

## Ep #21: Being Resourceful, Patient, and Coachable



### Full Episode Transcript

With Your Host

Olivia Vizachero

## Ep #21: Being Resourceful, Patient, and Coachable

You're listening to *The Less Stressed Lawyer* podcast, Episode 21. We're talking all about being resourceful, patient, and coachable. You ready? Let's go.

Welcome to *The Less Stressed Lawyer*, the only podcast that teaches you how to manage your mind so you can live a life with less stress and far more fulfillment. If you're a lawyer who's over the overwhelm and tired of trying to hustle your way to happiness, you're in the right place. Now, here's your host, lawyer turned life coach, Olivia Vizachero.

Hi, my friends. How's it going? Is it just me, or can you hardly believe that it's almost the end of July? That is just blowing my mind right now. Two of my friends and I have this inside joke that every year, when it hits August, they both always tell me that the year is over. They're like, "Olivia, the year's come to an end, it's all done." They don't even bother saying that it's practically over. They just tell me that it's completely over.

I always strenuously object when they say that. If you're wondering if that is a hat tip to *A Few Good Men*, yes, it absolutely is. I always say that, I strenuously object. Anyways, I always argue with them and tell them that the year better not be over, because I've got a lot more I want to accomplish before the end of the year. Then, we kind of all have a little giggle about it, and we agree to disagree.

So, even though we've got lots of time left till the end of the year, which means we've got lots of time left to accomplish our 2022 goals, I still can't believe how fast this year is flying by. You know, maybe that's because most things have gone back to normal now, since COVID.

The months seems to pass just a little bit faster than they did during quarantines. It's either that, or I'm just getting older and that's just how it works, now. The months go by a little bit faster, but they seem to be flying by. It's hard to say why that is, but they definitely are.

Hope you've got a game plan for the rest of your 2022, in order to get you where you want to go. If your year isn't quite going as you planned for it to

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go, and you don't feel like you're making the most of your year, I've got something big in store for you. In the upcoming episodes, I'm going to cover some really meaty topics.

They're the issues that absolutely plague my clients the most, I always refer to these issues as the three P's: procrastination, people pleasing and perfectionism. Over the next several episodes, we're going to cover them in depth. I'm going to explain exactly why you do each one of those bad habits, and how to stop.

If you really make strides in each of the three key areas, you're really going to transform yourself and ultimately transform your year. You'll be able to get out of your own way, and stop letting procrastination, people pleasing, or perfectionism present as obstacles or roadblocks that keep you from creating the results you want in your life, accomplishing the goals that you want to accomplish. So, we're going to tackle those.

If you struggle with them, I don't want you to beat yourself up. So many of my clients struggle with these issues. They're super common issues, in the legal industry. And, if we're being really honest, no one's ever taught us how to not procrastinate, how to not people please, how to not indulge in perfectionism.

In fact, we've kind of been taught the opposite. All throughout growing up, from our parents through our educators, and in a lot of the work relationships that we've been in, we get rewarded for people pleasing. We get rewarded for our perfectionism, maybe not for procrastination.

That's just a normal human tendency that we need to learn, to work, to untangle, and unravel, and unpack, so you can move forward and solve for it. But these habits are really normal. They're just part of the human experience for most people. We're going to unlearn these bad habits. There's a lot to unlearn. And, it's no wonder we struggle with them if we've never learned how to stop engaging in them.

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That's what I'm going to teach you over the course of the next several episodes. It's why I'm here. It's why you're tuning into this podcast; I've got you. With that being said, I'm going to give you some advanced warning to gear up. There's a lot to cover for each of those topics. Like I said, we're really going to dive into some very meaty content.

I'm super excited to do that, to dive into those discussions. I hope you are, too. But with that being said, what I need to do, because those are meaty topics, I need to lay a foundation for you. That's what this episode is for. I want to talk about the three essential qualities you need to possess, in order to solve the problems you're facing and create the success you crave.

Okay, what are those three essential qualities? They're being resourceful, patient, and coachable. Now it took about absolutely everything in me to put those in that order, because I really wanted to make this list alphabetical. But I gave some thought to doing that, and I truly believe it's more important, and it serves you more, for me to list them in order of importance.

Even though I think all three of these qualities are essential to problem solving and to being successful, I do think being resourceful is probably the most important item on this list of three qualities. That's why I wanted to start with that. If you approach any problem you have, by exercising these three characteristics, you're going to make so much more progress than you would otherwise. You will really wow yourself.

