And one of the voices and I literally named this voice Serena from Bewitched, I used to watch Bewitched which which was a TV show on TV Land when I was a kid. And it was like the the evil step sister, or evil step cousin, which who would always just be mean to Samantha, the main witch. And she was just always nasty always like causing trouble. And so I've named these voices in my head for when I need these voices and Serena sometimes screams the loudest.

And always self shaming. And it's really helped me to kind of name some of these voices, because why would I want to shame myself? Right? We think we don't do it. We do it all the time, whether that be body shaming, whether that be our shortcomings, whether that be our perfectionism and falling short things that you know, I mean, oh my god has like a wife, a mother, a sister, a daughter, like family life falling short there and you know, wanting to do more and not being able to shaming ourselves where we are in our in our careers or where we want to be in business. every single aspect, we do this constantly. And we have to be able to recognize this voice. And it's not helping us it's not helping us get to that next level. It's not helping us grow. And it's actually doing the opposite. It's causing stories in our head. It's actually causing doubt. It's, it's helping us create that lack of confidence and that is not what we need in our lives at all. It's one thing that we have to show up. And we're feeling judged by society like feeling that, you know, needing to show up. And that constant feeling of putting ourselves out there, it's hard. And then we self sabotage ourselves. And so I just wanted to put this as the top on the top of the list as well is we have to quit the self shaming.

I'm not saying that it's perfect every day. But finding tools and reminders and affirmations, those really helped me. And so we need to quit on that, ladies. Number three, this one is definitely one that I've experienced through my growth journey, and it's resentment, resentment towards others. Sometimes, I mean, as a strong personality, I'm like an I'm an alpha. And whether you're an alpha or not, I mean, we hold on to things and there's definitely places where I felt so burnt. In the past, I've been burnt by ex business partners, I've been burned by family, even I've been burnt. Just so many things, clients, I mean, friends, right friends, and it's hard. And you feel you feel hurt. And when it takes place when it's somebody that you really care about or you know, something you've worked really hard for. And that gets taken away, or when that gets when it when it doesn't work out. It's hard and resentment naturally builds. It's a natural self defense mechanism that we we want to protect ourselves.

But too much resentment isn't a good thing. It's we're in fight or flight mode. We're trying to protect our emotions, we're trying to physically protect ourselves. And so that's why these thoughts and these feelings come about, but we have to let go of resentment. We have to be willing to move on. We have to be willing to forgive and truly turn off that mindshare, that mindshare takes up a lot of our brain space without even us knowing it. So, the reason why this is on the list is I know 100%, that there are that we have resentment everywhere. And we have to be willing to look deep into, you know, into our hearts and say, I want to be willing to move on from this resentment. And I find that I find that very cleansing, it's very difficult. But truly allowing yourself that space to say, I'm going to move on today and really make and I'm not saying that you have to make amends. Right. But you need closure, and you need to be able to just put it truly to rest so that your mind share gets opened up. Because our minds are we're sponges, I mean, we need space. And we need space for you know, for, for thinking for creative flow, for all the things that are taking place in this crazy busy life of ours. There isn't space for that. And so holding on to that space, whether you think you're holding on to it or not you are and letting that go. With our family with our spouses. It doesn't even have to be huge resentment, it can be like little things that you get just worked up about just coming to a close to say, Hey, I'm gonna let that go. And I'm truly gonna let that go. So resentment is on this list of things to quit.

Another thing that needs to quit is justifying someone's actions. I find myself doing this all the time of if I am in that situation of her or whatever that wherever it comes from is justified justification sometimes and just trying to say, well, this person might have done it from here. And of course, we don't need to justify anything good or bad. We all do things for various reasons. We're humans, we make mistakes, we do cool things we were growing. And so justification across the board, whether it means us needing to justify ourselves all the time I find myself catching myself doing this, of being saying no wreck literally saying no. And then providing reasons and needing to justify why I need to say no, we don't need to justify it, nor should we expect justification from others and justifying other people's actions. And so I wanted to make sure that this was on the list. Number five on the list is overthinking now.

I am for sure Trying to quit this habit. And it's the mindshare thing. It goes back to the resentment that we're holding on to it's overthinking every little thing. It's the perfectionism in us,

that tends to come out to overthink over analyze. It doesn't need to require that much brainpower and thinking and we sit here, I sit here and at night I replay things that happen all day long. And then I overthink about it and I'm like what does this mean and what does that mean? It opens up this like series of doors that never needed to like it's it was never even intended that way. But I overanalyze, and I overthink conversations, actions in actions. And that is something that we have to quit on is just stop overthinking. If you're thinking it in that moment, I encourage you to just say it in that moment. And I've seen really healthy teams and really healthy successful people operate without overthinking and doing and sharing and if there is a blocker or if there is a thought of, of overthinking just being able to share it in that moment, and not take it home and not create that brain space for yourselves. So that is number five on the list is quitting overthinking. I feel like this list could go on.

Living in the past is all also on this list for me today is got to be able to not just move forward. But what's gotten you and you've heard me say this, in business, like what's gotten you from zero to five figures isn't what got you from five to six isn't what's going to get you from six to seven. That applies in real life to living in the past, there's great things that they're you know, holding on to great learnings and experiences and memories, but also building a new future. And so just because it's been done that way, or you've done it that way, or you've been that way, I hate when we label ourselves as anything. And we as human beings are always evolving, always evolving, I'm changing, I have changed, and I have grown. And if I was living in the past, and I was holding on to things I was the last episode I talked about getting uncomfortable, right? If I sat in those levels of comfort that I was in my 20s in areas I wouldn't have grown into where I am. So and labeling myself as I've always been, I will call myself an introvert in an extrovert body. There are times where it is very uncomfortable for me to express and share and be vulnerable. But I can't label myself as that I have to think about who I am now and where I want to be. And living in the past sometimes limits us from doing so. And so good and bad. And so I know as much as I am a huge preacher about not quitting and working hard.

This list, I believe 100% we all need to quit on today. And it's a work in progress. And I have this list out in front of me and I hopefully today encouraged you a little bit to quit on some of these items so that we can be our best selves and move forward and create that beautiful space and create a mind that is open and free and light and filled with all the goodness and worthy of receiving the abundance that's up ahead. And so I hope you enjoyed this week's Wine Down Wednesday. Let me know your thoughts. Let me know your thoughts below. Let me know your thoughts in comments. I want to know what you're quitting on today with me. Cheers, everyone.

Shannan Monson: Thank you so much for listening. We hope you enjoy the show. Follow us at CEO school 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](mailto>Hello@ceoschoolpodcast.com) and we'll send it your way.

