

Well, hello there and welcome back to another episode of the Your Next Best Step Podcast. I am your host, Theresa Cantley, and I am super, super, super glad you are here. Hopefully, you now have your full supply of toilet paper, and paper towels, and tissues, and hand sanitizer. Because hopefully, these stores have restocked by now, and we are all in good shape. If not, we will get there. Remember, we are all in this together, we're all in this together, this entire world. Just hang in there because better times are coming.

Speaking of which, I wanted to just do this quick episode just to talk a little bit about how I handle when things start to get a bit chaotic, what I do to stop and recheck myself. I thought maybe if you're just feeling a little overwhelmed, maybe if things are starting to settle down and then if they're not, this episode might help you just to give you a few things that you can do.

You're always going to have stuff happening. And that's one of the things that I said to a lot of my clients, things will always happen in your business. There's never a time when there's not something happening, good, bad, indifferent, just stuff. There's just stuff. You're always going to have unhappy, like you just have unhappy employees. You might have an unhappy customer. You might have systems aren't working right, or the telephones aren't working right, or stuff is delayed coming in. You're always going to have stuff.

The first thing that people always want to go to when things happen, when chaos happens, is they always want to go to why is this happening? Why me? Why now? What did I do wrong? What is going on? This is awful. They also want to blame external circumstances for everything. If the business isn't doing well, they just want to blame the economy, the president, the customers, the community, the town, the marketing, the consultant, everybody and anybody out there. They always want to blame somebody else.

Instead of doing that when things get chaotic like this, I wanted to just take a couple moments and just do this quick podcast episode to hopefully help you because as I said, things will always happen. Stuff will always be going on. If we learn how to handle that chaos, we'll be able to handle it any time stuff comes our way, no matter what.

I mean, I've even been through people who, friends of mine, family members of mine that have had major sicknesses, and helping them to get through treatments that they've had to go through, or just not feeling good and recovering, and helping them to deal with that kind of chaos that's coming into their life. So whether it's your business or whether it's personal, these things might help you to move forward and come out of that chaos.

I have this book, it's a yoga book and it's by Colleen Yee. In the book, she talks about there's this whole section on when things are... It's almost like when it's really windy outside or like how you have the eye of a hurricane and the center of the hurricane is the calmest place. Around it you have all the swirling winds and all this swirling stuff. She has this yoga practice in her book where she talks about watching standing in the middle of the storm and everything around you, all that chaos is like swirling.

People are freaking out, people are unhappy, people whatever. If you can learn to stand still and be still in the center of the storm, you can let all that stuff swirl around you and let it calm down around you instead of trying to fight it or trying to push against it. It's just like if you get caught, like if you're in the ocean, you get caught in a rip tide, fighting it is going to make it worse. But if you can calm yourself down and you can just go with it, eventually it'll stop, and you'll be able to put your feet down, and get back up and keep moving.

She talks about this in this book because you go through this heavy duty yoga practice and you're upside down, and some headstands, and some other inversions. Then you end up sitting, you end up coming to a place where you're sitting, and you can just feel everything swirling around you. You're in the center of

it, you're in the center of it, and you're just watching the swirl and watching it. Just watching that chaos while you're grounding yourself back down. You're in the center of it and watching it just kind of swirl around you so that you can calm that chaos, and be in the center of the chaos, and just be the calm for it.

So I thought this might help. This is going to be a shorter episode than normal. But again, things inevitably come up in business. You know, websites crash, phone systems don't work right. The internet goes down. Customers get unhappy. Things will happen. But if we can manage that chaos in our life and our business, we're able to find solutions a lot quicker.

The first thing I want you when stuff is happening, the first thing I want you to think about is number one, just recognize it. Just understand that something's happening, something's happening and it really doesn't have any meaning. It's not bad. It's not good. It's not anything. The only meaning that it has is the meaning that we give it. So if we say this is a horrible thing, it's a horrible thing. If we say this isn't so bad, then it's not so bad.

But if we can detach from whatever is happening and just recognize it for what it is. We have a bunch of unhappy employees for whatever reason. Just recognize it, not play into it, not give it some unassociated meaning, okay. Just recognize it that this is happening. We understand it's happening and we're going to do something about it. So recognizing it and not attaching any meaning to it.

The second one is to realize is to think to yourself and understand that there's always a solution, anything and everything. I tell my clients this all the time. Anything and everything can be fixed and figured out, no matter what. No matter what it is, we can always figure out what the next best step is. No matter what it is, anything can be fixed. I mean, I teach a lot of stuff with software and I always get, "What do I do if I crash the system?" It's like, "You're not going to crash the system. And if you do, we can always get it back. It's okay." You know?

So recognizing that there is always a solution, no matter what. Nothing is forever. Nothing is going to last inevitably. There's always going to be a break so that we can find the solution. It's temporary and it can be figured out. The third thing is to understand that it's not you. That's part of the recognizing it phase is to just understand that it's not, things aren't happening to you, they're happening for you. If something isn't going right, if an event didn't go right, if people didn't show up, if a class flopped, it doesn't mean that you suck. It doesn't mean that the business sucks. It doesn't mean that people don't like it. It doesn't mean that it's never going to work. It just, it doesn't really have any meaning. It just is something that just happened.