With that being said, I want to dive in and just go over these three qualities, one by one. Give you an understanding of what they look like in practice. So, you can identify; are you already doing these things? Or, maybe you're not? What improvements can you make?

I'm also going to talk about what the opposite of these attributes looks like in your day-to-day life. So, you can identify that as well, if you're not being resourceful, patient, and coachable. Okay, let's go.

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All right, the first of the three essential qualities to solving problems and being successful, is being resourceful. Now, what does that look like in practice? This is where you approach problems head-on. You figure out exactly what you don't know, then you solve for it. You don't spin. You're taking action. You evaluate.

I've talked quite a bit throughout the podcast about evaluating the action you take and the results you create. Taking that action, auditing and adapting, right? When you're resourceful, you're problem solving, you're doing that adapting. You don't wait around for someone to hand you the answers. You don't act helpless or lost. You refuse to stay stuck. You approach every challenge within, "I can figure this out," mindset. You stay really curious. You're determined, and you're searching for solutions.

When you're searching for solutions, and tapping into your own resourcefulness, and mining your own brain for the answers, rather than staying stuck, you find solutions. You're able to come up with them. Then, you're able to implement them and you're able to get yourself the results that you want.

Being resourceful is so powerful, right? What are some signs that you're not being resourceful? You might frequently say or think things like I can't do this. Nothing's working. I've tried everything. It's never going to work. I don't know how to fix this problem. I don't know the answer. I'm stuck.

Alright, if that's what your mental chatter looks like, it is laden with victimhood, you guys. We've got to clean that up. If that's what's on your thought playlist most days, I hate to be the one to tell you this, but that line of thinking is remarkably negative. It's really helpless and very defeatist. I know those are strong opinion statements, but this is the work I do with clients every single day.

I know that, that line of thinking produces absolutely nothing positive. We can't always spot it when we're in it. I recently pointed this out to a client of mine. I was like, "Do you know how negative your thoughts are?" I think

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they weren't able to see it themselves. But once I pointed it out, they were able to start creating awareness around how negative their thinking was.

Why does that matter? Remember, I told you this before, your thoughts create your results. So, these thoughts, the ones that I just went through with you, they're going to just create more of the same. You're going to find yourself caught in a self-fulfilling prophecy. If you think you can't do it, you won't do it.

There's that famous quote about whether you think you can or you can't, you're right. That's exactly right. If you think you can't do it, you're going to feel helpless, or hopeless, or defeated, and not figure it out. Then, you're going to prove that true. You're going to create the result of not doing it and it's just further evidence that you can't.

If you're telling yourself nothing is working, you're going to create more of that result; that nothing is working, telling yourself you tried everything. Such a bad thought to think. It is never true. There's always something else that you could try.

You want to get curious and resourceful, and figure out what those things are. What else haven't you tried? What might you be able to do differently? When you think you truly have taken every possible action under the sun, I want to challenge you that you probably haven't taken it with the right mindset; you want to make sure you're taking belief fueled action.

So, if you think you can't do something and it's not going to work, but you're following the action steps moving forward, like Eeyore; you're doing something, but not with the motivated, determined mindset that you want to have. You're not going to create good results, or positive results, because the negative thoughts are what create your results.

Even if the action looks good, if you're not bringing the right mindset to the action that you're taking, it's not going to get you where you want to go. Don't think the thought I've tried everything; there's always something else

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you can try. When you tap into your resourcefulness, you're able to find out what those things are.

Same thing with; it's never going to work. If you think that, I promise you, it's never going to work. So, you want to clean up that thinking. I did a whole episode on indulging. If you missed that, make sure you go back and listen to that episode, it's so helpful.

This is such a common mindset problem that I see with my clients. But if you're thinking: I don't know how to fix this problem, and I don't know the answer, and you're just staying confused and continuing to indulge in 'I don't know,' you're just going to create more not knowing.

Again, that's a lot of helplessness, that's not resourcefulness. So, you want to change that to; I can figure this out. Focus on what you do know. Be very specific about what you don't know, then tap into that resourcefulness and solve for it. If you're thinking, I'm stuck, you're going to stay stuck. So, you want to be really careful about all of these negative thoughts. They're red flags, that you are not being resourceful.

