



## Episode 41: SURVIVING VS. THRIVING

This is the *Become an Unstoppable Woman* podcast with Lindsay Preston Episode 42, Surviving Vs. Thriving.

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Welcome to the *Become an Unstoppable Woman* podcast, the show for goal-getting, fear-facing women for kicking ass by creating change. I'm your host, Lindsay Preston. I'm a wife, mom of two, and a multi-certified life coach to women all over the world. I've lived through enough in life to know that easier doesn't always equate to better. We can't fear the fire, we must learn to become it. On this show, I'll teach you how to do just that. Join me as I challenge you to become even more of the strong, resilient, and powerful woman you were meant to be. Let's do this.

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Lindsay: Hi there, Ms. Unstoppable woman. Welcome to the show. So glad to have you here as always. As this episode is going live, it's mid-April 2020 and the COVID-19 pandemic is happening all over the world. If you're listening to this episode, when it goes live, hope you're hanging in there. Hope you're getting through this. Today, I want to offer you a resource and a tool to help you understand a little bit more about when you're surviving and thriving in life. Right now, you may be more in survival mode, because so much has changed for you. I'm a big believer that when unexpected things happen, it really is just a way for us to see an amplified version of problems that are already there to begin with.

It's a great opportunity for us to really sit down and say, "Oh my goodness, there are some areas of my life that need changing." To give you an example, if you are in quarantine right now, with a partner, or you're married or whatever, and that person is driving you crazy, they're likely driving you crazy in ways that probably bothered you before this whole thing happened and now those things have just been amplified. If there's been certain areas in your financial worlds that have been impacted by this, well, that's just been amplified, maybe you're not able to work, or maybe you don't have enough savings. That's just being amplified right now, with everything that's going on.

Again, it's a great opportunity for us to look at ourselves and say, "Well, we can't really avoid some of our problems, right now it's time to go in and really face this stuff head-on."



We can't avoid it anymore. Instead, we've got to learn how to problem-solve them. Now, I think today's episode is a great one, regardless of if you're listening to this live or not because it's a great way to understand if you're surviving or thriving, because who would know if they're one or the other? It's not like we're sat down in school and we're taught this stuff. I really want you to understand the difference between the two today so you can avoid staying stuck, and instead be in a state of continuous growth.

I hear from so many women that I coach or in my personal life, that their problems in life have been there for years, sometimes even decades. I think, "Oh my goodness, I wish you would have gotten a wake-up call many years ago because you didn't need to stay stuck this long." I'm hoping you get that wake-up call today to say "Whoa, okay, it's finally time to change some of these things in life." Or you may get a pat on the back of some reassurance of, "Wow, I'm actually doing a lot better than I thought I was."

I'm going to introduce you to a tool that's called the wheel of life. This tool is out there in the personal development realm. I'm going to walk you through it just in case you've never seen it before. The way that I do it is a little bit different, so stay with me. I'm going to have some visuals of what I'm telling you today on the show notes, so if you've never seen the show notes before you just go to your podcast player, and you'll click wherever you can see a little snippet of what the show was about. To see the episode title and then probably a sentence or two with a little bit more information and then below that there's a link that says "this originally came from--" I think Lindsay Preston's website or something like that.

You'll click that link, and it'll go to my website and that's where you'll see the full show notes. You'll learn even more about the episode, you'll get all the links, you'll get pictures like today, you'll see pictures of this tool I'm going to walk you through them. That's how you can go and see show notes. As I said, we're going to do this wheel of life exercise. What you're going to do is you're going to get a piece of paper, and you're going to draw a big circle on it. Then what you're going to do is you're going to determine what areas of life you want to measure. The areas that you want to measure are the ones that are important to you.

To give you some examples of ones that either I've put on mine, or I've had other people put on theirs, things like health can be an area of life, and you can even say physical health and then you could say mental health is another one, emotional health, it's up to you again, but you can bunch it all as one or separate it out. You can also put one as marriage or whatever you call your partner, a significant other, or even you could say, your dating pattern, if you're not with somebody right now. Just typically, what kind of people are you



meeting when you're dating? How fulfilled are you in that area? Again, is what we'll measure here in a bit. You could also have an area for friendships.

Then you could have one for family and you could separate out family and do kids, if you have kids and then do extended family. Again, this is your wheel, you can do it however you want. Some other sections, you could do work/career and if you have a day job, and then maybe a side hustle, you could separate the two out. In mine, I almost did mine where I had my life coach as me as a coach as one area and then me as a business owner in the other area, I ended up not doing that, but I could have and I thought about it.

