INTRODUCTION

We hear all the time that “you can have it all”. That a woman can be a CEO, the best mother in the world, the troop leader, the head of their bible study, keep her house spic and span, be the best wife in the world, and a sexual dynamo to boot. But is this realistic? Can women really have it all? At least in the ways that we’ve been taught to think about having it all?
We expect ourselves to be all things to all people. To take on the top leadership role in every organization. To head up every donation drive and bake sale. To do everything from scratch whether that’s sewing your daughter’s pageant costume or cooking that meal from scratch for your sick relative.

But when is enough, enough? When is having it all too much? And how can we still feel as though we can have everything we need in life without the pressure of trying to be “perfect”.

I think in many ways the main issue is the way we think about having it all. Who says that we have to be all things to all people. Who says that your “having it all” is the same as mine?

For some women having it all means flying on a G6 personal airplane, wearing Louie Vuitton shoes, and shopping without looking at the prices. For other women “having it all” means having a successful career that they’re passionate about while traveling the world and living in a new country every 2 months. Still other women might feel that “having it all” means having a career that they love but only needing to work part time so that they can be there when their kids get home from school, they can volunteer for organizations that really light them up, and they can be an active part of their community. While still other women feel that having it all is teaching other people how to thrive while living off the grid, on a farm, and communing with nature is ideal. As you can see, having it all means drastically different things to different people.

So the topic of today’s show is perfection. We’ve got it into our heads at a certain point that we have to be all things to all people. That we have to keep everyone else happy and sacrifice ourselves and our own needs, in order to make things happen everywhere else. But I don’t think that’s true. It’s like the old saying “you can’t serve from an empty vessel”. Without taking care of yourself and nurturing yourself mind, body, and soul, you’re just going to burn out and run out of juice! You’re not going to have anything left to give to others. Let alone feel good about yourself and be able to relax into a state of flow.

When we try to be all things to all people, when we strive for perfection, when we think we have to DO it all to have it all we become super stressed. The whole point of life is to enjoy the journey. Not just to rack up accomplishments and get to the end saying, “Look at me! I accomplished way more than anyone else did!”

No one sits on their deathbed wishing that they’d accomplished more. That they’d done more. That they’d worked harder. No! The top concerns of those who are on their deathbed is that they wish that they’d spent more quality time with their family, they wish that they had allowed themselves to be happier, and they wished that they had slowed down and NOT worked quite so much.
So my question for this week’s guest, Gina Devee, is whether having it all is sometimes too much? And do we strive for perfection at the expense of our health and happiness or is there’s a way around this? Gina Devee is a world-class business coach and trains successful coaches in The Academy. She knows a thing or two about having it all and in fact believes that having it all is every woman’s legacy.

INTERVIEW

Cynthia:

Gina, can women really have it all and should they? It's a big question.

Gina:

It is controversial, much to my surprise, because it's just what I've always lived for, strived for, and enjoyed. I'll hear women say, "You can't have it all," and I was like, "Says who?." People say, "We can't have it all at the same time," and I'm like, "What blogs are you reading? Because it's not mine." I think, first of all, every woman has to define what having it all is to her, and then yes, absolutely.

Cynthia:

Then how do we have it all? I mean, to have it all is a lot. You're right; it does depend on the woman. My idea of success or having it all might be totally different from yours even, and probably is. How do we go about having it all without ending up with a nervous breakdown as a birthday present?

Gina:

I don't do nervous breakdowns. I try to limit disorders of any kind.

What it is, is being clear on your desires. The statistics are that only one in a hundred people actually know what they want, and then it shows, because people are just working, and they're just busy, and they're just going after things that aren't even important to them. I've never had the experience of striving, achieving, getting something, having an experience and then saying, "Is that all there is?" I hear women say that all the time, I'm thrilled with my accomplishments or
whatever it was I was going for. I think that's one of the things I always really check in on. What are my true desires? It is hard. I'm even tempted to get distracted with... It takes 4 seconds on a Facebook newsfeed to be like, "I should write a book. I should pitch a TV show. I should sell out a program or do a live event or try and get in the Wall Street Journal." It's like, "What am I going to Wall Street Journal for?" Really getting clear on what really is your dream life and what is rocking it out to you, and letting that be enough and letting that be it all.

