



How to Harness Your Magic for Greater Success

Elizabeth: [00:00:00] Hello, and welcome to *Everyday Unicorn*, the podcast that helps you harness your magic for greater success in work and life. I'm your host, Elizabeth Hope Derby. I'm a mom, a recovering perfectionist, and a longtime leadership and business coach. In this podcast, I'll teach you the secrets of everyday leadership and how to leverage your brand of magic to supercharge your clarity, confidence, and joy.

No more trying to fake it till you make it or twisting yourself into knots so you can fit inside other people's expectations. Whether you're running a business, evolving your career, or just trying to find balance between being a parent and an actual person, it's time for you to start living your version of success in the office, on the playground, and beyond.

Starting now, you get to make every day a bit more magical just by being you. So [00:01:00] let's get to it.

Hello and welcome to another episode of *Everyday Unicorn*. I am super pumped for today's topic, which is to give you some specific steps you can take to harness your magic for greater success in your work and life, which as you know is the tagline of this podcast. And I thought, geez, I should probably devote an episode specifically to that topic.

I've talked before about what your magic is, about how your uniqueness has a profound impact on the people around you and the world around you: that it influences the legacy you leave behind. And of course, that you can control how much of your magic you allow out into [00:02:00] the world just by being willing to be yourself.

By being true to your desires, true to your impulses, true to your yes and your no and your values, right? We don't have to act on every impulse we have in order to be authentic or true to ourselves. In fact, usually, we have some impulses that upon reflection were not the right representation of who we really are.

So it's not just about, "oh, I feel this, therefore I do this," it's much more about living in alignment with the person that you know that you are and the legacy you want to leave behind. In terms of specifics though, you may be saying, okay, that's great. I know I'm a unique person because look at my fingerprints. But also, how do you actually harness this magic?

How do you harness this uniqueness? How do I work with that? How do I even know what it is? How do I know what makes me special, aside from the fact that I have slightly different [00:03:00] DNA than other people? And there are a lot of ways to approach this. But it's something I've been fascinated by my entire life.

It's something I love working with my clients on. I love helping people see how they operate best, and the things are naturally good at that they may not even be aware of that they're very good at. And then, you know, of course, where are there areas available for improvement? But most importantly, yeah, how can you customize your work strategy, your career strategy, your goals, your day-to-day workflow in life?

How can you adjust all of those things so that they really work for you? Well, it helps to know what you're all about. It helps to know how you operate and what your strengths are. It helps if you have a sense of things that you're naturally very good at, and [00:04:00] if you have a sense of the things you're not very good at.

If you've spent a lot of your life depending on other people's feedback to tell you who you are or what you're good at or what's acceptable and what isn't, then some things may be new to you, and then other things maybe you already know. I want to give you a high-level three-step process that you can use to harness your strengths to identify them and to leverage them more effectively in your day-to-day life.

First, you want to get a baseline understanding of what your strengths and weaknesses are. You want to find your strengths and weaknesses. Step two, you want to filter the feedback you've gotten from other people to make sure that it's accurate.

And then the third step is you want to lean into your strengths and lean into your skills and be willing to [00:05:00] either outsource, let go of, or improve on the areas where you're weak, where you don't perform as well, or where you just don't maybe accomplish the way you know is possible for others, which is fine. I mean, look, nobody's gonna be great at everything, right? So you're great at certain things, and that's where you wanna start.

You wanna figure out what are you great at? Genuinely, sincerely. And so now I'm gonna break down all of those steps. I'm gonna break down those three steps into more detail. So the first one, find your strengths and weaknesses. If you have never spent any time thinking about your strengths and weaknesses (which is unlikely if you're listening to a podcast like this), but if you've never spent any time thinking about your strengths and weaknesses, then it's worthwhile to do some self-examination.

And even if you have considered it before, you may not have ever given it thorough reflection. And it's worth it to take some time [00:06:00] to really explore what your "DNA" looks like in this way. What your performance DNA looks like, what your strength DNA looks like, what your motivational DNA looks like. You can really learn a lot about yourself in a number of different ways.

But here's what I'm going to suggest. There are a number of professional assessments that you could take that are self-assessments. You take the quiz. You could also have other people give them to you, right? But there are a number of self-assessments that I think are very interesting and will give you some, you know, data-driven insight, which you may like if you're of that persuasion. I am.