You may be in that similar boat. You could also do finances and then you could even separate that out if you wanted to to smaller sections of your saving versus your spending or just encompass it on one. Your spiritual life. Your relationship with yourself is another one you can measure. Your emotional or mental health, as I mentioned fun. For some people, they want to put sex and measure that separately. Personal growth plan. Again, this is going to be your wheel and you're going to determine what areas you want to measure on that wheel.

For mine, I came up with eight things that I wanted to measure on my wheel and that was how fulfilled I was in my finances, my career, my marriage, with parenting, with my physical health, with fun, with spiritual connection, and then my mental and emotional health. When you have your big circle on your paper, you're just going to then figure out how many sections you want. For me, I had eight. What I did is I started to separate out my circle into eight different sections. Almost like I was a pizza cutter and I start cutting pieces of pizza. You're going to do that with your pen, pencil, marker, whatever you use, and separate out that circle. Again, I have visuals on the website, if you need it.

I'm a visual person, so you may be too. Then, when you have however many pieces you need, you're going to then go around on the circle and write what each slice or section represents. Like finances is this one slice and career is this other slice and marriage is this other slice. Then, you're going to go around, have all your slices labeled. Then you're going to sit down, and you're really going to think about that one area, one at a time so if the first one is career, sit down and really think how fulfilled you are in that area.

Fulfillment can mean different things to different people. I define fulfillment as how close am I to living in my ideal self in that area? Am I showing up in the best way that I think I can? Now, Webster defines fulfillment as something pretty similar, but it's the achievement of something desired. Again, you define what fulfillment means to you. I'll say it again, for me, it's really am I living close to my ideal self in that area? If we're going back to career



and we're going to measure that one first, and you're looking at that slice, I really want you to think on a scale of like one to 10, 10 being the highest, where am I on that scale? Then fill in that slice as much as that number represents. If you're filling in for an eight, that's where you fall in that one to 10 scale, you're going to fill in your slice a pretty good amount because a 10 would mean you fill on the whole slice. Right, makes sense? Again, just go down all the different areas and start to rank them between one and 10. Okay? Fill in those slices. Then, after you've done all that, kind of step back and say, "Okay," you know, "What areas am I doing pretty well in and what areas am I not doing well in?" If you're like, "Well, how do I know an area I'm doing well in or not?" the way that I kind of define it is, if somebody is below a seven, then that is telling me they're likely surviving in that area and they may be on a trajectory of growth. They may have taken their physical health, for example, from a three and now they're at a seven and they're on their way to a nine.

The number may not always reflect exactly if someone's just surviving in that area or not, but typically if someone's at a seven or below, like I said, they're typically surviving. Surviving to me means that they're encountering the same problems over and over again and they may get a little resolution here and there, but it's still like the same problem comes up. I'll give you an example in my personal life. When I did this exercise, I had my marriage as one of the slices and I ranked my marriage as a nine. A couple months ago, it would not have been ranked that. It probably would have been ranked around a six or a seven. My husband and I just kept getting in the same arguments over and over and over again.

They weren't these big blowup arguments, it is was just like the same thing. Every time we would go and resolve it, we kind of would, but then I would tell him, "I feel like we're speaking two different languages here and we're not really getting to the core heart of the matter." Then, sure enough, a couple weeks would come and go, and then we'd have a similar argument again and step on our toes in the same way. I told him, I'm like, "Listen, we're doing some sort of dance with one another, and the dance is getting really old, and we're just encountering the same problems."

We invested in a marriage coach, we did some marriage coaching for a couple sessions, and now we've broken those patterns. We were on this trajectory of growth, right? That's why we're at a nine now. Now, when I did this wheel exercise, I had physical health as one of mine, as I told you. Right now, I'm at a six in that. The reason I ranked myself a six is because my physical health is actually declining. I had a son, as many of you know, two



years ago, and I nursed him solely from my body. I didn't even pump for a year. In that time, I had to keep a certain amount of the baby weight on in order to nurse.

I actually intentionally had to eat a certain amount of extra calories every single day because I was just losing the weight so quickly. Whereas that was great, and I'm so glad I was able to nurse, my body got really used to having on those 10 pounds and I haven't been able to lose it in this past year since I've stopped nursing him. I've had these periods where I'll start working out, and then something will happen and I can't really work out anymore, I just don't feel all this motivation toward it, so it's just going up and down.

