

Becky: [00:02](#) Hey, everyone. Welcome to the modules on shifting the context. And this is, is where it all comes together, right? You, you faced your challenge. You've embraced your power. You've gotten off the triangle. You've decided if you want to do something and you've done the really hard work of clarifying your commitment, which is huge. I mean, we could just stop there, right? That is huge because your commitment is you're going to course correct and vector in on that commitment, no matter what, but what I want to give you in these, these next modules and lessons is that some, some short hands, some, some off the shelf, really powerful ways that you can shift your context. And these you're going to have to trial and error. You're going to have to make them work for you, but you kind of can't go wrong. Okay. so these are ones that I go to.

Becky: [00:52](#) We could have listed a hundred, by the way. These are ones that I use almost every single day as a change agent, or as someone who coaches change leaders and what they are is entitlement to appreciation, shifting from a sense of entitlement, to a culture and a space of appreciation. You know what it sounds fluffy, that's the real deal I'm telling you appreciation is the, the, the grease on the skids of, of, of big change happening. Yeah, it'll turn it, bring everybody to life. And it's worth the effort to how to shift from concealing to revealing how to live in a state of being fully revealed that there's no secrets, no talking behind anybody's back. But that thing that you're afraid to say that like, could really change the direction of, of things for your organization or your team or your life that you learn, how to have the courage of how to say that and how to say that in a way that we call an arguable, that it can't be argued with, which would be really powerful for you.

Becky: [01:46](#) And it takes a lot of courage to do it, but once you get good at it, like you said, start to see like, Oh, that changed things up. That's shifted the context and then how to change agreements that aren't working for you. So in our organizational settings in life, there's all kinds of implicit agreements where we just kind of do things the way we've been doing things. And in the course of aligning to our commitments, we're going to discover that like, Oh, I actually don't really want to agree to that, or that doesn't really work for me anymore. And we're going to teach you how to proactively change that agreement. That's not working for you and how to create and set yourself up for impeccable agreements in every aspect of your life, including work and personal. And then the last shift is from excellence or so-so or man to genius.

Becky: [02:29](#) We're going to have a whole other course on this, which I'm really excited about. We're going to call it unapologetic genius, but we want to give you a little sampler platter here of what does it feel like to shift for me to wear how I'm contributing is a way that's sustainable and life-giving, and I don't burn out. So those are the four shifts and actually back up a minute and just share what do I mean by shifting the context? So that's a very conceptual kind of nerdy way to say things, but here's a metaphor that I think is helpful is what is the game we're playing to see the game to, and to be able to change the game, right? So here's the game that most people are playing when it comes to making the world a better place. There's there's games of scarcity of there's not enough time.

Becky: [03:16](#) There's not enough money and I'm overworked and I'm overwhelmed. There's, it's compounded by this men a game that we're all playing that some lives matter more than others, which is a game. And we all know it, but that's the context we're working in, right? We're working within a context where it seeing the meta context of some lives matter more than others money can, can buy you an escape out of suffering and misery, right? Like there's so many contexts votes can be bought. Like, I don't mean I don't want to get all cynical here, but like, there's this meta context of, of sexism, racism, homophobia, xenophobia, ableism, that just, you name it. That's the meta context that we're all operating within. And we all want to shift that context and we want to shift it to a different context, but let me really, really concrete metaphor would be right now.

Becky: [04:10](#) Think of like the whole world's playing soccer, the whole world's playing, or in, in England, we call it football, right? The whole world's playing soccer or football and they're kicking the ball with their feet. And then someone just comes along and just picks up the ball with their hands and just starts dribbling it and playing basketball. Everybody's like, we're not playing that. We're playing soccer, we're playing football. You're like, I'm playing basketball. And, and, and I don't mean that in a way that is you're, you're being a jerk. You just are playing a different game. And then if you do this well, other people are going to be like, that looks fun. I kind of, I want to play basketball too. And you start getting other people playing this other game, and pretty soon everyone's playing a different game. Right. So I don't mean to change the game or change the context in a way that re perpetuates the oppression, you know, but like we just start kind of like, we're going to take the ball and we're going to do something else when it's our turn with the ball.

Becky: [05:01](#) Okay. And then, and then let's get people playing a new game. I should have done the metaphor the other way, because I actually liked soccer a whole lot better basketball, but they're all wonderful sports and team sports life is a team sport. It's, it's the, the wonderful thing about if you read sapiens about being a human being is we're able to generate a shared fiction, which supports cooperation. Let's make a better fiction. Let's build a better story. Let's live into that better story by shifting the context. And even though I'm like, Oh, racism and sexism and all these big isms, and it seems really scary, but these tools to shift that context are what chips away at that, right? Shifting from entitlement to appreciation living in a state where you're totally revealed, and you're not concealing things speaking and arguably versus just bluster and drama, changing agreements that no longer work, these are Mehta agreements don't work for us.

Becky: [05:58](#) They don't work for us as a society and learning how to change micro agreements are the foundational skills for changing meta agreements. Right. and claiming our genius, right? Like imagine unlocking unleashing the genius potential of everyone that's in this course right now of how that just starts to chip away at business as usual. Right. So this is like, this is my favorite part of the course. Cause I was like, now we're going to do stuff. Right. Like, but we had to build this foundation of that. You're doing it from a place of integrity. Now we're going to try these experiments of just shifting the game a little bit as we Peck away at the big uglies in the world. Okay. and that's the game, that's the game that I want to be playing. I want to play with people who are playing that game and I want you to have everything you need to do that as safely as possible.

Becky: [06:50](#) It's dangerous work. Right. and, and also as in a way that, that safeguards and protects and holds honor and sacred your own wellbeing and doing that, so you can live to do it another day. Okay. So have fun with these. We've broken them down. So it's just two at a time it's overwhelming. These are new skills, new skills. The, the mastery is in the practice of them, right. It takes time to get really, really, really good at these through trial and error. That's why we have this coaching community. We'll tell you about soon as people who are trying it and seeing how it goes and coming back and being like, I totally blew it or being like, it's really great. What did I do? So you know, it is in community where we can really build our muscles and our skills. It's like impact with integrity, gymnasium. So let me let you get going enjoy these modules enjoy applying them. And I can't wait to hear how it's going for you.