So two of my favorite assessments are the Strengths Finder. Clifton Strengths is now what it's called, but it used to be called Strengths Finder. And the other one is the Colby A Index. So those are two of my favorites. Both cost a fee to take, but [00:07:00] once you take them, you get the results, and you could go as deep as you want to any of the results.

Strengths finder, the Clifton strengths assessment, is really about helping you understand what your strengths are, just like it says, right? It will identify your top five or more themes, what they call themes. Basically, it's ways that you think, ways that you operate that come naturally to you that are a specific lens that you look through and the way that you approach, sort of everything in life.

And it's really interesting. So to give you an example, my strengths, my top number one strength according to Clifton Strengths is futuristic. Futuristic thinking, futuristic behavior. That's why a lot of what I like to do with my clients is talk about where they want to go with their lives. What is the future they're trying to create, to start there, [00:08:00] and then to work backward on building out.

Okay. How can you pivot from where you are now so that you're more clearly aligned to where you want to go with your life, where you want to go in your career, or how you want to feel in your body, or in your heart, or in your mind, or all of the above.

My second strength is strategic, and I am a very strategic thinker. I love developing strategies for solving problems. I like tackling complex problems and simplifying them, breaking them down into strategies and systems that are actionable. If I have an idea that I want to put into action, I'm going to build a strategy around it because that's just how my brain works.

And my third strength is positivity. You know, I'm a very optimistic person, and I tend to find the good in people. The good in situations and opportunities. And I'm not toxically positive. This is a thing I've said often already on this [00:09:00] podcast, but it's important for me to say that about myself because I do know myself so well, and I know I have learned the problem with rampant positivity.

So it's a strength, but it's a strength that I wield on purpose and with intentionality. And that's what I mean about operating in alignment with your

values. You know, I'm not someone who's going to go up to a person who's just experienced some kind of loss or trauma and say, well, don't worry, it's going to get better.

I don't do that. Even though I'm a positive person, I know that it's not in my value system to steamroll over people's legitimate feelings in the moment. So I don't do that, even though it's one of my top strengths. So, that's just to give you an idea of what Strengths Finder is like. There are, I think, 26, although I could be wrong. There's a lot of different themes.

And it's just interesting. It gives you an idea of how you naturally operate. And I am sure once you read your results, you'll say, "oh, that's totally [00:10:00] me." Totally will make sense. The other assessment that I mentioned that I really like is the Colby A index. And so that one is specifically focused on how you take action when you're attempting to perform, when you're striving, and when you're working toward a goal.

How do you most naturally and intuitively take action? And, I love the Colby A Index. It was recommended to me by a friend, Brandy Bernoski. She's awesome. She's the founder of Alchemy and Aim. Check her out. Which is a website development company. So, if you need website development, recommend her.

So the Colby A index is about how you take action, how you perform in any given moment. So to tell you a bit about the examples, there's sort of four categories of action taking, four types of action taking.

You're graded kind of on a curve. Like, do you do this type of action taking the most? Do you do this the [00:11:00] least? Do you get in your way? With this particular type of action taking, you know, and it's really interesting if you are someone who has to be motivated and consider your performance and be a self-starter and get shit done.

You know it's useful to understand what you do well and what you don't. And the Colby A Index tells you both. And so to give a couple of, to give two examples. The thing I lead with, the type of action taking I lead with is something called quickstart, quickstart energy.

A lot of creators and a lot of entrepreneurs have this as their key, as their leading action taking form when they take the Colby, a lot of us are quickstarts. So if you're listening to this, you may be a quickstart too. Basically that means you like to jump on things. You want to dive in. You want to get, make things happen and it's that excitement and energy of getting started that really motivates you to take [00:12:00] action and gets you sort of off the couch and going.

And so that's totally true for me. What often happens with if you have high quickstart energy, then you may have, a harder time following through. So I'm kind of middling on my follow-through in my Colby scores. It's all right. Like, I can follow through, but I do better when I have a support system in place.

It's not a natural, it doesn't come to me as naturally and intuitively as, just diving out there and getting started. You know, that's like a no-brainer for me. Whereas it is a brainer for me to start to follow through on a project that I've started and then the thing that I am least sort of the way that I am good at, the way that I am, that I most struggle to take action is through something called, implementation, which is basically using [00:13:00] physical demonstrations. It's like the person who will draw you, who will build you a model of a city to explain how you get around the city, for example. That's kind of an odd example, but that's what's coming to mind for me. If I have to fix something that's broken, or I have to fuss around with technology, like physical models, or equipment, like, that is a bad, bad use of my energy, because it's hard for me.

