

## Finding Your Grrr...Case Study

Marni,

The Animal idea for me really worked wonders. I bought a "livestrong" wristband and wear it to remind me to be a Lion. Something you had mentioned you did during our session (*\* Bonus video from week 3 explains how to use the wristband*). I thought it was a great idea.

I am not a very good cyclist I only have a year under my belt. She is an exceptional cyclist, and she asked me to ride with her group (really good cyclists). I had trouble leading here my own self doubt, but I told her what I wanted, to ride with her to get me calibrated and see what she thinks, and then I fell back to your "I am apprehensive because of my lack of skill, but I trust you". Now I know just being confident about it might have been a better tactic but I didn't have it, couldn't fake that it wouldn't be true to my skill level.

Anyhow it ended up, her group of friends cancelled the ride and her and I rode. I was good enough, just lacked some of the knowledge on the pace line, regardless afterwards we met all her cyclist friends at a restaurant with wearing all our gear. When I entered I forgot to own the room I was self conscious about wearing the bike clothing into this restaurant. But once I saw that bright yellow band out of the corner of my eye I remembered "Be the Lion".

People looked at us, and before I would have gone into "hiding" behaviors. Instead I thought to myself, every one is looking at us because I own this room. I wore that persona all evening. My chair was back away from the table, I leaned back in my chair. Taking up space...pretty much exposing my body like the audio said. It was uncomfortable, but I began noticing everyone else's seating, and composure as you said would happen. I looked the part of high status... even though I wasn't a very good cyclist...

Now imagine if you will how much confidence a guy like "must" have had in reality to pull off what I did. I was faking it to make it big time..., being around really good cyclist ( you can tell, many had shaved legs), and yet still acting like I own this place, what are you nuts.... I talked to the waiter, got his name so I could reference him later like a gentleman. I was faking the shit out this situation, I figured with this woman, I have nothing to lose, so practice.

Let me be clear, I wasn't acting like I was a good cyclist, just that I belonged, even more, I was comfortable with myself (this is what I think all this means really)

Before long, I wasn't the center of attention, but of conversation. I just asked good leading questions (its what I do at work so its easy), I am used to this from being a manager. Next thing I know she is bragging about me, touching my leg,

slapping my leg, eating off my plate drinking my beer.... I just sat there and let her, not ignored it, but thought a Lion would acknowledge what's happening but not judge..... but smirk.... brilliant..

To close the evening, I didn't say much to her, it hit an odd twist of her telling the story about her mother saying she should date me. Her friends think she should marry me, but that's another story. But I really wanted to use that line about "I know you want to....go ahead..... kiss me"..... I will try this next time.....

It was awesome, I was awesome all due to a little idea and a wristband.

Many thanks!

Paul.