**LWQA episode 129**

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I'm your host. Dr. Katie lender. In this episode I want to dive into the concept of what makes you magnetic and this is an element of radical self trust that I think a lot of people struggle with a little bit. And so I thought I would dive into it a little bit more that general idea of this is there are certain things that will draw people to you and that draw you to other people and I see being magnetic as an element that is like an.

Of radical self trust if you are practicing radical self trust and cultivating radical self trust in your life. You will be drawing people to you because they're going to feel that confidence. They're going to feel that sense of like self-assured - and it's going to draw people in and so I wanted to include it as a benefit of radicals off trust almost as kind of like a warning that when you start to practice this people are going to.

Notice and you're going to start to feel that magnetism. So one of the reasons that magnetism was something that I really wanted to focus on within this framework was it was actually one of the core questions that helped me figure out radical self trust in the first place because I was asking myself what are the things that I'm kind of putting out into the world that are drawing my clients in and I was trying to figure out that thing that kind of differentiated me from other people.

And when I thought about what my clients would say, you know, when they first started working with me, they would say things like, you know, I want to work with you because you publish a lot or I want to work with you because you seem to be really confident or I want to work with you because you're really productive and you get a lot of things done and I was really having a hard time of trying to figure out.

Well, what all of those things have in common that are kind of drawing people in is it just these kind of random facets? My personality or the kinds of things that I'm able to do. Well my strength my super powers and when I realized what radical self-trust was it was the thing that was tying all of those things together.

Because what allows me to publish and what allows me to feel confident and what allows me to be productive is the fact that I have this radical self trust and that I've nurtured particular super powers in such a way that it kind of allows me to put out what I'm putting out into the world in terms of my creative output and what I share with the world and everybody has this everybody has different ways of drawing people in it's not going to look exactly like the way that I draw people in.

What's interesting about magnetism is you might realize even from kind of an early age that you had certain things about you that were drawing people into? So let me give one example of that. So one of the things that kind of consistently is surprising to my partner is that now that I'm kind of podcasting and blogging and I'm in social media and I'm putting myself out there and I'm sharing a lot about what's going on in my professional life and in my personal life, I get a lot of communications from people.

And that isn't too surprising because at the end of every podcast episode I asked people to reach out to me. I want to know how the content is fitting into your life. I want to know if there are certain questions that you have and often times when people will reach out to me to become like a coaching client or something like that.

They will want to tell me their story. And I also get just kind of random emails from people telling me their story because something I've said in a podcast episode or a blog post or somewhere on social media has really connected with them and they want to tell me why and so I'll get these emails.

There are quite lengthy multiple paragraphs of someone telling me about their story sharing something that probably feels very private to them about a struggle that they're having or just a way that my work has impacted their life in a positive way or help them to think about something differently.

And for a long time. My partner was kind of shocked by this that I was getting kind of these really personal Communications from people. And but he is known for a long time that in my life. I often have these kinds of communications with people also face to face and for whatever reason people feel like they need to share very personal details with me and they will disclose things to me in ways that are for a lot of people I think kind of surprising that this would happen and it is everything from disclosing like a mental health diagnosis.

Do something that they're really struggling with to even just opening a story with I've never told anyone this before but and then they'll tell me something and I have had this happen to me from the time that I was an adolescent through now pretty frequently. It's something that has always been a part of my life and it's so to the point where it just doesn't seem strange to me that people would disclose this kind of information and and typically I just.

In the moment, like I just listened and I want to make sure that they feel like they're being heard and then I'm holding space for them in that moment that they can share that information. So recently when I've thought about magnetism and particularly when I've been working with my clients in the seven weeks to radical self-trust program.

I've been thinking about that particular element of my life that I kind of draw people into the point where they want to tell me these kinds of stories. It's really kind of held up a mirror to me that my partner is so surprised by it and and in part because he would never do that. He would never email someone and kind of tell them something about his life in that way, but it's been helpful for me to have his reaction to say well, I guess not everybody has this happen to them like it's happened in my life for so long that I've just always assumed it was kind of a normal thing and for everyone to kind of have this and it's not what it's helped me to realize.

Is that I'm cultivating something around myself that people feel trust. They feel that they can tell me that story and that first of all, I'm not going to share it. It's going to be confidential and that I also will not in any way judge them when they tell me that story that they're going to be able to tell me that and it's going to be a safe space where that story can just live and.

I always respond especially when I get this in email form by saying first of all, thank you for telling me your story or thank you for feeling like you can share that story with me. Because it is such a powerful thing to be able to build and grow that trust with people that are basically strangers.

We have never met in real life and they still want to tell me these aspects of their lives. It is such a privilege to have that as part of what I'm building and what I'm putting out into the world that people feel like they can be drawn in and they can share those stories. So that is one example of what I mean by magnetism that I am drawing those kinds of stories to me and I'm putting something out there that's helping people to feel that trust that's helping them to have confidence that they can tell me that story and that I'm going to react in the way that they need me to react that.

I'm going to be non-judgmental that I'm going to be accepting that I'm going to hold space for them to tell that story and. It's a huge lesson for me because I get this information about people and I see patterns. I see challenges that multiple people are having and that they're struggling in a particular area and it allows me to create content around that particular area.

It allows me to think about how can I help people to have more confidence in a particular area? So the other thing that's kind of interesting though about this is I've realized I'm really drawn to other people who have this same magnetic quality. I'm really drawn to others who are practicing radical self trust whether they would call it that or not.

I'm drawn to people who have confidence who I kind of implicitly trust just based on what they're putting out into the world that I know if I were to tell them something. That it would be in a vault like they would never share it with anyone else and also that they would not react in a judgmental way that they would just fully accept me for who I was in that moment.

And I'm sure you can think of someone in your life who you would also describe in this way and were drawn to those people. We want to interact with them. We want to tell them our stories. So one of the questions to ask yourself about your own magnetism is what are you drawn to in others that may be actually something that you're also putting out there yourself, but you might not realize it so that is one way of kind of thinking about this.

A second way is what are the kinds of things that you are complimented on that? You kind of shrug off and so in some ways the magnetism can be really tied to what I call your super powers, which is really where your strengths overlap with your values and for me because again as I mentioned this has happened to me for a really long time like I can remember this happening when I was like 12 or 13 that like adults would tell me things that were probably agent appropriate for me to know.

But I just remember this happening from a very early age that people would sit down and want to kind of confess certain things. And now that I'm an adult I understand it a lot more. I understand why it's happening and the role that I'm kind of supposed to play in the in that relationship, but I think that it's one of those things that I have had people comment on that for a loan for a long time friends have commented on it.

My partner's commented on it and it was only until very recently that I kind of woke up to it and was like. Okay. So this is the thing. I like it's something that I actually need to be paying attention to that is a unique quality that is tied to what makes me. So I'm always really fascinated by this concept of what draws people into you and what it is that you're putting out into the world that is causing this magnetism.

So I would love to hear more if you have ideas of what this looks like in your life. You can always tweet to me at Katie double underscore lender. You can contact me via email a contact a kitty litter dot work. You can connect with me on Instagram @ KD underscore lender, or you can write me a letter addressed to Katie lender or PO box.

21 Albany Oregon nine seven three two one. I would love to hear what makes you magnetic. Thanks for listening life word QA is part of the radical self-trust podcast Channel a collection of content dedicated to helping you seek self-knowledge nurture your superpowers playfully experiment live your core values with intention practice loving kindness towards yourself and others and settle into your life's purpose learn more about the rst channel and access show notes and transcripts for each episode at K2 under dot work / podcasts.

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