Maybe even a couple months ago I would have ranked it as a seven or eight, just thinking, "Okay, I just need to get in a consistent routine with working out," but since this whole COVID-19 stuff has happened, this past month I've actually gained anywhere between three and five pounds. You know, those two pounds sometimes is like water weight and not, but I've gone in the opposite direction of where I want to go and I'm realizing, as this whole crisis is happening, that I'm turning to sweets a lot. Every day is like, "Ooh, well now we have this candy," or, "We're going to have these cookies," or, "Let's go get ice cream," and I'm looking forward to that.

I'm realizing that this is actually a bigger problem than what I thought it was. That's why right now I'm ranking it a six, because I'm actually, again, encountering the same problem of, "Ugh, I need to get rid of this weight," or, "I want to get rid of this weight, but I'm just not able to do it." In essence, I'm actually moving backwards. If you're have some areas of life where the number is about at a seven or an eight or below that, and you're realizing, "Okay, either I'm staying somewhat stable but it's kind of a rocky stable where I'm moving backwards," that's definitely a sign that you are surviving in that area of your life.

All right, if you're an eight and above, that tells me you're likely thriving. That means that you're on this trajectory of growth, and even if you're not growing right now, then you probably have a really stable foundation in that area. For example, for me, I ranked fun as a number eight. The reason I ranked it this is I feel like I can find a fun moment at any moment of any day if I wanted to. I'm not at a 10 because my husband and I aren't getting a lot of date nights, not only just because of all this quarantine stuff, but before that, we were just always trying to get the appropriate sitters and make it happen, and it just wasn't happening.

Even when we would go on a date, sometimes he'd be so exhausted or, like I mentioned earlier, we're kind of working through some problems we were going through so it wasn't always the best date. Right now, we're on a trajectory where we're growing in that area,



but we're kind of stuck, but it's a stable stuck. It's not like a, "Ooh," bumpy road kind of stability, if that makes sense.

I'm hoping this gives you just a really clear and easy picture for you, a very visual picture of, "Woah, okay. So these are the areas I'm doing really well in, and I'm on this trajectory of growth, and I'm, you know, quote-unquote thriving. And these are the areas where I'm not really growing, if anything I may be moving backwards, and these are areas that I'm quote-unquote surviving in and I'm needing some help to get me moving forward, or maybe I just need to prioritize the area of my life more and really focus in on it."

As I mentioned, the one area of mine that I'm really surviving in right now is physical health. I'm realizing, like I said, I'm needing some help here either from a trainer, or I need to do some coaching on it with my life coach to figure out what is going on here, why am I turning to sweets? Why am I just not prioritizing this area of my life even though I really want it? There's some kind of disconnect here with this. Hopefully this tool really helps you. Again, I have a visual on the show notes for you to see, and you can see all of my scores as well.

The other resource I want to give you today is an assessment I created a long time ago. Goodness, I think like five years ago. This assessment just asks you a couple questions about how close you're living in your authentic self. If you have ever heard me talk about an authentic self, that is the highest version of you. We all have these two beings, in essence, that live inside of us. Which I know it sounds weird, but one being is our inner mean girl. Or in the psych world, they call this the ego. This version of you is the conditioned part of you. These are all the negative things that you've heard in your past, and it's come together and it's that inner critic voice or that inner perfectionist or that pleaser part of you or that part of you that's kind of this rollercoaster ride like you'll be really happy and then you'll be really moody, and really happy and really moody.

Or this is the part of you that wants to avoid things, or it doubts you. You know, lots of different voices going on there within that inner mean girl voice, but that's just that negative part of you. Your authentic self part of you is a part of you that's really positive and strength-focused and action-oriented and gets you moving and grooving. This assessment really tests, pretty quickly, how close are you living in that authentic self? You can go take this free assessment at Lindsay, L-I-N-D-S-A-Y, [epreston.com/asquiz](http://epreston.com/asquiz). Again, link in the show notes. You can go take it, and that assessment, again, will tell you how close you're living in that authentic self.



The reason why this can be beneficial for you, in regards to seeing if you're surviving or thriving, you're going to get one of four answers on that assessment. If you're anything below what the assessment calls "Authentic Amy," that tells me you have some room for growth. Again, you may be on a trajectory of growth, of getting closer and closer to that ideal way of being and showing up as your best self and that's great. If you're not in a place where you are actively growing in those areas to get you on that trajectory toward being your best self, I really want you to consider hiring me as a life coach.

