

The Legacy Lounge Podcast with Tiffany Neuman
Season 1, Episode 63
Stop Judging Yourself: The First Step to Confidence

INTRO: Hi, I'm Tiffany and you are listening to The Legacy Lounge podcast. If you are a high achieving, mission-driven entrepreneur who wants to elevate your income, impact, and influence, you're in the right place.

I left my corporate career as a creative director for Fortune 500 brands to create a legacy with my work and to support entrepreneurs to do the same. I'm not talking about having your name on a building or statues in your image. I'm talking about leaving behind a positive impact and creating something enduring that can be passed on. You pour your time, energy and passion into your business, so let's make sure your efforts will create a ripple effect that reaches far into the future.

Each monthly series will guide you through the business leadership and life skills you need to successfully leave a legacy that stands the test of time, and each episode is totally valuable on its own. We are here to provide you with the tools and ideas to make massive shifts and quantum leaps in your business, transforming you from entrepreneur into legacy brand.

TIFFANY: Hey, Today I want to focus on judgment. So we often judge ourselves for our outcomes, for where we are in our lives and our businesses. And today I want to challenge you to stop judging yourself based on how much money you have, how much money you earn, or how much debt you hold. All of these are already in the past. They are part, as I mentioned yesterday, of your old reality. In this very moment, they are changing into something else. What do you want them to change into? Would you want them to change into more of the same or more of a reality that will please and delight you?

If you chose the latter, then you must begin to exercise your focus in a completely new way. By exercising your focus, I'm not saying, again, creating these mental images. I don't mean going to great lengths to make it happen. Instead, I'm asking you to place your awareness in a certain place. So, individuals who are worried about money often place their constant awareness on the fact that they do not have enough. They're resting their focus there, and they constantly worry about fluctuations in their bank account.

Or they place their awareness on their debt and constantly remind themselves about how much debt they have. Now, if they would only withdraw that awareness and place it somewhere else they would get something different. It's truly what makes a difference. And I'm saying this from experience.

So if that's you here today, I'm saying this out of complete encouragement. Because right now you are placing your awareness on my words, right? This in itself is a huge step forward because your awareness is no longer on the things that stress you out. You can also exercise this ability to mentally focus even further and place it on feelings of abundance that we've been working on, that you're feeling on the inside. The more you do it and the more you allow your awareness to remain there, the more changes you will observe in your outer circumstances. Remember, all of these things happen without even lifting a finger.

Your job is not to do any physical work here. I'm not saying this because I want you to be lazy or because we think physical work is bad. But until you can achieve mental clarity on the inside, any physical work will be minuscule compared to what can be done through us and for us. Our physical efforts, if they're not aligned, it's like the analogy of a single drop in the ocean, right?

Like there's so much that can happen on the inside when we're focusing on positive things. So returning to those inner feelings of abundance for as much of your day as possible, when you can find your mental awareness there over and over again, you're going to feel those feelings intensify over time. And that doesn't mean that your abundance has grown yet. It's impossible for something that's already there to grow, but it means you are becoming more and more aware of that abundance. You're having greater recognition and you're placing more emphasis on your inner state rather than the circumstances in your outer world. And that is your first sign of progress. So huge cheers as you are taking these daily moments to focus on something that's making you feel good. And that, my friend, is actually the intention of these love notes. I didn't necessarily want to share it till now because there's so much more that you can gain from every love note and the different things that we've been talking about. But honestly, my goal of having you here for an entire year is that you have a positive dose in your day and hopefully at the beginning of your day.

Now, of course, there's days you may miss it and catch up or miss it completely. But the more and more you can come back to it and have that just by doing that, I believe that you will start to see some changes. Because we can train our ego to stop looking at the circumstances and the negative things that are happening which our brains are trained to do. So anyways, I hope you can feel your awareness starting to shift, that you're eager to keep moving on this journey with me, because we have so much more time together and I'm so grateful to have you on this journey. Have a beautiful day and we'll see you tomorrow.

OUTRO: That's it for this episode. Thank you for listening to The Legacy Lounge Podcast. Connect with me on Instagram [@tiffanyneumancreative](#) I would also love to hear your feedback to see what resonates with you and what you'd like to hear in the future.

If you love this episode, please provide a review and we will be forever grateful. You can always find links and resources shared on the show by going to yourlegacybrand.com.

Remember what you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others. What are you doing today to pour into others and to leave your legacy?