Cynthia:

See, that's interesting. Do you feel like people, women especially, because women are people pleasers. We just want everyone to like us all the time. Do you think its that we get caught up in trying to have, or do, or be what other people think we should do, or be, or have?

Gina:

That's a great question. I think that would be a lot of it. If your automatic default mode is unconscious, it's like, "What does someone else want me to do, or what do I need to do to be liked or approved of or accepted by other?" then you're not asking, "What do I want?" As a transformational coach, when I ask a client, "What do you want?" you just see women stop. They can't remember the last time someone asked them that. I think for us to -- especially woman who are wives, or mothers, or working in their own business, they're always giving, giving, giving to others. It's so important that we develop a healthy sense of self, or we're checking in first with us. What do we want? What are we going for? Then everything revolves around that.

Cynthia:

I think that's interesting. Checking in, seeing what we want, I get that. For people who are watching, who are like, they just heard you in a big way, and they're like, "Whoa. What do I want? Because I don't know what I want."

Gina:

Well first of all I tell them is that they're lying. I believe that every woman does know what she wants. She might need a little space, or a little journaling time, or some meditation, or go for a walk to check in, and give a little space to ask, but I don't believe anyone else out there is smarter than she is. When you give a woman just enough space or just ask a few follow up questions, and you can do this with a coach, you can do it on yourself, just like, "What do I want?" "I don't
know. "Okay. Well, let's turn it around. If I did know, what would it be?" Just like, "What do I really desire?" The answers are all there, and we just have to give them attention.

Cynthia:

What if a woman wakes up one day, and she says, "I don't want to be married to this man anymore. I don't want this life. If I'm really being honest, I don't want this life, this husband, these friends, this job." That's a big deal.

Gina:

It is, and it takes so much courage and bravery. It was done before Eat Pray Love, but I think that Elizabeth Gilbert really made it mainstream to show what it looks like for a woman to be human and to be honest with herself. It's not a new story. Women have been, courageous women, radical women, women outside the traditional pockets have been doing that for centuries, but they were outcast, or they were called witches. They were shoved out of the community. I think we're living at the best time in the history of the world, because there are so many options for us, from technology to how we do life, and I respect and value tradition to the degree that it serves. But not to the degree that it's being done, just because it's been done that way before.

Cynthia:

I love it. Talk to me about diving living. What does divine living mean? It sounds I want a little something of that. I just don't know what it is yet.

Gina:

Divine living is having a divinely inspired life and career, if that's a woman's choice, as well as having a divine living lifestyle. One of the other things that I stopped apologizing for was choosing to be a leader in the personal development, transformational coaching industry, and having a great love for luxury lifestyle. When I was growing up and when I was being educated about psychology and personal development, spirituality, the judgment about luxury and lifestyle, they were materialistic, and they were shallow, those people that wore Valentino.

Cynthia:

Certainly not spiritual.
They certainly were not spiritual. For a while, it was just these -- I squelched those desires because I certainly wasn't going to be anything but profound, and substantive, and smart, and all that stuff. Then how smart or profound is it to squelch your desires? I had to get really real, that both are very true for me. That's really what divine living is about. We enjoy meaningful substantives, spiritually, divinely-lead lives. We fully embrace support and celebrate our own and each other's luxurious lifestyles.

Cynthia:

That's amazing. Gina, I think I feel like you have it all. Do you feel that way?

Gina:

I feel like I have a very happy life. I guess having it all, I do have everything that I desire right now. I have additional desires that I'm working on, but I'm very happy and fulfilled in my life right now.

Cynthia:

I think that's great. I think one of the things that comes up, and I wonder if you've seen this, when women start trying to have it all, often times they feel like they can't, or often times they feel like they have to sacrifice something to have it all, which is not really having it all I guess. Do you feel like there's anything that maybe you've had to sacrifice for having what you have now and being really happy with what you have now?

