

# Trust Yourself to Do Differently [Episode 159]

Mon, Mar 13, 2023 2:18PM 18:21

## SUMMARY KEYWORDS

writing, work, thoughts, mindset shift, strategies, change, publishing, podcast, mindset, trust, flip, teaching, advice, reviewers, place, publications, talk, woe, listen, counterintuitive

## SPEAKERS

Cathy Mazak

---



Cathy Mazak 00:02

Welcome to the academic writing amplified podcast. On this podcast, we believe that the culture of academia needs to change radically. Women and non binary people are revolutionising academia within institutions that were not built for us. If you're ready to reject the culture of overwork, kick, guilt and overwhelm to the curb, and amplify your voice, to make a real impact on your field, without breaking down, or burning out, you're in the right place, with our team of experienced writing coaches, as CO hosts will share insights and talk to inspiring guests to bring you the practical strategies, systems and mindset shifts. You need to find time to write, publish work you love, and design your career on your terms. And it all starts with writing. Let's go. Hey, hi, it's Kathy Mae Zach here at scholars, boys. And I'm coming to you live today to talk about trusting that you can do differently. Okay, so what do I mean by that? Well, here's something that we find a lot of people who are interested in our programs have kind of like messages that they're telling themselves. So they're high achievers, they want to do really well, they feel like they could be writing and publishing to this kind of like other level. But they also feel like, you know, I've read every books, I've read your book, right, I have a book called making time to write. So I've read your book, I've listened to your podcast, I've watched your YouTube videos, like I've quote, unquote, tried everything. And still, I haven't been able to make that change, that really takes my pipeline from kind of stalled out and clogged up to flowing so that I'm getting the number of publications out there that I want. But even more importantly, the number of publications that you're getting your voice heard right out there in the world. So that can be like very, very frustrating. Because that like, I've tried everything feeling is really, I don't know, it's a difficult place to be. So I want to dig into that today, I want to give you a little coaching, if you will let me on this video, or if you're listening to the podcast, the thing about I think many people, and I want to help you become not one of these people. Okay, so the thing about many people is that they read a book, like they're like, I need to be more productive, right? So they get like the book, atomic habits, that's like a really popular book, or they get any, you know, any kind of book that is out there about productivity, like even in my book, right? They read it, and then they're like, Oh, it didn't work. And that's the problem, or that's like kind of the difference between a book, right, and like really taking action to change something. And there's like a key difference, right, there's like a key component that a lot of people are missing, that I really want to emphasize today, that's going to take you from, you know, I'm frustrated, I've tried everything to I'm really making change. The reason that it's