It's just hard for me because I'm so not tactile that way. I'm not a tactile thinker. If you, you know, sometimes my husband will show me a map as part of our route to get somewhere. And I'm like, don't show me the map. I don't want to see the map. The map confuses me. I just need to have a high level of like, what turns am I taking?

I'm a high level thinker. I can visualize a multitude of [00:14:00] possibilities, and if you ask me to drill down into every single one in like a very specific physical way, I will self-destruct because I instantly see solutions in my mind, and if you make me turn it into a physical model, I will implode from the irritation of it.

So that is what, that's the kind of thing that the Colby Index will teach you, which I think is really cool too, because again, what these things do is they just indicate, all right, what's a good use of my energy and what's a bad use of my energy. So obviously you can take assessments like this to start identifying your strengths and weaknesses.

And that's sort of your strengths, right? Your strengths, DNA, your talent and DNA, your motivation and performance DNA is all baked into the stuff I've been talking about. The other place you can source good information is from your peers and your colleagues. Most people who work inside an organization do performance reviews.

So you may have [00:15:00] had some feedback on what you're good at and what you're not. But I find that there's a lot of anecdotal evidence that you can collect over time, if you're paying attention, and you can also go out and ask for it. Some coaches and some team leaders and managers, evaluators, consultants will come in and provide 360 analyses of what someone's really good at, what someone's really not good at, but you don't even have to get that.

You don't have to pay a consultant a lot of money to start with this. You could just ask people. You can put it on social media if you want to hear from friends of friends and family, or LinkedIn if you want more of voices from your professional network. You basically just ask people, like, what are three things that you think I'm exceptionally good at or three things that I've helped you with or things that you think I do better than the average person.

Alternatively, you could say, what are areas I need to improve? What would you suggest? And, and you know, [00:16:00] I think that's more useful if you're gathering that information from people who've actually worked up projects with, as opposed to just randos on the internet, because. Everybody has an opinion and I'm going to get into the second part of this process, which is you want to filter your feedback, right?

So just to say, though, you can ask people, you can ask people what your strengths are. You can just pay attention after you deliver a project, after something wraps, during the process of creating something, what do people compliment you for? What do people say? Oh, that was really great. You know, I used to give a lot of presentations.

In fact, they were future forecasting trend presentations, which is really helpful since I'm a futuristic thinker, right? That's my number one strength. I was giving literal future forecasts, like several years from now, this is what's going to be happening in society. I used to talk about that in the sales and marketing presentations I would give. And so I would give these presentations, and something people always complimented me on was my enthusiasm. I always had people say it was [00:17:00] great to see how enthusiastic and passionate you were. And so that's something that I have known for a long time. Like when my heart is in something, my heart is in it.

And that can be very valuable to other people because it can motivate them. It can inspire them. It can sort of light the fire of their own inspiration and passion. It can give them permission to do something that they want to do just because they're passionate about it. And so, and then certainly, you know, it can increase buy into some degree, if you're trying to sell something or market something, which is, which is good.

If you don't have enthusiasm for it, then it's unlikely that anyone else will. Anyway, that is anecdotal evidence that I've been picking up for a very long time in my professional careers that I have this passion and enthusiasm as one of my strengths. So these are all different ways of gallery data about yourself to understand what your strengths and weaknesses are.

The last thing I would suggest is doing something like the why finding process by Simon [00:18:00] Sinek. It doesn't have to be as formal as the why finding process. There's a book and a Ted talk that Simon Sinek wrote called *Start With Why*, and it's all about really inspiration and intrinsic motivation. What motivates you on a on like a heart level, on a soul level, on a "this is the legacy I want to leave behind" level.

You can really go deep into that stuff. You could get lost in the weeds. I've led people through that exercise as part of their, for work as part of their personal development and professional development. And certainly I've, I've done it myself. I think the benefit of exploring what motivates you in any kind of formalized way is knowing how you can light your own fire of enthusiasm as needed.

So basically, if you don't want to necessarily go down the rabbit hole of Simon Sinek and start with why or why finding as it's called, you [00:19:00] can just think about a question like, what do I want the world to look like? Or what do I want to improve or make better because I was here in this lifetime? What am I excited to do?

What excites me? What do I love to do genuinely, earnestly? And what do I want to change in the world? Like those are very basic questions that will unlock a whole level of awareness for you about the strengths and weaknesses of how you are motivated. And I think that's really important for all the reasons I just said.

