

Lisa Lewis:

Welcome to Let Go, Lean In, my podcast designed with transformational leaders like you in mind. I'm Lisa Lewis, your transformational leadership coach. In each episode, you'll find help growing awareness of your mindset as a leader, be equipped with a tool to let go of unrealistic expectations and self limiting beliefs that get in the way of your one precious life. My goal is for you to thrive as you lean in toward the leadership call God has put on your life. Join me and other leaders as we let go and lean in together.

Lisa Lewis:

Well, hi friends. Welcome to this week's episode for Let Go, Lean In, a transformational leadership podcast. I'm glad you're here. Today I'm going to share a three part process that you can use for your personal and professional growth and development. No matter what it is that you want to learn about, no matter what it is that you want to change, this works. But not only that, I'm going to share a story and a poem, or at least part of a poem, that has been transformational in my own thinking over the years. So let's get started.

Lisa Lewis:

The story I want to share involves being outdoors. So if you can, just sit quietly and imagine this scene. Walking along a path next to a small lake near our home, I saw a path that led off from the one I was on, and it went away uphill and there wasn't a marker on this path, and yet I could see that it had been taken enough that it was trampled down. As I looked at it, I paused and I stood there, and I looked at the one path ahead of me that I was on, and I could see where it led around the lake. And this other path that spun off up the hill to the left just looked intriguing. And I was reminded of this poem that was written by, at that time, the Poet Laureate for our country, Robert Frost. You're probably familiar with The Road Not Taken. It starts like this, "Two roads diverged in a yellow wood, and sorry I could not travel both and be one traveler, long I stood and looked down one as far as I could, to where it bent in the undergrowth."

Lisa Lewis:

Isn't that the way we make decisions sometimes? We stand still. We try to consider all of the possibilities in either direction for a decision to have impact. And yet, we're not omniscient. We can't be the ones to know all the possible outcomes. That belongs to God. And so in any decision, one of the things that we need to consider is how can I discern? Discernment and wisdom are things that come from above. So the best we can do is pray, seek wise counsel, and take the next right step. Now, that's not my three part process that I want to talk about, but I want you to know you're not alone if you do that standing and wondering. That poem illustrates it. And yet, we can't take both paths.

Lisa Lewis:

Here's the thing. When we try to consider all the possible outcomes, we can tell ourselves we're being a good decision maker, yet sometimes all the possible outcomes don't lead us to take action. Sometimes it's so overwhelming with all the possibilities, we stay stuck. Here's what I have to tell. GET, it's an acronym that I made up for grow, equip, thrive. That's the three part process.

Lisa Lewis:

So the first one, grow, it really pays attention to your awareness. I'm asking you to consider what is stirring in you that you know needs change. It might be something with your team. It might be

something for you personally. You get a sense that something needs to be changed long before the change has to happen. It's a beautiful gift of discernment that we're given, but a lot of times we simply ignore it. We're too busy. During this time of the pandemic, we've had a lot more time on our hands, because we're not out in the cars, running from soccer practice to the next meeting, and all the commute time. So we've had more time to consider what's working and what's not working, what we see in ourselves that we'd like to change and what we'd like to strengthen.

Lisa Lewis:

So that awareness is something to pay attention to, and when you're paying attention to it, the thing that you can trust is if it's a stirring for change, that didn't come out of nowhere. See, as a woman of faith, you can trust that the stirring potentially is given to you by God. And I say potentially, because sometimes we can get ourselves into trouble in our own ideas, but we can trust that it's from God if it's a good idea. Now, measuring a good idea, of course, depends on the parameters of what you're looking for. So we can't necessarily go into all of that right now, but I will say that paying attention to what is stirring inside you is a gift, and that attention can inform what your next steps can be. So grow your awareness.

Lisa Lewis:

When you're growing that awareness, play with the ideas, pray into it, seek wise counsel, ask people, have you ever done something like this? Do you know anything about whatever it might be, and ask for input. As you continue to grow your awareness about this need for change, play with the idea of what it would be like if that change actually came into being. Let's use something practical. Let's say because of the circumstances you find yourself in, you recognize you need to change how you manage your schedule. In the future, when we're back to the regular operations of life, you want to create a lot more time that is discretionary, because you recognize you like having time to think and not have to rush from one thing to the next. All right, so this is your change that you want to make happen.

Lisa Lewis:

The second part of this three part process is called equip. So you've got this change that you want to put into place. You want to create a better schedule for yourself, with more discretionary time. So you know what you want to do. What tools do you need to make that part of your reality? Now, you may use a paper and pencil planner. So if you have one, that's one of the tools that you need. But you might also need some other equipping, like boundary setting or perhaps accountability, to make the change. Or maybe it's something that you haven't even thought of yet, because you haven't given yourself permission to explore the why that you haven't set up your schedule the way that you want it to be in the first place.

Lisa Lewis:

So equip means that you're going to be paying attention and you're going to seek out specific things that can help you move toward that goal of creating a more open schedule. Now, you can tell yourself, "I just have to say no," but if you don't put into place some parameters for your no, if you already have a habit of saying yes when a no would be better, you might need some other tools. So continue to pay attention. Grow your awareness. Look for the tools that you need.

Lisa Lewis:

Because the third part of this process is nearly the end game. It's thrive. You want to be able to thrive in your personal and professional life. You want to be able to thrive in the role that you're in, in the relationships that you have, in your faith practices. To thrive means that you have taken the steps of growing your awareness, paying attention, getting the tools that you need and taking action around those tools.

Lisa Lewis:

I want you to sit for a second and just consider what would it be like for you to have that schedule that had discretionary time planned into it? How would it feel as you faced your week, knowing that you already have given yourself some margin? What would it be like at the end of your workday, when you've had time to sit for 10 minutes and meditate in the middle of your day, or you've had time to read a book for a half an hour during your lunch break? What would that be like? Imagine those elements.

Lisa Lewis:

Now, here's how that poem that I shared before ends. "Two roads diverged in a wood. And I, I took the one less traveled by, and that has made all the difference." Choosing to grow your awareness, to equip yourself with the tools that you need to make change happen so that you can thrive in your personal and professional life, is worth the pushback. Oftentimes, the pushback comes from yourself and not from other people. It's hard to say no, it's hard to have to skip over something that you thought was going to be a good thing, but recognize it would be better in somebody else's hands instead of your own. It's hard to miss out. We all deal with that.

Lisa Lewis:

But the idea of thriving in your life, because you've said a good no, and a strong yes when appropriate, can give you that why that you need. So knowing what way to go, which path to take, is always a matter of discernment and choice. And as a leader, you are making choices all the time. As a transformational leader, you're also recognizing change is good. So let go of those past expectations of doing it all and getting it all right, and lean in toward the invitation to thrive in your life, that God gives you by the way that you're wired and the way that you can work.

Lisa Lewis:

Thanks so much for being here today. I hope this has been helpful. Anything that you need, you'll find over in the show notes. And I look forward to being with you again.