hard to make that switch right to go from that place of a little bit, let's admit it like a victim kind of place, to the place of saying like, you know, I'm ready to make change, the key component there is self trust, it's being able to like, believe that you can actually make change. So if you stick in that same kind of mindset, where you're like, you know, I've read this book, and I tried it, and it worked for a week, and then it stopped working. If that has happened to you over and over again, like, I'm really like, just trying to be honest, it's probably you not the method, it might be the method because I have like, I'm skeptical of some of these kinds of like, quote unquote, productivity methods out there. But what can often happen is right that we read some advice or even like, you listen to my podcast, or some other academic podcast, and you hear a strategy, and you're like, oh, yeah, like, I'll do that. And you do it for a week. And there's no kind of additional follow through or you do it for a week, and you don't immediately get the result that was promised or the result that you're looking for. And then you just go back to your old habits. The key thing there is believing that you can actually change your habits. So there's like a couple of levels to this belief that we need to like break down. First of all, if you go in to learning a new habit are learning to try to change behavior or learning a new strategy with the attitude like I've tried everything and nothing works for me, then you won't be able to make the change that you're looking to Make. So as a very concrete example, right? When we're talking about writing and publishing in academia, there's like a lot of factors that prevent you from implementing the strategies that you read about so or that you hear about, like on my podcast, for example, there's the fact that I'm saying a lot of things that are counter intuitive, right. So one of the things I say a lot is that you actually have to put fewer things in your pipeline, if you want to actually submit more publications, it's like super counterintuitive, it's like, why what Kathy, that doesn't make any sense. Like, I need to put everything I possibly can into my pipeline in order to get any publications out the other side. And that is not the strategy. That is not what we have found for our clients that works. And so that's counterintuitive. And it's also so you have to kind of believe in the advice that the person is giving. And that belief also has to be accompanied by a belief in yourself, like a belief that you can actually change. Because it's really easy to sit, it's uncomfortable, but it's actually kind of the path of least resistance to sit in victimhood, right to sit and be like, Woe is me. I've tried everything, and nothing works. For me. It is a really big mindset shift. And it takes some work, right. And in my opinion, it is more quickly accomplished with coaching, right? But it takes some work to go from there. To a place where you're like, No, I trust myself enough to know that I'm smart, I'm capable. And I am ready to make a change in the way I operate. So that I can have the career that I really want to have. Or I can put my voice out in the world in the way that I really kind of know, deep down inside that I'm capable of. And I'm so tired. And I'm so frustrated that I'm just going to sit and stew right in this like victim place that says, I have tried everything. And so when we were enrolling our navigate pilot, I got on the phone with a lot of a lot of you actually, like I was I had like 15 minute phone calls with a lot of people who were considering the program. And one of the things that they said was kind of that like, well, I've listened to your podcast, and my writing and publishing hasn't really changed, or I read your book. And I was really inspired. But my pipeline still clogged up. So to me, what I want to say to all of those people and to you if you've had this thought is that the real problem is that you need to shift your ability to trust yourself and your ability to believe in the fact that you can change. When you do that you're shifting out of victimhood and into self trust. And that's where you need to be in order to make any book that you read any program that you take any podcasts that you listen to, to make that effective, and to really leverage that into change for yourself. You have to believe that you're capable of change. And in order to do that you have to get out of this kind of victimhood. Woe is me. I've tried everything, spot. So let's talk about like, okay, great. I know, I have to get out of there. How do I actually do it? Okay. So one of the things that we really work on in our programs is about trusting yourself, and leaning into the way that you do things. Okay. So we're really like, we teach you strategies and everything, but they're based on

what works for you. And again, some people are skeptical. They're like, Yeah, but obviously, I'm doing it wrong. Because obviously, there's something wrong with me, right? That's another piece of this, right? It's like, if you believe you've tried everything, so something's wrong with me, then the thing that's wrong with you is that you believe that, right is that you don't have the self trust to say like, No, I can make a change. I can implement something and follow through. I can design my career the way I want it to be, I can design my writing, I can design my publishing, I have agency and control over that. And I can do it better and better. Because, you know, I am smart and clever. And I can learn things, right? So I just want to emphasize that this is totally a mindset shift, right? This is going from the mindset of I've tried everything. I'm a victim, I'm just gonna stay in this place of pain and discomfort, and I'm not gonna get my publications out, and I'm just gonna think and tell myself Have a story about me being a bad writer or, or me being just so overworked, which is probably true, all right, but like, I'm so overworked that I can't do what I want to do. Woe is me, I'm the victim of the system. I mean, yeah. And I've watched over and over again, people break through that, trust themselves, and do something different. So you really have to trust yourself that you can do differently, right? That you can make change, and that you can, you know, implement something that really has lasting change on your career. But none of it is about the strategies like that shift, which absolutely must happen in order to make the strategies you learn work. None of that is about the strategies themselves. All of it is about your mindset. So let's talk about how in the world do you develop self trust, much of it has to do with being able to really tune in and listen to your inner voice. So that's one part. And then the other part is really figuring out what kind of stories am I telling myself? What is my inner voice? That is skeptical? And that is kind of like stuck in a rut? What is that voice saying? And how can I distinguish that which are like, thoughts that are causing me to believe something? How can I change those thoughts? That's the mindset shift part, so that I can take a different kind of action. So how do you change your thoughts about things, but your circumstances? Make you have thoughts? And then your thoughts make you believe something and act in a certain way? And so how do we kind of change any of that? Well, the first thing is to kind of re design your thoughts. So the here's the journaling kind of activity or writing it down activity to do. Again, the reason we're doing this is because you're trying to get a better result from all the strategies and advice that you're hearing. And the thing that needs to shift is your thinking. It's your mindset, not the strategies themselves. There are tons of strategies out there that work differently for different people. You know, we teach strategies, you know, it doesn't matter what the strategy is, because if you don't have this mindset part, right, the strategies aren't going to work anyway. So here's what you do. You start out with writing down, here's all of my thoughts about me, as an academic writer, and a publisher of my work, she can just start making a great big list, start with, I've tried everything and nothing works for me. Right? Keep going, right? Like, what's your relationship with writing, you know, I never have time to write because my day is too full of teaching activities, right. So for people who have heavy teaching loads, and they they want to break through and do more with their research, but they feel really like overwhelmed by teaching, maybe a thought you're having is, I'm overwhelmed by teaching, I just can't get ahead. And so I can't get to my writing. Same with admin, if you've taken on an admin position, and your resource has kind of, you know, not, you've kind of put your research to the side, but you want to do it right, then maybe the thoughts you're having are, oh, well, after I finished being the department chair, then I'll get to my writing and publishing. Maybe you have other kinds of thoughts about writing and publishing, like, I don't have enough to say, or I never can get past reviewer to so many things that are possible. All right, but what you need to do is take a little time, and sit down and write all of those thoughts that you have on one side of a piece of paper. Now you can do this on like, fold a piece of paper in half or draw a line down the middle, all of those negative thoughts that start with I've tried everything and nothing works for me, we'll list them all down on one side, then what you're gonna do is you are going to flip the script, right, you're gonna flip all of those

