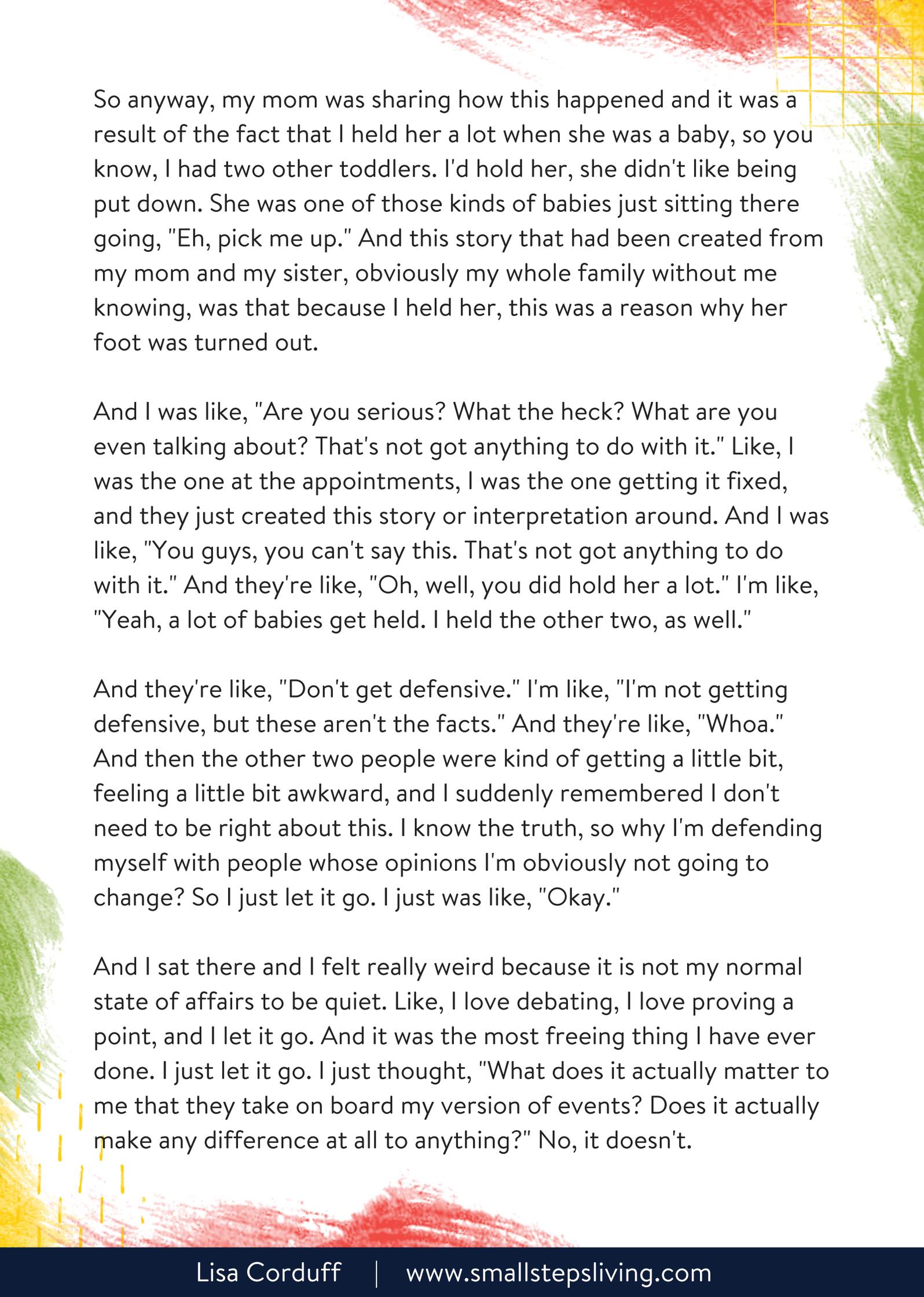


THE NEED TO BE RIGHT

Hello, and welcome to our Enjoy Week in September, which is also around mindset, and this is where we talk about things we can change, you know, minds and our thoughts, in order to enjoy life more. And this is a topic that has come up quite a few times in our monthly Q&As and I thought it deserved its own special mention, because it has been a total game changer for me to give up the need to be right.

Now, this shows up for me in all areas of my life. Like, I can find myself competing with my young children and needing to be right with them. Why does it matter? I know that some of you will have heard me share the story before about when I first put this into practise and the massive amount of relief that I felt, and I'm going to share this story with you again because I know not everyone makes it to the monthly Q&As.

So, what happened was once I was with my mom and my sister and we were visiting a family friend who'd had a baby and her mom. We've known these people, I've known them since I was three. Lovely. Having a great time, and suddenly we were talking about my youngest daughter who, when she was little and she was learning how to walk, her left foot was just out like this and it kind of dragged, and I took her to the doctor and they said she was going to need surgery. Like, it was really bad, but that we were going to have to wait 'til she was 18 months. So she was about, I would say, about 14 or 15 months at that time and I took her to the chiropractor who fixed her in six weeks. So she hasn't needed surgery, it was just things needed to get loosened up.