Gina:

Zero.

Cynthia:

Nothing.

Gina:
Gina:

I have not ... I have owned my company for about 10 years now. I have never worked one day, even remotely, sleep deprived. I refuse. I'm Italian. People think I'm a workaholic, I'm not. I'm a highly driven ... I enjoy my sleep. I enjoy a very pleasurable life. My computer in the early days was shut off at 8, now it shut off at 6. I don't work evenings. When necessary, I'll work a Saturday. I've never suffered a health condition or stress myself out in that way. There's no balance. Don't get me wrong and don't misperceive what I'm talking about. I'm an extremist, and I work hard play hard. If any level of sacrifice feels like it's coming in, I shift it pretty quickly, because I have very low tolerance to pain, spiritual, physical, mental, emotional or otherwise.

Cynthia:

I feel like sometimes when we talk about having it all, sometimes people say, "You could have it all, you just don't have to do it all." You believe that?

Gina:

Yes. You cannot do it all to have it all.

Cynthia:

Tell me more.

Gina:

To have it all, you absolutely cannot do it all. This comes down to core value, what women's choices are. Everyone has the choice to create a solution. Whether a woman is a mother and she is overwhelmed with all of her responsibilities. No excuses policy here. We have no complaint central. It's what do you choose to do, what do you want to do, and then what does someone or something else need to do. I work a lot with women entrepreneurs and I say, "You do not always
have to be working on your business, but someone or something does, if you want to getting the level of success that they're typically coming to me for.” It's being smart about things. I'm very results oriented, but I no longer have this slave-girl mentality that I used to have, that if it was going to get done I had to be the one to do it.

Cynthia:

Yeah. I think whether it's in business or life in general, women think that, even mothers. Sometimes I've seen ... I've seen this with friends and family that try delegated it to the dad, or the spouse, or whatever. They're like, “Oh just forget it.” If they ask the question, “Hey, I'm making the kid's lunch, which bread do I use?” I’m like, "Just forget it. I'll just do it. I'll just ..." “No, I want to help." "No, I got this. I got this." It's like we have to do it all, because it has to be right, and right being the way we would do it.

Gina:

I'm not a control freak. I am not perfectionist. I do have a standard, and I want things done the way I want them done. I have chosen my living life in a pleasurable way and my sanity, versus needing to pick what kind of bread someone uses.

Cynthia:

It could have gluten. This is a big deal.

Gina:

Like I said, there are certain standards.

Cynthia:

Standards, yeah. I'm with you on the standards. You mentioned a word that I want to explore with you, perfection. I feel like some people look at someone like yourself, who's obviously beautiful and successful, you have it all. I think people would look at you and say, “You have it all. You're perfect.” And there’s this whole thing around being perfect. I think for a long time, we've set the standard of being perfect, I don't even know what it means by the way, and I'm sure its different for everyone, it has to be. We try to achieve this idea of perfection and it's been really, really hard and your health has suffered, family has suffered, we've all experienced that. So what I've seen
lately is this shying away from being perfect and this attack on perfection like it’s this horrible thing, and maybe it is, maybe it isn’t. I guess it depends on your definition. When people look at you and they say, “Well, to have it all, I have to be perfect, and I don’t want that. It’s driving me away.” What do you say?

Gina:

Yeah. I know what having it all in terms of having a great life is. I have no idea what it is to be perfect. Anyone who has studied me, even virtually let alone in person, would know that I actually really embraced my humanness. I’m not even trying for whatever that is. Before I had a team of proofreaders, there are typos in my mailers that would go out. You want to call a spade a spade, do a little Google search on what my brand used to look like. I’ve always been a lover of life, and I’ve been more excited about -- I’m a recovering co-dependent. I did have a very fierce attachment to people liking me, and approving of me, and accepting me. That has been one of my bigger journeys of learning to feel safe in the world without needing to look perfect or be right all the time.