Because no matter what area of your life right now you're struggling in or you're just not thriving in, be it finances, career, marriage, mental, emotional health, spiritual connection, fun, physical health, parenting, whatever it is, I can help you thrive in that in that area simply by going through my neuroscience-backed process. I have people come in with all different kinds of goals all the time. You've heard some of the stories on this podcast of their coaching journey, of losing weight, getting better physical health, getting better emotional health, improving their relationships, improving their finances, improving their spiritual connection, which is not a goal a lot of people come in with. It's just like an added bonus of them doing this work. No matter what it is you need, that coaching process can really help you.

I really want to encourage you to look into-- If we're a good fit to coach together, you can go and take my free assessment to learn if we're a good fit. You just go to [lindsayepreston.com/assessment](https://lindsayepreston.com/assessment) to go take that-- Again, it takes a few minutes. You'll see that some of the questions on that assessment and my authentic self assessment are very similar because it just gives me an idea of where are you in life right now.

The assessment will also tell you, "Hey, maybe you're in a place where you need more therapy." I've been getting some of that lately of people who were saying life is horrible for them, they can't get out of bed or they just have a lot of things that are holding them back. That is a huge telltale sign that therapy is a better fit for you. A lot of people think, "Oh, I just must go to therapy if I'm not thriving in my life," and you can, but coaching can also be a really good fit for you. Coaching is actually a better fit for me and for a lot of my clients. They say they got more in coaching with me and just a few months, than years of therapy.

Just something to consider to get you there and I know with this whole pandemic going on, there's a lot of variables, there's a lot of things that are unknown. You may be feeling scared to invest in anything, including coaching, but again, as I started out this podcast, things like a pandemic or just unexpected things that come our way, just magnify





problems that were already there. I'm really fortunate and I'm grateful for the coaching that I've been able to do.

Not only recently with my marriage, but on myself over the years, because I can only imagine the amount of anxiety I would have right now and how bad my finances could be in right now and how bad my marriage would be right now had I not done that coaching. Really want you to consider thinking about coaching, taking that assessment, really sit down with this wheel exercise, take that authentic self-assessment. It just takes a few minutes to do these exercises, my friend. That's why I'm keeping this episode pretty short to give you some time to go do this at some point and feel free to reach out to me.

I have a free online community, where we can talk about the episode behind the scenes and go deeper and talking about the content specifically in your life so that you can really maximize this content and get some individual feedback from me, all for free. All you do to join that community is go to [lindsay, L-I-N-D-S-A-Y, epreston.com/community](https://lindsay.l-n-d-s-a-y.com/community) to join. I know I'm giving you a ton of links right now and a ton of things to look at.

Again, go to those show notes, just click wherever you're listening, click that link of, this comes from Lindsay Preston's website and you'll see all the notes there or you can just go directly to my website, [lindsayepreston.com/unstoppable41](https://lindsayepreston.com/unstoppable41) to see all the show notes directly there as well. All right. I promise that's all my links for today, that's all my content for today. I hope this exercise helped you. I know it really helped me.

I hadn't done this exercise in a while and it's just a very black and white way to see, "Wow. Okay. I'm thriving in these areas. Pat myself on the back and woo. I need some work on these areas. Let me get my booty in gear to make this happen," because we never know when our life is going to end. I know that I don't want my life to end one day and say, "Oh, I wish I would have", right? I always want to say, "Man, I did it all." That's why investing in myself with things like coaching is what keeps me coming back for more because I know that I want to give this life my all.

Every time I invest in myself, it comes back two, three, four fold, especially financially. You've even heard from the last podcast episode with Ooma. She talked about how she got a new job and she's already paying back her coaching investment with that new job. I know money can be on everyone's minds right now, but rest assured many times when you make this investment in coaching, it will come back to you, my friends. Not to mention the quality of life you can gain from this can be exceptional. Thanks again for tuning in and I'll see you next time.





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Hey there, Miss Unstoppable. Thanks so much for tuning into this episode. If you enjoyed it, share it with a friend. Send them a picture of this episode via text, via email, share it on social media, I'm sure they would be so appreciative to know these strategies and tips on how to accomplish your dreams. If you are ready to guarantee you're going to accomplish your goals and dreams, then it's time to start coaching with me.

In my nine-month simple success coaching system, I am going to walk you every single step of the way to ensure that you get the goals and dreams that you want. The first step is to apply for a free 60-minute consult call. Just go to [LindsayEpreston.com/apply](https://LindsayEpreston.com/apply) to get started. As always, my friend, remember, you're only as unstoppable as you believe you can be, so believe in yourself. You got this.