If this is what your mental chatter looks like, you just want to catch yourself, put a pin in that, and ask yourself; what do I need to think, to feel resourceful? What do I need to think and feel in order to be resourceful? Really tap into your resourcefulness.

Another key indicator that you aren't being resourceful is that you find yourself really hungry for the 'how.' One of my coaches calls this indulging in 'how' greed, and I love that term of art, because that's exactly what this shows up like. We're really greedy and desperate for someone else to give us the 'how;' for them to tell us how to proceed, to give us the roadmap moving forward. We don't want to figure it out ourselves. We just want someone to hand it to us on a silver platter.

A lot of times what I see with clients is that even when they get the 'how,' they still keep asking for more 'hows.' Like, they get the answer; they don't love it. They don't want to implement it. They just want to keep asking,

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“Yeah, but how? Yeah, but how? Yeah, but how?” over and over and over again.

If you find yourself struggling with ‘how’ greed or being hungry for the ‘how’ you’re going to find yourself in a place where you’re constantly wanting someone else to give you the ‘how,’ instead of being willing to tap into your own resourcefulness and figure things out for yourself.

You may do this because you think that it’s easier this way. I promise you, it’s not. When you’re hungry for the ‘how’ and you’re indulging in ‘how’ greed, and you constantly keep going outside of yourself for all of the answers that you need to solve, the problems that you’re encountering, you keep having to rely on other people for those answers.

When you tap into your own resourcefulness and you start to become someone who figures things out for themselves, you can rely on your own wisdom moving forward. You come up with your own answers. That’s so helpful. It’s so useful to be someone who’s able to do that. You become so much less reliant on other people, which will make you feel more confident as a result. So, you really want to make sure you’re doing this.

Now I just want to add one side note here, when I say that you need to be resourceful in order to problem solve effectively and become successful, this doesn’t mean that you can’t ever ask for help, you can. Sometimes being resourceful is identifying the people around you that may have the answers that you don’t have, and utilizing them to the best of your ability.

But what I want to make sure that you aren’t doing, is showing up and being, what one of my coaches called an ‘ask hole.’ Where you keep asking someone for advice, guidance, the ‘how’ answers to the problems that you’re facing. And when they give you that guidance, then you don’t implement it. You either keep asking, like I just described, or you ask them for guidance, they give it to you, and then you just do absolutely nothing with it.

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If you're going to ask for guidance... And this ties in with being coachable, as well, we'll talk about in a second. But if you ask for guidance, go implement it. Then, evaluate the action that you took and adapt as needed. If you need to make changes, go for it. But make sure you're implementing the guidance that you asked for and receive.

Now, being resourceful is truly one of the most important skills you can develop. There is absolutely nothing you cannot accomplish, if you are resourceful. I want you to ask yourself right now, just do a quick check in, where are you not being resourceful in your life right now? Where are you indulging in 'how' greed or being hungry for the 'how'? Where are you indulging in a little bit of helplessness and victimhood, with that defeatist mindset I talked about a little while ago? Where are you not being resourceful?

Then, I want you to ask yourself, what would you do differently, as it relates to that area of your life, as it relates to that problem? If you tapped into your own resourcefulness, whatever answer you came up with, I highly recommend you implement it, take that action. It will get you so much further towards the success you want to achieve.

Now, the next essential quality that you want to have, in order to solve problems and be successful, is being patient. Now, what does this look like in practice? It's kind of self-explanatory, right? We're all familiar with patience. But I do want to flesh it out just a little bit. Because there are some aspects, as far as having a patient mindset is concerned, that I think would be helpful for me to highlight.

So, what does it look like to be patient when you are working to solve a problem and create success? It looks like not rushing. It looks like not beating yourself up for the progress that you've made, or for the progress that you haven't made. It's approaching the process calmly, in a grounded space, being kind to yourself in the process, and not going to war with how it's going.

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Here's what it doesn't look like. Being impatient and giving up. So, let's talk a little bit about the mindset that signifies you're being impatient and you're contemplating giving up. Giving up mindset is really evident, it's just thinking thoughts like I should quit, this is pointless. This won't work. Being impatient might also look like thinking thoughts like I should be further along. I don't know why this is taking so long. This shouldn't be taking so long. Why haven't I figured this out by now? I should have figured this out by now.