thoughts around, and you're going to write basically, a replacement thought for each thing. This is a old cognitive psychology trick that I learned in psychology class, right? So but it totally is like a new way of seeing things. And if you're going to shift your mindset, this is like, I don't know how else you are going to do it, especially by yourself. Right? In coaching, like in group coaching, and one on one coaching can help you kind of work through those things in dialogue with other people. But if you're going to try to do it by yourself, this is a great place to start. So you'll take that kind of negative thought, right? Like, I've tried everything to write and publish more and nothing works for me. And you're going to flip that around to something positive. So something like, I have the ability to write and publish to the level I know I'm capable of another way to flip it would be like, I haven't refined my mindset enough yet to write and publish to my level that I know I'm capable of. But I am on the path to doing that. Okay, if you have thoughts about, like, I have so much teaching to do that never get to my writing and publishing. You know, flip that around. I'm an excellent teacher, the world deserves to also know that I'm an excellent researcher. I deserve to be able to enhance my teaching by being a world class researcher. Okay, so it's a flip. It's a mindset shift. And the reason that I really wanted to, like, really talk about that today, is because if you don't build that trust in yourself, that you can actually do something different. If you stay in victim mode, you won't ever be able to make a change Hi Livia. reviewers are gonna see every little hole in my logic flip two reviewers will focus on my key ideas and accept them that is so wonderful Livia, great job, that's exactly the kind of work that you'll need to do to really make these mindset shifts that are going to make you be open to the kinds of writing and publishing advice that's out there. Right. So I have opinions on like, the kind of writing and publishing advice that academics often, you know, go to, I'm very much like anti write every day and anti like, just, you know, definitely anti overwork and work more or work on nights and weekends, I got a lot of opinions about that, that you can hear if you listen to the podcast, or follow me on my YouTube channel. So I do think that there's advice that's better than other advice. And no advice will help you if you stay in victim mode. So no advice will help you without that mindset shift. All right, so I charged you all with trusting yourself to do it differently. And the way that you can build that self trust is by changing your mindset. Thank you so much for watching this video here. I'm live on YouTube as I'm recording. If you're listening on the podcast, please follow or subscribe depending on where you're at what podcast app you're listening in. If you're watching on YouTube, please give me a like leave a comment, share this video with someone subscribe to my channel. It really helps us here at scholars voice to get our message out to more people. Have a wonderful day. Bye. Thank you so much for spending your valuable time supporting yourself and your writing by listening to this episode. If you like what you heard today, the best way to say thank you is to hop on over to Apple iTunes and write an honest review. The more reviews the more amazing academic women and non binary people will find this podcast so go write one now.