

Episode N°4 Mood vs Commitment

Have you ever experienced that you decided what you were going to do with a beautiful state for tomorrow and when tomorrow comes, you suddenly did not feel like doing it and did not follow through with what you were committed to?

As ladies, I am sure many of us can relate to this and I had been in the place before. In today's episode, I am so excited to share with you how to overcome the mood and follow through with your commitment no matter what so that you can create the result you want and the best life you want to live. With that said, let's dive in.

Welcome to the Haute Couture Life podcast. I'm your host Mana here to help you become the most beautiful goddess version of yourself. Whether it's beauty, style tips, health, or personal growth, this podcast is your Ultimate Guide to becoming happier, healthier, and creating the most beautiful life. Are you ready to unlock the secrets? Let's begin.

So what is the reason that most people tend to act on the mood and not stick with the actual plan they decided? When I was thinking about it, there are four core reasons. I also had a moment in the past that after I decided I said something like I am not in the mood right now, I can do it later or I will do it when I am in the right mood.

But now I am so proud of myself that I have an identity that I am the woman who commits and follows through no matter what with self-love, self-care, self-discipline, and self-respect. This is what I also do this incantation every morning and it is literally powerful because the words you speak, you also create and experience.

By the way, if you are interested in the incantations, you can listen to my first episode of Haute Couture Life Podcast with Mana. I also added my blog post to my show note so please check them out. And so I can help you with how you can also shift your mindset and action.

So the first reason that we are not sticking to the plan and being in the mood is that a little discomfort of growth. Whenever we do something new or do something a little bit harder than usual, we have a brain that part has a survival mode that loves to stay comfortable and safe. That part of the brain comes up with a bunch of excuses that are not serving us to take beautiful actions and be the best version of ourselves.

When it comes to a little discomfort and saying something like I don't feel like it, first you can be aware of yourself and say I am thinking that I don't feel like it instead.

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Because adding a little sentence can create a space to look at you from the outside. Discomfort is a feeling that human beings tend to avoid. As I mentioned we have brains it has the part of survival mode that loves not to change anything. Maybe 500 years ago it helped us to really survive to be alive but it is not helping us to create the best life we want at this time of our lives because we do not need to live and stay in the cave and look for food to eat.

You know we create our feelings through our own thoughts and it is very helpful to change the thought to generate the feeling which leads you to want to take action. The second reason is the lack of a strong purpose.

There are many amazing quotes by Mr. Tony Robbins that say 'Activity without purpose is the drain of your life.' and 'Anything can be achieved with a strong enough why.' For example, when you want something something very bad you will find a way and commit and follow through no matter what. Let's say if you really really want to build the muscle to have lean abs, you will find a way, and let's say if you really want to win a beauty competition like Miss Universe, you will practice no matter what.

We can focus on beautiful changes rather than comfort. There is a great exercise that you can practice to discover your real purpose. You can keep asking yourself why five times. Let's say Why do you want to upload your videos on YouTube? Because you want to reach your people and Why do you want to reach your people? Because you want to show what's possible to your audience and Why do you want to show what's possible for your audience? Because helps and makes a huge impact on them.

Why do you want them to have a huge impact? Because you want to create a beautiful world. Why do you want to create a beautiful world? Because you are the woman you came here to be a living example and make other people and animals live the best lives because we are love. You see, keep digging for your true reasons and you will find the purpose.

The third reason we are not following through is our identity. This is very huge. Have you ever said like, I always don't finish things, I'm lazy or I'm the type of person I don't follow through? Well, my goddess friend, the thoughts we think really prove it true.

This is the universal law and so if your current identity is not intentional and does not match the desired identity as your future self, you can also shift and align with your future self identity little by little. Because let's think about it, that kind of identity is not

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serving you at the highest level and what is an upside to think about it? Especially if you want to follow through with your commitment right?

‘The only thing that is keeping you from getting what you want is the story you keep telling yourself.’ by Tony Robbins. The final reason is that we are living in this easy-to-access instant gratification world rather than pursuing long-term gratification.

With massive technologies, we are so easy to get distracted if we are not conscious. So whenever you touch your phone, you always want to ask yourself Am I being intentional? What is the outcome I want from this? Does this activity help my goals to be achieved? We touch our phones to feel something like avoid discomfort, being overwhelmed or stressed however this is not helping us to cure the core.

So now we know the four reasons that we tend to act on the mood instead of commitment. So let's create the solution for them. The first step is to be aware of your thoughts and generate the feeling that will want to take action. If you are feeling discomfort to commit and follow through, what kind of thoughts do you have?

You know discomfort is actually the feeling a must to accept and embody and anyway to live the best life we want because anything we want and don't yet have is out of our current comfort zone. I personally love to generate the feeling of excitement and being proud which leads to the next step.

The second step is to think about the best and worst-case scenarios if you follow through and if you don't follow through. So if you follow through with your commitment, What are the results you can get? For example, if you want to create a video and publish it on YouTube and you do it anyway, ideally you don't need to analyze your own thoughts right? and you will be able to have an impact on the people you serve and you will be so proud of yourself after that. Also, you can connect to new people and expand your experiences and horizons. On the other hand, What kind of consequences you will get if you keep procrastinating? You might stay the same forever that we can avoid right?

The third step is to start small. We also have the feeling overwhelmed when the commitment is bigger. If you do it no matter what with even little steps. You will create and correct the new evidence that you were becoming the woman who commits and follows through no matter what. And whenever you collect the new beautiful evidence you will be so proud of yourself. It compounds.

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There is a great book called Atomic Habits by James Clear and I recently read it. This is my favorite and one of the greatest books I would recommend. In the book, he talks about how to build great habits and eliminate bad habits and how important to start even small.

If you want to write a book, start with one sentence. We can create and keep the momentum with this approach. How gorgeous! I am sure that if we keep it small and start anyway, we will eventually enjoy doing it and not want to stop the momentum. How many of you think you don't feel like working out in the morning but you start doing it anyway and you eventually feel so great and so proud? That is what I'm talking about.

The final step is to use the 5-second rule by Mel Robbins. FYI, I found her because of the same surname as Tony Robbins and I'm so glad that I found her. I also saw her book cover before since many people recommended her book before.

Even Mr. Tony Robbins talked about how he never felt like it to jump into the ice bath every morning which is his morning ritual but he does it anyway every single morning. I personally haven't let her book yet but when I was watching her videos which I added to my show note, I was so fascinated that it is very simple but super powerful and effective that we can apply. All you need to do is count 5 4 3 2 1 and do it anyway.

Practice makes perfect and you know we can master everything with practice. And it will become so easy and natural to do it eventually. How amazing! So these are the four steps that we can practice to overcome the mood and do it anyway.

Mr. Tony always talks about 'Never leave the sight of a goal without first taking some form of positive action towards its attainment. Right now, take a moment to define the first steps you must take to achieve some goal. What can you do today to move forward?' So what are you committed to doing after listening to this podcast?

'If you talk about it, it's a dream if you envision it, it's possible but if you schedule it, it's real.' Let's make our dreams come true and live the best life we want my goddess friend. I cannot wait to see you next week and have a beautiful day.

As we wrap up today's episode, I encourage you to take action on what you learned visit hautecouturelife.com to leave your comments. I am so excited to hear your takeaways and insights. So until next time stay beautiful and have an amazing week my goddess friend!