It may seem helpful for you to think those thoughts, like it's going to speed up the process, but I promise you it will not. It's only going to slow you down, because you're going to feel frustrated, and discouraged, and pressured, and rushed, and impatient as a result of thinking those thoughts. And, that's not going to lead to creating anything good.

You're going to take less action, withdraw, and not pursue solving the problems. You're going to create more negative results. So, you want to make sure if you've got an impatient mindset, you want to clean that up.

Listen, change absolutely can happen overnight; but it doesn't always. I teach my clients that. Change can take time; it doesn't always have to. It doesn't have to take a long time. But sometimes it might. Especially when you're undoing years and years and years of conditioning, and programming, and habit forming, that lead you to do things like the three P's; indulge in perfectionism, procrastinate, people please.

It might take some time to undo all of those habits, that doesn't have to be a problem. The only reason it ever is a problem, is because you've come up with some expectation for yourself, that you figure it out faster. If you adjust your expectation, and you approach yourself with a little bit more grace and kindness, you won't have that same urgency, you won't have that same impatience.

Now, what kind of mindset do you want to cultivate instead, in order to be patient? I love approaching problem solving with the mindset of I will not

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quit this, no matter what. I will figure this out, no matter how long it takes me.

One of my other favorite thoughts; I'm willing to be bad at this, for as long as it takes me to learn how to do this. Remember, you're learning a new skill, and learning new skills doesn't always happen overnight. That doesn't mean anything's gone wrong. Thinking: this is going to take me as long as it takes. And, that's okay.

I also love thinking: I'm exactly where I should be in this process. It's totally fine for me to be right where I am, nothing's gone wrong. You want to make sure you're practicing patience with yourself for the progress you're making. Maybe for the progress you haven't made yet, all of it is fine. You will eventually get there, so long as you show up in a patient headspace and you don't allow yourself to entertain the option of quitting. Take quitting right off the table, and be patient, stick with it.

The third and final essential quality that you want to make sure you possess, in order to solve your problems and be successful, is being coachable. This is one of the skills that I really teach my clients to develop, as we work on all of the items that they want to work on during the course of our coaching work together: All the problems that we want to solve. All the habits that they want to remedy. All of the goals that they want to work towards and accomplish.

You want to make sure you're coachable. Now, what is being coachable look like? How do you do it? When you're encountering and dealing with a problem that you're facing, being coachable looks like, first and foremost, humbling yourself that you don't have all of the answers.

After you've tapped into your own resourcefulness, and you've tried some things on your own, you may be coming up short, that's okay. You want to humble yourself and admit that you don't have all the answers. And, that you might not be able to see your blind spots. You might not know what you're doing wrong. And, you want to ask for coaching.

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But before you ask for coaching, you want to make sure that you're not coming into being coached, and into receiving feedback or guidance, with an arrogant attitude. Thinking that you know better than the person who's giving you the guidance.

You want to make sure you come in with some humility, in a grounded place, not thinking that you've got this all figured out. So, you want to humble yourself.

Now, I'm going to speak from experience here. When I learned how to develop business and market myself, I didn't do this, at first. I didn't humble myself. I thought that I could figure it out on my own. That I had all the answers in this head of mine.

When I first hired my business coach, I joined her entry-level program. I watched a lot of the module videos in her program and I didn't apply them. And very candidly, I told myself, this is silly. It's stupid. It won't work.

I really came with an arrogant, know-it-all energy. I thought I was too good to do it her way. I thought she probably didn't know what she was talking about. I just didn't want to like her methodology. It felt foreign to me. It felt awkward. I didn't want to do it. So, instead of humbling myself, I judged it and didn't implement it.

All I ended up doing was prolonging my success by doing this, because I didn't show up in that program very coachable in the beginning. Now, as months went by, and I watched a bunch of other people start getting results and making a lot of money, I finally got to the point where I was willing to humble myself, admit that I didn't know how to market myself or sell coaching.

I submitted to the process. I opened my mind. I humbled myself. I started implementing what she taught and everything started to shift. So, you want to make sure that you're coming to problem solve, and you're coming to work through these issues, like the three P's that we're going to talk about,

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from a humble perspective. Rather than coming in like you know the answers, you've got it all figured out.

That might not be easy for a lot of people, especially attorneys that are usually used to presenting like they do have the answers, because clients turn to us to have answers, right? Or, at least we tell ourselves that, and then put a lot of pressure on ourselves as a result.

