

So, Here's The Thing Episode 155

Welcome to. So here's the thing, the podcast for small business owners, entrepreneurs, and creative educators who are ready to take their business to the next level through candid conversations, tactical approaches, and a few unpopular opinions. We're lifting the veil on what it takes to build both a life and a business that you love.

I'm your host, Laila Ahmadi, a coach for creatives and founder of the Creative Educator Academy, where I help entrepreneurs step into the role of industry leaders and educators. I'm so glad that you're here. Now let's jump into today's episode. Hey friends, welcome back to another Snack Size episode of the show.

This week's topic is being pulled not only from my work as an educator, speaker, course creator in the creative industry, but also as my work in secondary education. So I work with a lot of high school students. In particular, I do leadership workshops with dance officer teams, which sounds very niche. I know, but I was a dance teacher for a very long time and a director as well as a high school teacher.

So it is just where my passion lies. And it's something I really enjoy getting to still do from time to time when my business allows it. So it's been really fun. And this week I got to go work with several student groups and I found myself talking a lot about a topic that I've shared about on here previously, and that is self awareness and taking responsibility when things don't work out, or at least having the self awareness to reflect on how we contributed to things not going our way versus what was actually at fault around us.

Now I'm going to be talking about this from the perspective of somebody who has spent, and I don't want to say wasted, but let's just say I have not had my expectations met. On a lot of educational things that I've invested in, in the past, I would say I've spent about 30, 000 on educational purchases that going back in hindsight, knowing what I know now, I probably wouldn't invest in again.

So if you want to call that a waste, you can, I try really hard to reframe that and say that there's a lesson learned in every single investment, whether it's to be more discerning. Whether it's, this is not how I want to be perceived as an educator or whether it's a lesson about things that I know won't work for everybody and things that I can actually help my coaching students learn how to better serve their communities.

So all that being said, at the end of the day, it still stings. It still hurts to have spent a lot of money and a lot of time. Quite frankly, the time probably burns more than the money loss. And I want to make sure that. I'm being clear that I'm coming at this topic from a perspective of somebody who has spent money and time on things that they kind of regret.

And I want to make sure I'm making that clear because what I'm about to say is said with complete love, albeit tough love. And that is that a lot of times in our lives, when things don't go the way that we plan or expectations are not met, we tend to blame the factors around us. And that has nothing to do with our age or our, where we are in life or where we are in business.

That's just human nature is that we look at the things around us and we blame them. So if we purchase a course. And we don't find success within that course, of course, we're going to blame the instructor first, or the time that we didn't allot because of our client workload, or the time that we were given to complete said course.

But that didn't align with our schedules. So we're always looking for something outside of ourselves to place the fault and place the blame. And I think that while some of those things probably are a hundred percent true and sometimes things outside of our control are to blame for the results we're seeing or not seeing.

A lot of times we tend to overlook the most obvious thing or person or person Place that we can put fault on and that is ourselves. And so today I want to encourage you to take a hard look at the outcomes that you're seeing in the things that you're investing in, in the educational experiences that you're approaching and ask yourself a few questions.

One, did I give my best effort when I was actually participating in whatever it is that I've invested in? And it's okay if the answer is no, I would encourage you to be honest in these questions that I'm prompting you through. Because at the end of the day, when I'm encouraging you to ask yourself these questions, we might feel guilt toward ourselves.

We might feel anger at ourselves and the things that we didn't follow through on, or we might feel resentment or anger toward whatever outside factor we're placing blame or fault on. But what I would encourage and what's difficult, I mean, I say, I would encourage you to do this, but I struggle with it too.

So please don't feel like I'm saying it's an easy thing to do, but I would encourage you to release these feelings and focus instead on the facts around it. So if the fact of the matter is, no, I didn't put my best effort forward. No, I did not carve out the time that I should have. That should release the feelings of resentment toward the educator or toward the program.

And I would encourage you to not allow it to result in resentment or guilt toward yourself. The second question I would encourage you to ask yourself when you're not getting the results that you really want out of an investment is, Was this investment the right one for me at the time? Or did I jump the gun and I, you know, just took a leap blindly?

I think more often than not, I am kind of a sales page skimmer. I do not read every single word, every single statistic. I don't always dive into the details and the nitty gritty. And sometimes that has come back to bite me. And so I would encourage you to Were you clear on the purchase that you made, or did you just jump in and hope that it would solve all of your problems?

Again, it might be a yes, it might be a no, but just being honest with yourself and that reflection process, I think will help release some of the negative feelings around it and also set you up for success into the next season of investments that you're looking at. And while there are probably 20 other questions I could ask you, and in fact, I did a lengthier episode on this in the past that I'll link in the show notes.

I know that it was quite a bit ago, but I did do, um, I did do kind of a deeper dive on this, but for this snack size episode, the last question I'll leave you with is how can I actually improve this experience in the future? If I were to go back in time and I was faced with the same investment, would I make it?

Would I differently? And how can I apply that to the future investments? Of time and monetary investment that I would be making. Um, and I think in that way, you're really focusing on the positive silver lining that you're going forward, better equipped to handle these conversations, these investments, these decisions and choices that you're making.

And hopefully each and every outcome afterward will be bettered for the experience that you are now entering into the future with. So just a little food for thought on this episode. I hope that it helps open your mind to the possibility that being a self aware entrepreneur will set you up for being a successful entrepreneur and having all of those outcomes meet expectations when we're setting those expectations with self awareness.

As always, I hope this helps, and I will see you guys on the next episode. For show notes and resources mentioned on today's episode, head to [so here's the thing podcast. com](https://www.thethingpodcast.com). This show is brought to you by the creative educator academy, where we teach creative entrepreneurs how to teach, because I believe that industries thrive when experts can share their knowledge.

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