

## Podcast Episode #020

# The Good Thing About Having Bad Days

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**Pamela:** Hi, and welcome to The LiffOff Project. I'm Pamela Mitchell, your host and your coach, and this is the podcast devoted to helping you meld your professional self and your personal self into an enhanced version of your best self. My goal is to help you take control of your work and your life, feel more relaxed and confident, and experience the satisfaction and fulfillment of a sustainable, successful life.

Today's topic is the good thing about having bad days, and it's a good thing that we're having this discussion today, because I am breaking with protocol. We're going to have a little bit of a different format. Instead of doing our usual Tales from the Coaching Front and Ask Coach Pamela, I'm just going to be talking to you today, just chatting a little bit. It's going to be a short episode.

Our topic, the good thing about having bad days, even though I set this a few weeks ago, actually came from a client who had a meeting that did not go well, and we were discussing it in a session. What she said was, "You know, the good thing about having bad days is that it gives me an opportunity to debrief and figure out a different way to go through it." In that case, she had the opportunity to think about the failure points in that meeting, and then create a pre-meeting routine that really did work for her. Even though it was a very stressful situation, there were some very tangible benefits that came out of it. As I said, that was the idea a few weeks ago. I was going to have this typical Tales from the Coaching Front discussion with you about that, but then, this past week, as life often does with a sense of humor, I had a really bad day.

I have been working on a product to release to you guys, and I had this idea that I was going to pull something out of the archives, and create a whole new webinar around it. I was all excited about this idea, and had been working on it for a couple of weeks. One of my team members came to me and said, "You know, Pamela, I just don't think this is going to be a good launch. I don't think this is a good idea. I don't think you're going to have the kind of success that you'd like to have with this product." That was a very bad day, because I'd invested a lot of time and a lot of energy, and we were down the path, and it was just, as I said, one of those entrepreneurial moments where it was like, "Oh,



my god. Why am I doing this business? Oh, this is so tough." Even though I'm committed, and I know I'm going to get through it, it was a really bad day.

The opportunity of that particular stressful day is that it gave me the chance to, number one, talk to my team about ideas, which was a really great thing, and we pivoted to a better idea. That was exciting. Out of that stress came something that was actually going to be better for you guys, so I was really excited about that. In the end, after having admitted a few tears that morning, and saying, "Oh, my god. What am I going to do?" the pathway opened up. There's a third kind of bad day, and that's the bad day that I'm actually having today. That is the day where there are just way too many things on my plate, our plate. We know those days, right, where it's like everybody's looking at us because we've just got a whole list of things to do, and all of them are important. We don't know how we're going to get it done.

By the way you guys, my cat has decided that she's coming into this office, and she's sitting here, too. She's adding to the stress of this bad day by sitting here looking at me while I'm recording this episode for you guys. Somehow, when it rains, it pours. At any rate, with this type of bad day, the only response is to simplify, and to let certain things go. Even though everything on our list must be done, it doesn't mean that we have to do it in the same way. Sometimes it's just about finishing. As my guest next week on our podcast, Karen Drucker, who is an inspirational song writer says, "Let it be easy." That's one of her songs, and that's my new mantra. So you're going to have to tune in next week, because it's a really great interview.

Let it be easy. When there are the bad days, like I'm having today, where there are just way too many things on the plate, let it be easy. Figure out ways to do things easier. That's what I'm doing with this podcast, by just having this quick chat with you.

That's it for this week's segment. I need to get back to creating those exciting products that are going to be released for you guys sometime soon. Be sure to visit our website, [theliftoffproject.com/podcast](http://theliftoffproject.com/podcast), and you can get a transcript of this episode. If you have a question for me on an upcoming segment of Ask Coach Pamela, you can go to [theliftoffproject.com/question](http://theliftoffproject.com/question) and leave me a voice mail. If I answer your question in a future episode, I'll send you a free deck of reinvention cards as a gift. Yeah! Leave me a question!

You can also connect with me on Twitter, Facebook, and Instagram @thecoachpamela, and if you enjoyed this episode, please leave a review for us on iTunes. Your feedback truly does make a difference. Today's liftoff inspiration comes from Willa Cather, and it's a perfect quote. "There are some things you learn best in calm, and some in storm." When you are having those bad days, look for the good in terms of what you could learn, and move forward. Thank you for listening today, and remember: Why settle for good when great is waiting? Take one small step this week to lift your life. Bye for now.



THE **LiftOff** project *with Coach Pamela*

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