So, like in my case, I am very motivated by the idea of creating a world where people have more love in their hearts and more capacity to give love to each other. I am so sick over so many things that I read and [00:20:00] see because I see how hurt people hurt people, as they say. Hurt people hurt the planet.

Hurt people are destroying a beautiful world, and I think if we can cultivate inside ourselves the capacity, the space, and the self compassion to be good to ourselves, we can then be good to each other. We can then be good to our children. We can then be kind in the face of adversity, horror. We can have hope in the face of despair.

We can do the right thing even when it's hard because we started from a place of having enough love and self-support to do those harder actions in the long run. It's just something that motivates me. If you show me a person who is suffering, especially if they are just in their own way, which is part of why I coach, right?

[00:21:00] Like, if I see someone who's in their own way, they just can't, they're so overwhelmed, they can't get out of their own head. They don't know what they want. They feel despair, to a certain degree. I mean, I think there's a level of despair that's purely human. Like, a psychological issue that needs to be taken up with mental health professionals, like therapists, psychiatrists, get on medication if you need it.

I'm on antidepressants. I'm all about, like, getting the right medication if you need it. But, I would say it's the people who have not yet cultivated enough self-care and self-love that they can actually serve the world with the gifts they have, with the heart they have. I'm like champing at the bit to help those people.

Just let me help you be happier so that you can make the world a better place. I love it. I just love it. That's why I do this podcast. That's why I coach. That's why I do what I do. And for me, too, there's something I really love about [00:22:00] helping people do things in their unique way. Do it in the way that works for you.

Don't let other people tell you how to do it. You find your way. You do it your way. Because that's the way that's going to work for you, right? So, this is all built into this podcast. You see, I'm walking my talk here, but I know my motivations. I know what I'm motivated by because I've studied this inside myself for a long time, and I've had a lot of practice.

But then, you know, there are also just things I'm passionate about. Like, I love arts and crafts. I love interior design. I love to clean. I love to organize. These are just things I love to do. So, sometimes if I'm sitting around, and I'm like, "oh, I've really fallen down a rabbit hole of watching TV" or like, "I've been on my phone too much", whatever.

Like, I'll just let myself clean something and then it inspires me and motivates me. It makes me feel like a person again. It gives me my energy back. So it's worth taking some time to just look at what is your motivational DNA. So once you have all this information about yourself, the second step that I talked about in [00:23:00] harnessing your magic is you've got this huge pool of potential magical qualities about yourself, right?

Strengths and weaknesses, and you want to filter your feedback. What I mean by this is when you get information from other people about you, whether that's an assessment, whether that's professional surveys and information from colleagues, or whether it's something as playful as like a tarot card or an oracle card that you've pulled, your horoscope for the day.

Like, you have to be thoughtful about what you agree with and what you disagree with. Just because someone else says it's true doesn't mean it's true.

You know, I host women's circles every month and I often am recommending and suggesting to people that they pull oracle cards or cards for themselves where they just notice what's going on cosmically, astrologically. It's something that I think is very fun. It's not something that like, dictates and runs everything about my life, but it to me is like a mystical, [00:24:00] magical, fun thing to do, and so that's why I do it.

And I can't tell you the number of people who've been like, "oh, I shouldn't." The next month is gonna be so hard because Mercury's a retrograde or something, and I'm like, can we not, can you not outsource your sovereignty and your power to astrology? That's crazy. Don't do that. Like, no.

Similarly, just because you take a test, it doesn't mean that test knows better than you, and it doesn't mean that other people know better than you either. Now, I always like to have caveats, so I gotta have a caveat on the other side of that coin, which is when you're filtering feedback, it's not just about what you believe about yourself because we all have biases about ourselves. We all believe things are true. We all believe we're above average drivers, and we're just not. I would say I'm an average driver. I think I'm generally pretty defensive and safe, but you know what? Earlier today, I did a little bit of risky driving that I was like, that was not smart.[00:25:00]

Am I a jerk on the road? No. Do I cause lots of scary things to happen? No. Do I think I kind of hit in the middle? But we all assume things about ourselves that aren't, that isn't true. We, we tend to, I think we tend to think more highly of ourselves than perhaps we should. But then on the flip side, I know so many people that are so hard on themselves.