The first thing that people want to do is when chaos starts to go and starts to happen and things don't go right, they either want to blame themselves or they want to blame other people. Or they say, "Why is this happening to us? Why is this happening to me? Why is this happening to us?" That's how we get into that victim mode. We want to stay away from that because once we get there, once we go to there, things really start to crumble. That's how we start to play into the chaos, and play into all the negative emotion, and then it just swirls from there.

If we can realize and recognize and advance, it's not you. These things happen for us, no matter what it is in life, things happen for us. We just have to take the time to find out and look for the lesson or the opportunity that is in here. I remember my grandmother saying this to me a long, long time ago is that, "God doesn't give us anything that we can't handle and he doesn't want us to have." We just have to learn that for ourselves and learn what it is.

She was diagnosed with pancreatic cancer. This was 25 years ago and they have many, many, many more things available for treatment today. But I remember her saying back then like people, she was able to, her family was around her. I was able to stay with her to help take care of her. Like things

happened for a reason. I know she missed my grandfather dearly. He had passed before her. But she just always had that mindset of God is always with us, always watching out for us, always helping us.

Whether you believe in the universe or God or whatever higher power, things are always happening to get us the results that we want or get us closer to the results that we want. Also, to show us what we don't want as well, law of polarity. To show us really what we don't want so that we can understand better what it is that we do want and appreciate what it is that we do want even more. So to realize that it's not happening to you, but it's happening for you, to help you to move forward, and to help you to do things better.

Then the last one is number five is once we can understand all of this, and even just saying this on this podcast episode right now, I'm going through all these things, is you can then take inspired action. You can't make decisions and take action when you are freaking out, upset, emotional.

I had a client a couple of weeks ago who was really, they had a situation with an employee, and they were really, really, really angry. I mean really angry, seeing red, just really upset about what happened. They wanted to make a decision and discipline this employee. My answer back was, "Do you think that's the wisest thing? Because right now your emotions are taking over and it's clouding your judgment." They eventually came back and said, "No," And I said, "Give it, like sleep on it, give it 24 hours before you decide what it is that you respond." Then the next day, they sent me a message and said, "You were right. I have a level head and I am thinking without the extreme emotion attached to it. And rightly, I mean this employee did do something that was not cool, but that's all good. Things happen."

But my point is, is that we can't take the right actions. We can't take good actions if we are upset, not thinking clearly, mad, and just filled with that emotion, where we can't see the facts that we need to move from. We also have the wrong thought and feeling behind it. When we make a decision for that, the actions that we take are not necessarily good supportive actions to get us to a good result that we're looking for.

If we can do all these things to handle when chaos happens, to handle when things come up, we will be able to take the right actions to move forward. We'll be able to take the actions that we need to take to make the right decisions. Then the results we will end up getting are the results that we're actually looking for.

So again, I hope that this episode helped you. I wanted to do a quick episode just to give you the things that I do when things start to go wrong. It's taken me many, many, many years to get to this point to be able to, and it all comes down to how we think, how we think and how we feel about something. Because our thoughts when we're thinking something, our thoughts end up determining how we feel about something. Then how we feel about something and how we think about something ends up determining our actions. Then we end up getting the results that are related to our actions and our thoughts.

So there is something to be said about what we think is what we become and that becomes our reality. If we learn how to handle situations, because again, situations will come up in our business and our life all the time. It is inevitable. But if we can handle them with some more grace, giving ourselves more grace and more space to assess the situation, to recognize it, to understand that it's not us. Not putting any judgment on us, not putting judgment on the situation or anyone else who's involved in this situation.

Realizing that anything and everything can be figured out. Understanding, "Okay, this is what I have control over. This is what I don't have control over. I can only change what I have control over. I need to let go of trying to control an outcome." Let go of that emotion and detach from it, detach from the

outcome, and just focus on taking inspired action. Taking that next best step that will move us forward towards the results that we're looking to get.

So if you had stuff, and I'm sure everybody has had things happen in their business, but if you had some things happen recently, I hope this episode helps you to really take some time to put things into perspective, so that you can move forward with the right intention and the right actions, so that you can achieve the things that you want to achieve.

Don't forget, I also have a free download that will also help you to take the right actions towards growing your business. Some real simple things are some real simple action steps. It's my 10 Tips To Massive Growth, and you can go to [TheresaCantley.com](https://TheresaCantley.com) forward slash 10, the number 10, secrets, and go ahead and download it today. Super simple actionable steps. There's 10 things, 10 actionable steps that you can start doing today to achieve the things that you want to achieve.

But until then, if you have things going on in your business, you have things going on in your life, the first thing and the best thing that you can do is learn how to put things into perspective, and handle things from a calm, clear intention focused mindset so that you can achieve the results that you want to achieve. So until next time, I hope this short but powerful episode helped you. Stay well, stay safe, and I will see you next time.