But this is going to be different. You're not the teacher, you're not the expert. In this moment, you're the student. So, you want to make sure you show up in that student energy; a little humble and open to receiving.

Once you've got yourself in that humble mindset and you're going to approach it with humility, you want to ask for coaching. You don't want to be stubborn, and just try and figure it out all on your own. Again, sounds a little bit counterintuitive to being resourceful, I get that, but these two things can really beautifully coincide.

You want to ask for coaching. Figure out what you need coaching on, where you're struggling, what specifically the problem is. Do that work yourself, that's how you can be resourceful. Then ask for, specifically, what you're struggling with, get help with that. Then, being coachable looks like submitting yourself to the process.

When you're getting coached, whether it's by a coach, by me on a webinar that I do, or in my group program, or if we're working together one-on-one, for my clients that are listening, or even for you listening to the podcast episodes, I'm going to give you a lot of questions for you to ask yourself and answer.

Be really honest with your answers, to the questions that I asked you. Really submit yourself to the process; don't hold back, be really open, really give it your all. If you don't, you're not going to get the progress that you want to get out of it. You're not going to get the growth that you want to get out of it. So, make sure you really submit yourself to the process.

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Being coachable also looks like trusting the person that you're seeking guidance from. This may be a coach, this might be a mentor, or a supervisor, if you're asking them for some guidance or some feedback in any of the areas that you're struggling with. It's really easy to not trust, and to get combative, and to take issue with some of the things that you are told, some of the coaching that you receive.

It's easy to slip into the 'me versus them' mindset with this and thinking that you guys are on opposite sides of an issue, and that you aren't aligned, as far as your best interests go. I promise you; especially working with a coach. But even the people that you talk to and seek guidance from, tell yourself, and really work on establishing trust, that that person is on your side; that they have your best interests at heart, that they want the same things that you want, they want to see you be successful.

I want all of my clients to be successful. I want you to be successful, if you're listening to this podcast. I want you to take what I'm going to teach you and apply it in your own life. If I say something that feels triggering, or jarring, or challenging, and it's a little uncomfortable for you, I want to promise you, I'm doing it to serve you. I am on your side; I'm trying to point something out to you that you may not see.

Show you a blind spot that you may not have known was there. Get you to look at something a little bit differently. I'm doing it because I am on your side. It may be a little uncomfortable, that's okay. I just want you to resist the urge to react negatively to it.

Instead, a great thing that you can do is ask yourself; how might what Olivia is saying and suggesting, be true? How might it be spot on? How might it be accurate? Find what can resonate with you, rather than tearing it apart and picking it apart. Come to it being really open minded.

Then, once you receive the coaching or the guidance that you asked for, make sure you apply it. If you end up wanting more coaching or guidance, only ask for it after you've applied what you've already received. Okay?

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Those are the steps that you want to follow to be coachable. What's the opposite of being coachable? It's going to look like being really withdrawn; really resistant, really combative, and not applying any of the coaching or guidance you receive.

The mindset of being un-coachable might look something like: This person's wrong. They don't understand. They don't know what they're talking about. This doesn't apply to me.

Instead of that thought pattern, you really want to switch to: Maybe this does apply to me. How might that be true? What if this person knows something I don't know? Maybe they're onto something? What if they're right?

Maybe they could be right. Maybe I should find out for myself, whether or not they're right, by applying it. Rather than making a preconceived judgment and determination before you've applied the coaching and guidance you received.

All right. Those are the three attributes, the three qualities that you want to possess in order to solve the problems that you're encountering, in order to be successful. I asked you this, with the first attribute, with being resourceful, for you to ask yourself, where are you not being resourceful right now? What would it look like for you to be more resourceful in that area?

I want you to do the same thing with the other two attributes. Where are you not being patient? Where in your life could you be more patient right now? What would be different about your life, if you showed up with a little bit more patience?

Where in your life are you not really being coachable, and going through the steps that I just outlined, to be coachable? What would be different, how would you approach your problems differently, if you showed up being coachable? I want you to give some thought to those questions.

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All right, these are the three attributes or skills that I want to make sure you have, as we go into these meatier subjects in the upcoming episodes.

Listen to this episode as many times as you need to, in order to really get those ingrained, drill them into your head. You want to be resourceful, you want to be patient, and you want to be coachable.

I just want to tell you; these are three skills that I have mastered over the past several years. So, I assure you, I really do walk the walk when it comes to implementing and living these three skills in practice. I really do practice what I'm preaching.