So actually, I don't think I even do have any kind of sweeping generalization here. I just think you don't always know what you know about things. You may think you know yourself really well, but you may be surprised by other people's feedback. So, how do you navigate this, right? Like, how do you know what's true?

What's false? Well, I'm gonna go with two things. Be honest with yourself. Be honest, knowing you're not perfect. Knowing there's no pressure to be perfect. All you have to be is human. Then, of the feedback you've gotten, what feels legitimate and true and honest for you? I think it's a good place to start.

And then, I want to give credit to my friend Claire Byers, who is a [00:26:00] brilliant researcher and leader and all around professional lady boss, not in the flippant way. She's just great. She gave a talk not long ago called the feedback filter, and I really learned a lot from that because she organized these thoughts that I've sort of thought about but never in such a clear structure.

And what she said is basically, here's the deal. Once you get feedback, if you want to approach it like a researcher, here's what you'll do. Come up with your hypothesis. You know, I think I am a futuristic thinker. Because Strengths Finder told me so. That's my hypothesis. Okay, once you have your hypothesis, three things.

Be open to being wrong. Let the data decide. And then, get enough data. Collect enough data points that you're not just operating off of like one person's opinion, right? Because it's not accurate. And so for me, to use the futuristic thinker example, I would say I am a bit to being wrong. In fact, I think sometimes I'm less [00:27:00] and less futuristic thinking than I used to be.

And I think part of that is because I live in a world right now where my life is very immediate. I have a toddler. I have a life that's happening right now. Right now very much day by day and I love it, but that's different than being like, where do I wanna be in five years? Where do I wanna be in 10 years?

That's just not how I'm operating right now. I think I'm much more in my quick start world, to be honest with you. I think that feels a little more accurate than purely futuristic thinking. For me, I am open to being wrong. Well, what let the data decide? What has the data shown me? Okay. Well obviously if a Strengths Finder is told me that I'm futuristic, but what about other people?

Well, pretty much every coaching client I've ever worked with has told me that, yeah, I helped them envision a future that they were then able to create because of our work together. So I'd say that's a lot of positive data. That's dozens of positive data points, maybe even hundreds. Helping people [00:28:00] put words to the future.

They want to create the business of the career that they want to be running in the world, like that's all stuff I've been doing for a decade. And before that, I was, like I said, working on trend presentations that were all about the future and I loved it.

And it all made such intuitive sense to me. I was like, of course people will be interested in blah because, you know, think about it.

It just made sense to me. So I feel like I actually have a lot of data points that back up the accuracy of this result from Strengths Finder. So there you go. A lot of data points, I got the backup. I trust it. And so that's what you do. You got to filter your feedback. Again, thanks to Claire for that brilliant sort of layout of how to do it.

And then the final step in harnessing your strengths. Once you have this short list of your strengths and weaknesses, that you filtered the feedback, you now have the specific things that you feel like are yes and a no for you. Well, what are you going to do? What are you going to do with that?[00:29:00]

And here's what I want to suggest. Find ways to lean into your strengths and to outsource or stop bludgeoning yourself with your weaknesses. Let me give you an example. So my quick start energy means I tend to think on my feet. I'm very improvisational. If you go further down the chart, you see it's like, actually I improv really well, but I also like to do a little research and planning ahead of time.

I like to come up with an idea that do a little strategizing. And then back into the improv, and that's totally accurate, that's exactly how I've created this podcast episode. I had my idea, I was like, yes, I want to talk about that, then I had my outline that I made. I had to take a little time and think it through, build out my strategy, now here I am talking off the cuff. I'm within a structure that I already developed, but I'm leaning very heavily on my improv, because I know that when I just let myself talk, I tend to say things that really resonate with people.

Again, this is feedback I've [00:30:00] gotten throughout the course of my entire career. That when I just speak, I tend to really say things that resonate for other people. I don't need to do a lot of scripting. I don't need to memorize. I can memorize and that could go really well, especially if I have an artfulness to my language, or I've, you know, created. If I'm telling a true story on stage, for example, I often will build out a very specific structure because it's less conversational than this.

It's more about having a beginning, middle, and end. And often with a time limit, whenever there's a time limit involved to my speaking, then of course I have to reign it in. It needs a little more prep, a little more scripting. But in a situation like this, all I need to do is talk off the cuff.

So here I am talking off the cuff, and hopefully you've developed something positive from this. You know, one of the ways that I have used this information to support me in my career, to really harness my magic in my career is when I [00:31:00] know I'm going to be giving a presentation, when I start to feel that anxiety of like, what if it sucks?

