



Papa Rock Stars Podcast

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[Episode 045] Overcoming Frustration

Have you watched someone who joined Paparazzi maybe at the same time you did or maybe even later, climb up the ranks or start hitting achievements, ranks and recognition before you did? Maybe you hear some of the Elite interviews and feel frustrated because they've been in Paparazzi as long as you have but you have not achieved the same things they have.

You are not alone! In fact, a lot of consultants I talk to have the exact same feeling and frustration! Let's look at a few things you can do to **OVERCOME** your frustration and put yourself in a better place mentally which will also shift your mindset and possibly your business.

Listen Now:

<https://PapaRockStars.com/frustration>

Training:

Before we jump into the training for today, I just want to add a little disclaimer. I am not the happiness guru. I am SO not perfect with any of the things listed in this particular training. In fact, I'm far from it. This entire episode actually came about **BECAUSE** of one of my greatest moments of frustration, so please don't think that I will judge you for having a low moment. Don't think that I am perfect. These are just a few things that **HAVE** helped me in the past and continue to help me today to overcome those moments of frustration, doubt and discouragement.

To understand, let me tell you how this training came about. November 2016 was a **RECORD** breaking month for Paparazzi! We had so many consultants hitting rank, achieving Life of the Party and Crown clubs! We shattered records and blasted through expectations! I was watching my team have our **BEST** month to date but looking at our numbers, we were going to come short of my next rank. There was 4 days left in the month and although I had a tiny bit of hope, deep down I knew that it wasn't going to happen for me that month.

I was crushed. I had cried several times during my day as I tidied up my house and kept myself busy playing with the kids and running errands but I knew that I was almost to a breaking point. I had to go pick up my son from an after school club and told the others they couldn't come this time. I just didn't want them to see the puddle that I was

breaking down into. I got in the car and choked back a sob. “I was going to be late if I didn’t go, plus the kids could still see me inside the house” so I pulled out of the driveway and continued down the street.

I was pleading with God, begging him as I drove, “God, I know that you can do ALL things. You made the earth, you made me. I KNOW that you can make this happen for me if you want to. You know how much I want this, how hard I’ve worked for it. SO many other consultants are reaching goals and shattering records. I want this so badly! Please!”

By this point I had come to a complete stop at a stop sign and it was there that I lost it. All my reserves, all my composure. I was ugly crying and I was glad I was alone.

I don’t remember exactly how it happened but as I continued to drive down the road a simple, gentle peace came into my heart and covered me. I stopped crying and heard the words in my heart, “Now is not the time.” The quiet love, the gentle peace stayed me as I picked up my son and returned home.

For weeks, I kept this personal experience to myself. Partly because I am not a crier so the whole ugly-cry thing didn’t happen if no one else saw it, and partly because I wasn’t sure that NOT reaching my goals was something I wanted to share with others. But about 6 weeks later, I was prompted several times to share my story on Facebook.

I was shocked how many people struggle with the exact same feelings! Another prompting came just moments after I read several of the comments on my post. It said to record this episode.

So here we go!

Just like when you are excited, when you are frustrated, your customers, team members and potential team members can FEEL that frustration. Your social media posts might sound a hint desperate or even just sad. It’s not a good way to run your business or your life. Instead, shifting your mindset into a more positive emotion like hope or excitement is something that will be contagious. And with that more positive vibe, will come more positive results.

First – remember that your journey is not someone else’s journey. God has given you your blessings, trials, accomplishments and setbacks for a reason. You might not know what that reason is or why you are where you are, but He does. The struggles and the joy come hand in hand and I don’t want to have the struggles other people have, do you?! Trust in His timing and in His plan for you and your life. It will all work out!

Second – What are your goals for your business? Are they something specific like how many pieces you want to sell each month or are they something more general like “hit Elite”. Don’t get me wrong, there is nothing wrong with a big goal like hitting Elite, but you do need more of a path on how to get there.

One of my favorite books lately has been The 10x Rule by Grant Cardone. Grant has a way of putting things that just speaks right to my heart and makes me expect the best from myself. One of the daily habits he talks about in his books is writing his goals out every day, first thing in the morning. He has a legal pad by his bed and the FIRST thing he does every morning is to write down his goals. This helps him stay focused on what he wants and makes his days more productive.

For me, when I’m getting discouraged or frustrated, my goals feel more like a reminder of how far I have yet to go, but as I WRITE them down (sometimes several times) I can feel that discouragement and frustration melt away. Hope gives way and there is a light where before there was almost a sense of despair.

Third – Don’t compare. If you have listened to the show for a while, you know that one of my favorite quotes is “Compare and Despair” by John Lee Dumas. This quote means that the only person you should be comparing yourself to is yourself from yesterday. Take steps to better yourself and to progress in your journey daily, but don’t compare your journey to someone else’s journey (like we talked about in the first tip). Focus on what you can control. You and your actions. Become the best version of yourself and also focus on bettering yourself.

Fourth – get outside of your comfort zone. Shifting what you are thinking about will also shift your mood. If you are feeling discouraged or frustrated, find someone to give a piece of jewelry to. Give 5 complements to complete strangers. Perform a Random Act of Kindness. It’s impossible to stay in that place of frustration when you are thinking of others.

Fifth – Dance – by getting your body moving, you are releasing energy and changing up the energy that you are focusing on. Put on some music and get your body moving. Go for a walk, exercise or just do some jumping jacks. Changing your physical space works!

Sixth – Count your blessings. This is something I make my kids do when they are having a bad day. Name 30 things you are thankful for or spend 5 minutes thinking of EVERYTHING you are thankful for. Your frustration will melt away when you focus on things that are positive and happy in your life.

Seven – Get to Work – A lot of times when I get frustrated, it’s because I realize that I should have been working MUCH harder than I have been and so I get frustrated with myself and just blame it on others. Be honest and if this is the kind of frustration you

are feeling, get to work! Take action in your business and see what results you will accomplish if you work your business with consistency and persistence.

Show Challenge:

Try out one of the methods listed above to overcome your frustration. Have something else that works for you? Comment below and let us know what it is that YOU do to overcome frustration.