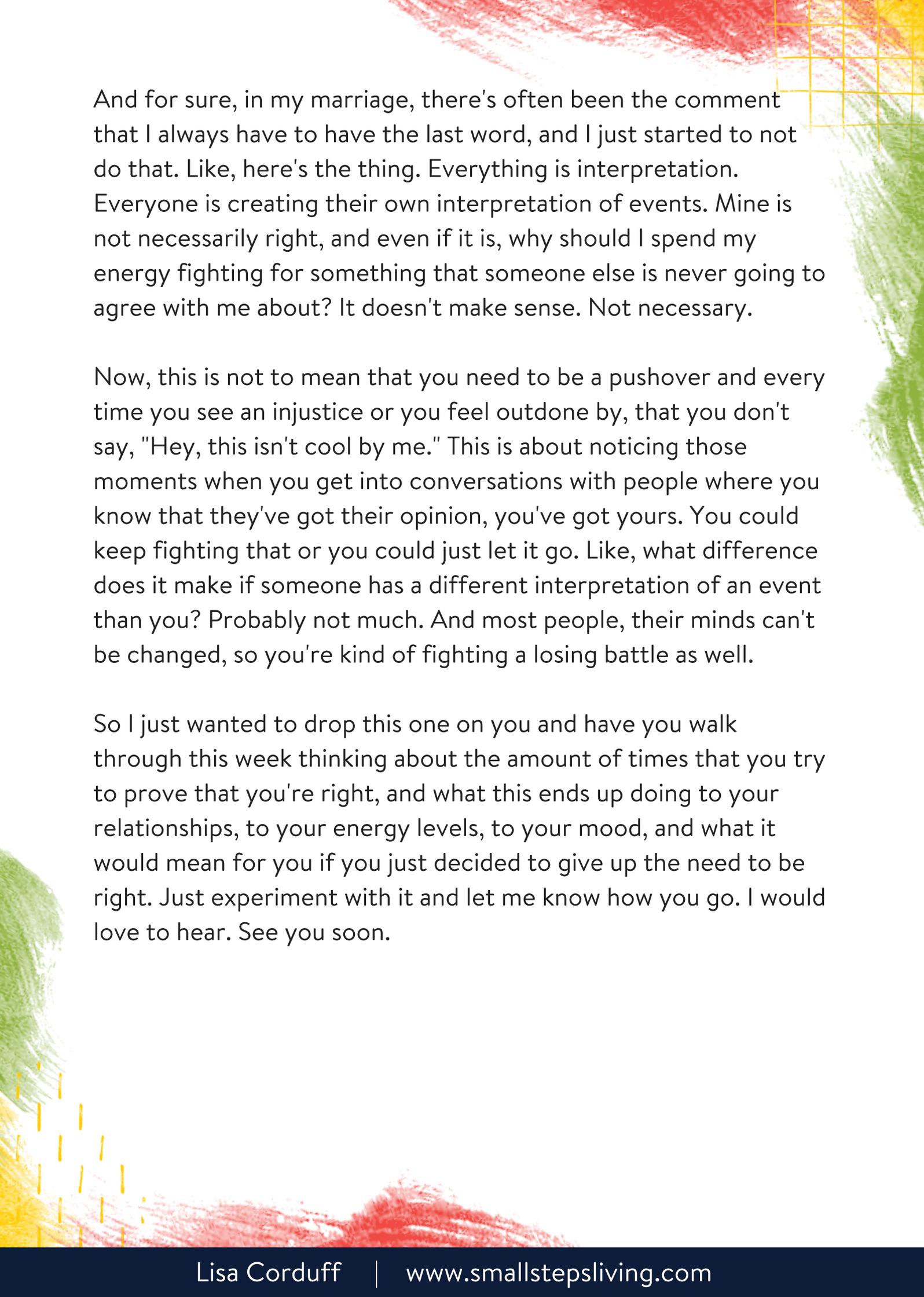


So anyway, my mom was sharing how this happened and it was a result of the fact that I held her a lot when she was a baby, so you know, I had two other toddlers. I'd hold her, she didn't like being put down. She was one of those kinds of babies just sitting there going, "Eh, pick me up." And this story that had been created from my mom and my sister, obviously my whole family without me knowing, was that because I held her, this was a reason why her foot was turned out.

And I was like, "Are you serious? What the heck? What are you even talking about? That's not got anything to do with it." Like, I was the one at the appointments, I was the one getting it fixed, and they just created this story or interpretation around. And I was like, "You guys, you can't say this. That's not got anything to do with it." And they're like, "Oh, well, you did hold her a lot." I'm like, "Yeah, a lot of babies get held. I held the other two, as well."

And they're like, "Don't get defensive." I'm like, "I'm not getting defensive, but these aren't the facts." And they're like, "Whoa." And then the other two people were kind of getting a little bit, feeling a little bit awkward, and I suddenly remembered I don't need to be right about this. I know the truth, so why I'm defending myself with people whose opinions I'm obviously not going to change? So I just let it go. I just was like, "Okay."

And I sat there and I felt really weird because it is not my normal state of affairs to be quiet. Like, I love debating, I love proving a point, and I let it go. And it was the most freeing thing I have ever done. I just let it go. I just thought, "What does it actually matter to me that they take on board my version of events? Does it actually make any difference at all to anything?" No, it doesn't.



And for sure, in my marriage, there's often been the comment that I always have to have the last word, and I just started to not do that. Like, here's the thing. Everything is interpretation. Everyone is creating their own interpretation of events. Mine is not necessarily right, and even if it is, why should I spend my energy fighting for something that someone else is never going to agree with me about? It doesn't make sense. Not necessary.

Now, this is not to mean that you need to be a pushover and every time you see an injustice or you feel outdone by, that you don't say, "Hey, this isn't cool by me." This is about noticing those moments when you get into conversations with people where you know that they've got their opinion, you've got yours. You could keep fighting that or you could just let it go. Like, what difference does it make if someone has a different interpretation of an event than you? Probably not much. And most people, their minds can't be changed, so you're kind of fighting a losing battle as well.

So I just wanted to drop this one on you and have you walk through this week thinking about the amount of times that you try to prove that you're right, and what this ends up doing to your relationships, to your energy levels, to your mood, and what it would mean for you if you just decided to give up the need to be right. Just experiment with it and let me know how you go. I would love to hear. See you soon.