What if no one cares? What if I don't make a difference? I'm able to slow down and say, wait, I know I'm good at improv. I know I'm good at speaking off the cuff. I

know I have enthusiasm and passion. I know I've done enough strategic planning for this that there's a coherent content. There's a coherent structure.

But I can relax because I'm good at thinking on my feet. That's all I'm about to do. And so it really gives me peace. It gives me peace of mind, and it allows me to really show up and shine. I wouldn't do a podcast if I thought that talking wasn't one of my strengths. Why would I do it?

That's the main reason I'm doing this is like, I think this is one of the best ways I can communicate what the gifts are that I have to share with other people. So here we are. So what about you? Where are there ways that you [00:32:00] could give yourself more grace and less forceful of fitting yourself into a box that doesn't really work for you?

And I'll give you an example of that for me too. So one of the things I'm not great at is sticking to a schedule or routine, especially a schedule. I don't know why it is. I just don't like it, it just bums me out to wake up and be like, "oh, this has to happen," every five minutes to the end of the day.

Like it's stressful. It doesn't feel free to me. I don't like it. It feels like prison. I like having some things on the calendar. I need some deadlines, but that like tightly scheduled stuff just isn't good for me. I would say like, as a corollary to that, if I build out a content creation schedule for myself, and then I have to show up every day at a certain time or on specific days at a certain time just to create content, it makes me want to gouge my eyes out.

I just hate it. So I don't do that. I batch, [00:33:00] right? I allow myself to work in the ways that work for me. And I don't force myself to stick to a schedule just because there are a thousand people on the internet saying, "you should stick to a content creation schedule, and then it'll really work for you." It doesn't work for me.

So I don't do it. You know what I do? I work with an intern who's phenomenal, and she is scheduling things for me. What a delight that I'm able to outsource it this way. Even if I wasn't able to outsource it that way with this particular task, I wouldn't force myself to work on a schedule when I know that's not.

All that will do is drain my energy. So that's how you harness it. That's how you harness your magic. You find the ways in your day-to-day work life, your day-to-day life, where you can let yourself off the hook of doing, forcing yourself to do things you know you're not good at. Just say, hey, I'm not good at that.

Embrace the not being good at it. Embrace the weakness. Whoo. I can't open this jar of salsa. I'm gonna ask my husband for help. Sidebar. I don't know why they do that. I feel like [00:34:00] it is an insult to feminism that they make jars of salsa so hard to open. But anyway, you know, it's okay though.

It's okay. I'm not gonna like beat myself up for not being able to open a jar of salsa. I'm not gonna be like, I need to be on a salsa jar line opening track until I master this skill. Like, this is not the right use of my life. And, that's often true for the people I work with. And that may be true for you that there are places in your life right now where you just are forcing yourself to grind it out, following a system that someone else set up for you, or you will achieve X if you just do it in Y way.

If it's not working or if it feels like you're beating your head against the wall, find a different way. Find the way that plays your strengths. Find the way that works for you. And when you play to your strengths, when you give yourself opportunities to shine in the things you're really good at, I guarantee you're going to make a bigger impact.

You're going to move people. You're going to really contribute things that are important and [00:35:00] special and unique to you. And so that's what I want for you. I want you to play to your strengths. I want you to give yourself a break for your weaknesses and just let it go, however that needs to happen. So quick recap, the three steps to harnessing your magic for greater success in work and life.

Step one, understand your strengths and weaknesses. We talked about your sort of strengths, your talent DNA, your motivational and performance DNA. And we then said, okay, when you get feedback from other people, filter that. Filter that so that it's honest. And you're not taking one person's criticism or one person's applause for complete truth without giving it some, some critical thinking.

And then, last but not least, play to your strengths, let go of those weaknesses, cut yourself some slack, and go out there and know that when you are really shining and doing what you're great at, it does make a [00:36:00] difference. It does make a difference. It will improve your life. It will help you get better results for your clients, for your colleagues, for your team, for your family, for your kids, and you will have a better time doing it.

So go out there, go have a great day. Go conquer something. Go feel amazing just because you are who you are. And I will talk to you next time.

Elizabeth: Thank you for tuning in. I hope today's show helps you remember that every day can be extraordinary and that you, my friend, already are. If today's episode was inspiring or useful to you, hit subscribe so you don't miss an episode. If you want to go deeper, you can hire me as your private coach or as a workshop leader for your organization.

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