Healing that has broken me open to... I’m not asking for it, but embracing criticism or any of the imperfections. Someone will come to me and like, “Yeah, you’re right.” That’s the most excellent point where before that would’ve taken me out, or I would’ve gotten defensive, or felt ashamed or less than. I feel so much more free in humanness. That’s what I call it.

Cynthia:

Free in your humanness, I love that. I love it. In terms of, again, having it all, which is what we’re talking about, women, I found sometimes feel guilty over, not even over having it all, over just wanting to have it all.

What do you say to them just so that they can start to shift their thinking around that and see their value and worth?

Gina:

I remember where I came from. I haven’t been “P-Diddying” it or “Trumping” it my whole life. Not quite there yet either. I’m a school teacher’s kid from Detroit. We weren’t poor, but we weren’t rich. Just like in yoga, strength grows in increments. I struggled a lot financially. I was in debt. I had all kinds of lack of self-worth, and "Can I do this, and is it spiritual?" I said, "Okay." I think it just goes back to self-permission and being clear on your desires. I remember when I first started
making a little bit of money that I hadn’t gotten a manicure in so long. It wasn’t even at a really fancy expensive spa, but it was just like, “Wow. I desired a manicure.” It was a shift for me to just let myself have whatever the next step is. It doesn’t matter how many ... It’s not even necessarily about money, and it doesn’t matter how many zeros are behind it, or how expensive this suite is, but it’s about, for each of us as women, what is our next step of expansion of being more us?

For me, at one point, it was allowing myself to get a manicure. Fast forward a decade, it’s letting myself have the suite. That doesn’t matter as much as I think that we’re allowing ourselves to become more us every day.

Cynthia:

I love that, because that’s who we’re supposed to be, and that’s beautiful. I would say that’s perfection, in my mind.

Gina:

Very cool. That kind of perfection, I’ll do.

Cynthia:

All day long and then some.

Gina:

Yes.

Cynthia:

Gina, you’re amazing. Thank you so much for being here. One question that I’ve asked every guest on the show. The name of the show is What You’re Really Hungry For. I’m curious. What are you really hungry for?

Gina:

My driving force right now is women’s empowerment. I’m really hungry to share what I know now with the Ginas of 10, 15 years ago, and even in a more expansive way, globally. This isn’t a
secret anymore. It doesn’t need to be a secret. I know how much my own life has transformed. For me, it was through building a business, but just it was really going for my truth. I’m really hungry for more women like us who haven’t always had the chance to live our best lives to be able to do so. That’s my driving force and what I’m hungry for at divine living.

Cynthia:

Nice, nice. I love that answer. I love it. Gina, you know I love you and the work that you do. The fact that you’re giving women all over the globe permission to step into the perfection that they already are, and to claim their worth, and to pursue their dreams, I think is some of the most profound work that’s being done in this day and age. I applaud you, and I just send you the deepest love and gratitude, so thank you for all that you do, and thank you for being here.

Gina:

It such a pleasure. It’s so wonderful to see you again.

Cynthia:

You as well.

THIS WEEK’S MenYO

This week is all about learning and striving for perfection and how having it all isn’t the same for everyone! So I invite you to choose one of Gina’s tips that she discussed during our show and start implementing it in your life TODAY.

What ONE thing can you do to start letting yourself off the hook and stop feeling that you HAVE to have it all right at this moment? Don’t wait another day or even another hour. Start letting go of being perfect right now!

As always, the conversation continues at cynthiapasquella.com. Head on over and leave a comment below this video telling me the one thing YOU will do to start having it all today. And, while you’re there, make sure you download today’s free Menyou to track your progress! You will find inspirational quotes from today’s show and a daily checklist to keep on track. It’s located right below this video at cynthiapasquella.com.
Did you like this video? If you did, please subscribe and I would be so grateful if you would share this video with your friends.

And if you want to hear more from me – including stuff I only talk about in email, then come on over to cynthiapasquella.com and sign up for my email newsletter so YOU can be a part of this beautiful community of women who are discovering what they’re really hungry for.