

Ep #50: How to Live a Life of Authority



Full Episode Transcript

With Your Host

Lori A. Harris

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Have you ever wondered why some people have massive success even in the face of extreme difficulty? Well, in this episode I'm going to share with you three tips to help you live a life of authority regardless of situations, circumstances, or conditions. Let's get it going.

Welcome to the *Unlock Your Life* podcast, a podcast for highly successful visionary women who want more out of life. If you feel that ache of unfulfillment in your soul, you're in the right place sis. Join life mastery consultant Lori A. Harris as she teaches you how to stop living for others and finally put yourself first. Let's dive into today's show.

Hey there. Hey. I'm Laurie. I'm a certified, award winning life mastery consultant. It's my mission to help women build lives that give them life regardless of circumstances, situations, or conditions.

Now, let's think about it. Have you ever known someone that just kept winning regardless of what was going on around them? Even if they had a really rough start in life, they seem to have worked it out. Maybe you know this person from the internet streets or television or some person in the media, but they seem to have had a difficult start in life. Yet, they keep on winning. How does one do that? Well, I have three tips for you to get you going on a dream that gives you life.

The first thing one needs to do is make a decision. It reminds me of a client I once had. This young person had a difficult start in life. Her parents weren't always there for her. Sometimes they actually failed her. She ended up in foster care. As a result of being in foster care in her teen years, she also experienced some contact with the juvenile justice system. And didn't end there. As she reached maturity, she had no stability and she ended up homeless for a bit of time.

Now, you would think that this is not the kind of person that would end up making an investment in life coaching. But this young woman did just that.

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She was able to muster the skills she needed to build a life that's giving her life. She is now a college graduate and thriving in the next adventure for her.

How does one do that? Well, the first thing one needs to do. Rule number one, is make a decision. We need to be absolutely crystal clear about that thing that we really, really want. We need to be willing to go forward, even in the face of uncertainty. Even in the face of I don't know how. You need to be able to at least commit yourself and write it down on paper of this is what I want. Especially if it scares you. Especially if you don't know how. This young woman did just that.

It's not enough to know what it is that you want. You have to develop and build the belief that you can and you will achieve it. You can and you will achieve it. You have to allow yourself to entertain the notion enough to build a modicum of belief that it is possible. You don't let situations get in your way.

What that means is when things happen, and you'll notice that I didn't say if things happen, when things happen that seem to be an obstacle, that seem to take you off track, that seem to represent a detour, one must stay focused in that situation. You must continue on the road committed to your goal and your dream. Even though it may sound hard, you must commit to your decision.

Now, it's easy for me to just say oh you just reached a rough patch in the road. But the truth is this is the road. We all have difficulties, situations, and conditions. That is what's called life. No one leaves their house, gets into their car, or adventures out into the world and encounters all green lights all day, every day. You're going to go out of the house. Sometimes you're going to hit a pothole. What matters is what you let yourself believe about that situation. What is the meaning that you attach to this particular moment in time?

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Do you throw your hands in the air and say, “Oh, this must mean that this dream is not for me? This must mean that I'm not good enough. This must mean that I don't have what it takes.” Rather than allowing yourself to get off track, stay immersed in the vision. That thing you decided upon in rule number one, the thing that you really, really want. Immerse yourself in the vision. Allow yourself to see yourself succeeding doing the thing that you would absolutely love, having the thing that you would absolutely love, and come back to the course.

You can readjust. You can pivot. You can seek a different way. Every time something doesn't work, it doesn't mean it's never going to work. It means try a different way. Go a different path. Try another approach. So when you have difficulties, what is the meaning that you're attaching to it? If you can train yourself to look at a situation and let the situation be without having the situation have you so that you can come to creative ideas, creative solutions. Stay in the moment and allow your ideas to flow.

Then the third thing is to be confident and take action. Stay in motion. Keep doing the next right thing. When something appears to be a mistake, you pivot and readjust. Stay in forward motion. A fundamental belief that you must incorporate is know that you cannot screw up your life. Everything is happening for you, not to you. Allow your life as it unfolds to be part of your story of triumph, not the reason why you decided to sit down and accept failure.

Now, my question for you is what would be the thing that created a life that gave you life? What are you looking to add to your life to bring more joy, to bring more creativity, to bring more sense of adventure? Or, conversely, what would you like to take away to give yourself more peace, to give yourself more room to give yourself a feeling of joy and expansion? What are you willing to start doing in order to have more life? Or what is it that you need to stop doing in order to be your greatest expression of you?

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That's it for this episode, episode 50 of the *Unlock Your Life* podcast. If you've enjoyed this episode, I ask that you share it with a friend. Now, at this moment, I'm offering a free gratitude meditation. This is something that you can download, listen to, and be guided to having a new way to think about gratitude, having a new way to process the events that are happening in your life to ground you and move you forward. I would love to share it with you.

You can find more information about this when you go to my website and go to this particular episode, and you'll find the information in the show notes for the gratitude meditation. Simply go to loriaharris.com/50 and you will find this episode and the show notes and a link to this guided meditation.

It has been my great honor and privilege to serve you at this moment. If you've enjoyed this, I would love it if you would go to Apple podcasts, rate, and follow the show. You can leave me a review and let me know what you loved about it. Write in the comments what you would love to add to your life or take away from your life to bring even more joy and positivity to this thing you call life and that you're engaged in every day. Remember, it's your life. Make it a great one.

Thanks for listening to this episode of the *Unlock Your Life* podcast. If you want more information on how you can transform your life and do it quickly, visit loriaharris.com. See it on the next episode of the *Unlock Your Life* podcast.