What I want to tell you is this: Number one, being resourceful, patient, and coachable really pays off. This may sound arrogant, and I really don't mean it that way. I'm trying not to apology vomit or over-explain myself here, but I have learned how to do so many things, because I'm resourceful patient and coachable.

I've learned how to manage my time, I used to be terrible with that. I've learned how to follow through, I used to be terrible at that too. I've learned how to set boundaries and put myself first, and accomplish really lofty goals. Because I am resourceful, patient, and coachable.

I've also learned a lot of hard skills. A lot of people in my life will find out that I know how to do particular things. I always tell people, I'm kind of a Jill-of-all-trades. There's so many different skill-sets that I possess, that I've really taught myself, over the course of my lifetime. They'll often say to me, "Wow, I can't believe you know how to do that? You know how to do everything."

I used to kind of downplay that that is true. Of course, I don't know how to do everything, right? No one does. But I do know how to do a lot of things. And, I do know how to do a lot of things very well. Here's why, this is what I often explain to them. I explain; the reason I know how to do so many things is because I'm resourceful, patient, and coachable.

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When I encounter a problem and I want to learn how to do something, or I want to find a solution to it, I am relentless. I seek out whatever resources I can, whatever resources I need, to learn how to do something, to learn how to solve the problem. I never give up. I keep sticking with it.

I'm also patient as hell. I try and I fail, and I evaluate, and I don't get discouraged, and I don't get frustrated. I don't think that it should take less time than it does. I just keep learning and adapting, and I learn some more until I master something. I don't quit. I don't give up. I stick with it, no matter what. I show up really patient.

I also don't indulge in confusion. I commit to something and I figure things out, no matter what. If something doesn't work, I stay curious. I ask questions. I do more research, and then I give it another go. I've taught myself how to do graphic design. How to design websites. How to build a membership platform for the mastermind, I just did that.

I know so much about marketing, and business development, and social media platforms, and algorithms, all of this stuff. I know how to fix things around my house. There's just so much I know how to do, because I take the time, I'm patient, and resourceful. I figure out how to troubleshoot basically every problem I encounter, because I possess those qualities.

I'm also super coachable. Which means when I don't know something, like I explained earlier, I humble myself. I seek out someone that has greater knowledge than I do, and I ask them for guidance, I get coached. I have my blind spots pointed out to me by an expert, and instead of being combative when I receive the coaching, and oftentimes I get coaching that I don't like, but it's usually the coaching I need to hear.

So, when I receive the coaching, instead of being combative, I follow the being coachable steps I outlined for you. I ask myself; how might this apply? How might it be true? I find that, I keep an open mind, and then I go out and implement it. I apply the coaching that I received.

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Sometimes, like I said, when I get coached, and I didn't particularly want to receive that coaching, I have to push myself to see how it's the coaching I needed. And how it's right, and how it might be appropriate, and how I might benefit from applying it.

Then, once I figure it out... That's my work; I figure out how it applies to the situation I'm dealing with, even if it doesn't seem like it should apply. From there, I go out, and I implement it. When I do that, I basically always find the wisdom that I was meant to receive.

Then, once I'm clear on what that wisdom is, I'm able to go take action and put that coaching into practice. That's how I grow, right? When I've done that, I go back for more. I go back for more coaching. I tap into my resourcefulness. I mine my own brain. I stay patient.

I keep operating from those three qualities, from those three attributes. I bring them with me to every goal that I set for myself, and every problem that I aim to solve. Developing these three skill sets has been absolutely essential to my problem solving and growth.

And I promise you, they're going to be essential to yours, as well. They're the exact same skill-sets that you're going to need to take with you as you approach problem-solving for the three P's; for fixing your procrastination habit, for dialing down your people pleasing, and learning how to no longer indulge in perfectionism.

They're the skill-sets that you're going to need to grow into the next version of yourself. So, if you're ready to practice what I'm preaching and apply these qualities to tackling the three P's, let's go. We're going to cover it in the next several episodes. I can't wait until then.

Have a beautiful week and I'll talk to you in the next episode.

Thanks for listening to *The Less Stressed Lawyer* podcast. If you want more info about Olivia Vizachero or the show's notes and resources from today's episode, visit [www.TheLessStressedLawyer.com](http://www.TheLessStressedLawyer.com).