

Drop Out of The Negativity Club

SPEAKERS

Marisa Santoro

Marisa Santoro 00:00

Hi there. I'm Marisa Santoro, founder of In Our Shoes, www.inrshoes.com, and Gutsy Leadership Academy. In our next module, we're going to be focusing on dropping out of the negativity club. We cover the nine environments earlier in this program. And one of those environments is your relationships, the relationships that you have right now, which are either inspiring you or expiring you, that is they are bringing you up, or they are bringing down.

Marisa Santoro 00:30

I'd like you to become aware of these relationships and spend more time with the people who bring you up, versus those that bring you down. I want you to surround yourself with powerful, successful and nurturing people. Now I'd like to share that you will not if, pick up a negative vibration from someone. And I like to address that if you are hanging out with people that are bringing you down. What happens if a negative person is your manager? What do you do? This is your boss. Now, if you choose to go back to work and need your boss's approval, then you make a choice to keep doing that. Or you make a choice and say, You know what? If I spend the rest of my life working for this person, will I be happy? If the answer is no, can I transfer? Am I sentenced to live with this person for the next 10 years? Sometimes you make tradeo-offs.

Marisa Santoro 01:25

Let me share one major trade off and life decision that helped me tremendously. When I was working inside Corporate America as an executive, I understood that the amount of money that I was making can decrease here, if it means I have more freedom here. That was certainly a very real decision I made when I walked away from the only steady income stream that I knew an IT executive career on Wall Street. Now there are always going to be people in your life who are negative, and you want to maximize your consciousness and make the best choices that you can given the situation and limits that you have. That was the best choice for me. So be conscious about where you're spending your time, how you're feeling, how much joy is entering in your life. The exercise in this module will give you some really good data which will have you recognize who is uplifting you and who is not. And I want you to ask yourself, How can I do something different? Because as we grow in life, we are very fragile and imprinted by our parent's attitudes and belief systems. And as we get older and stronger, just like a building with very good walls, right? We can withstand a really good wind. No one is going to bring you down as your state becomes more maintainable.

Marisa Santoro 02:46

In the exercise I give you in this module, I want you to look at all of the relationships and list out all of the people who make a significant influence on you, positive or negative, or that you spend significant

time with in person or on the phone. This will help you become really clear, clarity is everything. Clarity is power. Really clear on the choices that you're making every day. A quick reminder as I close here today on relationships. Be a student to those above you. Be a fellow traveler to those on the same level as you and be a teacher to those below you. I look forward to having you complete this exercise. Dig deep and reach in and see your environment. Environment is everything. All right. We'll talk to you soon. And I look forward to seeing your assignment. Bye now.