

## #6 4 Lessons I learned from Sheri Riley

Jambo? Welcome to another episode of From Stuck to Unstoppable Podcast. Now, if I threw you off a little bit, Jambo means hello in Kiswahili, which is one of the three languages that I speak. If someone ever says Jambo to you, you would reply with 'si jambo', which means I am fine. I hope you're fine and are having a wonderful day wherever in the world that you may be tuning in from.

In today's episode, I'm going to share some of my big takeaway lessons from a book I re-read recently. It has impacted my personal and professional life. I like sharing things that have helped me personally and professionally, and hopefully, you've been finding my podcasts helpful. The book is called Exponential Living - Stop Spending 100% of Your Time on 10% of Who You Are, by Sheri Riley. Sheri Riley is a creative marketing powerhouse behind some of the world's biggest celebrities like Asha, TLC, Tony Braxton, Remember, Maybe I'm Dating Myself and Coca-Cola to name just a few.

The lessons I share today have resonated with me both in my personal and professional life. Let me set the scene for you as to why Sheri even wrote this book. Throughout her 20s, Sheri held positions in the entertainment industry, specifically at the most successful record label in Atlanta, LaFace Records. She worked with the most influential, multi-platinum artists of the nineties. She also launched a promising career and had lifelong friendships and business partnerships. Even though many would consider this a dream job, Sheri says that she was also miserable and didn't have a life beyond her career. She says that this brought on an epiphany, that something major had to change in her life.

This is what she said in her book and I quote "Though I was a power broker in the industry, my hair was falling out and I came home every night to an empty apartment. I was single then, drank wine and watched movies by myself." End of quote. She says that she knew she had to have the courage to give up the career track she was on to have both a career and the full life that she desired.

So she quit her high-power job to pursue her purpose of being a full-time speaker, a life strategist, and an author, and she went on a path that she describes as living in your power, your truth, your peace, your wholeness and your integrity. This was her aha moment, she says. If you relate to this story where you are working yourself to the ground and feel burnt out, overworked and tired, just be mindful.

Here are the four lessons that I learnt. Lesson number one, pursue peace and a positive mind. Sheri says in the book, "Throughout my life's journey, nothing outside of me has ever given me peace. Not my bank account, not nice vacations, not a good marriage. It wasn't until I began to say this phrase aloud to myself every day, I pursue peace with a positive mindset, and I live in the power of peace that my stress and anxiety began to abate."

So she goes on to say that it was only through the power of managing her own thoughts and through prayer and meditation on scripture, that she found the peace she was so desperately seeking. Pursuing peace means making it your intention every minute of every day. It means to consciously and deliberately choose peace.

Instead of letting anxiety, stress, and urgency hijack your thinking. It means to recognize that the time you spend resting, praying and meditating, or anything else that activates your sense of peace is just as important as the time you spend working. Peace allows you to achieve your goals without stress and anxiety.

Lesson number two, choose happiness. Sheri writes some things that are responsible for human unhappiness in her book and here are the two that I want to highlight. Number one, we fail to control negative thinking. This is the tendency to let our internal negative conversations take up space in our thoughts. This is something that I have been reading a lot about lately, how our thoughts affect us. It's scientifically proven that our brains are magnetized with the dominating thoughts we hold in our minds. Because our subconscious mind does not know the difference between negative and positive thoughts, we become what we think and we get the results of our thoughts in their physical form.

Sheri advises dealing with this issue by watching our thoughts and halting the negative ones and then channeling those negative thoughts with empowering ones instead. For me, this is what I say when negative thoughts are in my mind. I say I am not thinking about that. One of the best things that I have done is built a toolbox of things that I can pull from when I get knocked down.

I take a three-by-five card and I write what the Bible says about the situation I may be experiencing. When those negative thoughts of fear or self-doubt come up, I pull out my card and read it out aloud. It's a toolbox I can use when negative thoughts come to me when I need to remember who I am, whose I am, and why I'm doing what I'm doing. It's filled with tools that help me believe in myself, even in moments where it feels like no one else does. It's filled with quotes and Bible verses.

One of my favourite ones is I can do all things through Christ who strengthens me. Whenever I say that, I just feel this surge of strength or sometimes I say, I have the mind of Christ. I keep this toolbox on my bedside table, so it's near me whenever I need it. I also use the notes app on my phone to store my collection of these uplifting notes and it's free to do. If this sounds like something that you need and don't have, an easy way to start, is just to highlight quotes. You know, highlight bible verses or stories that deeply impact you and save them all in one place that you can reference quickly.

Okay, moving on. The second thing that Sheri says is responsible for human unhappiness, is that we shut God out. This is when we disregard our connection with God. To be happy, we must be open to having a fellowship with God and letting him touch our lives every day. I have found that when I try to control things, I experience anxiety and stress, but when I let go and let God, I enjoy my day and I'm able to focus on what I need to do.

Now, this is the analogy that I use with the things that I have no control over. If I'm on a plane and a pilot says, "Buckle up your seat belt and enjoy the ride," I can choose to panic every time the plane hits turbulence, or I can choose to relax and enjoy the ride because I have no control of what the plane will do at 30,000 feet.

The third lesson I learned from Sheri is that only you can be the best you. Now, having confidence in yourself does not mean confidence in your accomplishments, your degrees, your job title, your position, or all the roles that you play. Being the best you and separating who you are from all the things you do. Ask yourself, what are my qualities? What do I love? What makes me laugh? What are my quirks? When all goes wrong, Sheri says that who you are should remain your rock. Who you are is your heart, your character, your values and the fearfully and wonderfully made person that you are.

The fourth lesson is gratitude, which honours what is present in our lives. It's possible to find a million things to be grateful for: your health, your life, your home, your children, your family, and your friends. There are scientifically proven benefits of gratitude. It improves both your physical and mental health and makes you more likely to exercise and practice good self-care. It also improves your sleep. It raises your self-esteem, reduces social comparison, and also helps you develop resilience.

I hope these four lessons that I have learned from Sheri Riley have given you a new perspective on how to live a more fulfilling life and how to run your life from a place of empowerment and truth. The number one thing that I want to accomplish through this episode is for you to be motivated to take action and reclaim balance in your personal and professional life.

Before we part ways today, if you're listening to this episode before April 1st, I would love to invite you to a four-week mindset transformation class. It starts on Saturday, April 1st. In this class, we're gonna talk about various ways to take inventory. We're gonna define success, adjust and improve our mindset. You are going to have clarity on where you are, what you want, how to articulate where you want to go and how you want to feel when you get there. How you think and how you process those thoughts into feelings and what actions you take based on those feelings will 100% make or break you in your personal and professional life. Your mindset is what sets the tone for your success.

This class will be a two-hour workshop for four Saturdays beginning Saturday, April 1st. Go to [www.wambuimburu.com/mindset](http://www.wambuimburu.com/mindset). Wambui Mburu is my first and last name. Again, it's [www.wambuimburu.com/mindset](http://www.wambuimburu.com/mindset), and I can't wait to see you in class.

Take care now.