



## The Limitless Women Podcast Use Other's Wisdom

### [Stop the Spinning: Moving From Surviving to Thriving](#)

#### Chapter 6

So many of us struggle with things that are not in our best interest to concern ourselves with. Focus on things you are good at, work on opportunities as they present themselves, and relieve yourself of the self-imposed pressure. One of the greatest gifts you can give a successful person is to ask for his or her advice, use what they say, and learn from their experiences.

#### **Want to skip head? Episode Highlights**

- [02:00] Discover how you can change your own life from the wisdom of others.
- [04:04] Find out what to seek out to be successful in many different business arenas.

#### **Episode Transcript**

*[MC]* Welcome to the Limitless Women Podcast. Our mission is to help women business owners, like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Here's your host, the founder of Limitless Women, Laura Gisborne.

*[Laura Gisborne]* Today's episode is chapter from my book 'Stop the Spinning: Move From Surviving to Thriving'. If you'd like more strategies on how to manage your time, grow your revenue, and improve you mindset, you may download a complimentary copy of the entire book at [www.LauraFreeBook.com](http://www.LauraFreeBook.com). Enjoy the show!

At this point you know that where I came from was not to determine where I am today. When I was twenty years old I worked not only as a receptionist in a law firm but also as a waitress, and I went to college in the evenings. It was a very unconscious time in my life. I was basically numb. I worked very hard and was desperate for any recognition. I told myself that I was so thin because I was working so hard. In reality, I was severely anorexic, weighing ninety-eight pounds on my twenty-first birthday.



My desperate state made me an easy target. I dated a man who alternated between living with me and being the entire focus of my life to breaking up with me—usually in a fit of rage—and beating me soundly before he would take off and live with another woman. I would be devastated and feel like I was falling apart until he would call and come back and the cycle began again. This rollercoaster carried on for more than two years during which time I would rarely eat or sleep.

My life changed because of the wisdom of others. I literally could not see myself or my situation objectively. One day a woman I worked with, Estrella, confronted me at work. She came up to my desk and said, “Laura, it doesn’t have to be this way.” I was terrified that I had done something wrong in the office, but she pulled me outside and explained to me that she had seen the bruises on my face more than once. I assured her that it was no big deal, and that John and I had just had a fight. She listened to my excuses then gently and generously shared with me that she had once been in a similar situation of domestic violence.

She shared with me that there was a whole different world available for me if I would have the courage to be open minded. She suggested that I allow her to connect me with a counselor who could help me. In my current state, I was always in trouble financially, so I couldn’t fathom how I was going to afford help. Estrella, which means “star” in Spanish, was truly an angel in my life. Through her guidance, I connected with a wonderful therapist, Tom Norris, who provided a safe place for me to shift my perspectives. He showed me that I could be strong and healthy and choose a different path from the one I was on.

Tom became the first of many people who compassionately mentored me over the next twenty years. As I’ve grown in my confidence and clarity of purpose, mentors have come into my life like magnets. Part of this is my ability to embrace synchronicity, but part of it, I believe, is a gift from the Divine. I believe mentors and opportunities present themselves to us when we are ready to receive them. We must be conscious enough to pay attention to what’s working and what’s not working in my life, and letting go of the things that are not working. You can choose to do this as well.

So many of us struggle with things that are not in our best interest to concern ourselves with. I always say that I am so grateful now that I don’t have to invent the wheel. Someone did it a long time ago. I can now focus on the things that I am good at and work with opportunities as they present themselves to me, rather than constantly living under a self-imposed pressure that I have to do everything myself or that I am responsible for everyone else’s business.



I have been fortunate to achieve success in several different business arenas. I attribute these successes primarily to seeking out people who have been successful in these arenas and modeling their behaviors. For example, if I want to be successful in the real estate business, all I have to do is educate myself on what is working and who is enjoying success in that industry. This strategy has worked for me in hospitality, real estate, viticulture, retail businesses, service businesses, consulting, speaking, producing events, fundraising, and more. Wherever you are or want to go, chances are someone has gone before you and made a success of it. Reach out to them and let them share with you their lessons.

If we can learn to let go of the fears that hold us back—the fear that we are not good enough, the fear that we don't know enough, the fear that others won't care about our problems—, and we can learn to let go and use the wisdom of those who have gone before us, our journey can be so much easier. Our load is much lighter when we focus on our gifts, rather than feeling like we have to carry the weight of the world on our shoulders.

Let others support you. One of the greatest gifts you can give a successful person is to ask for his or her advice. Most of the people that I meet who are truly successful, not just in one area of their lives but on multiple levels, are eager to pay their success forward. It feels great when you achieve a certain level of success and you are able to share your experiences with another person so that they can reach their success that much faster.

Do you know the difference between a smart person and a wise person? A smart person learns from her or his mistakes. A wise person learns from the mistakes of others. Simply said, choose to be a wise person.

Thank you for listening to the Limitless Women Podcast. We release new episodes every week including business tips, interviews, topics from the Limitless Women Business School, and stories of Limitless Women just like you. Visit us at [LimitlessWomen.com](http://LimitlessWomen.com) to learn more.

*[MC]* You've been listening to The Limitless Women Podcast, with your host Laura Gisborne. Our mission is to help women business owners like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Are you a Limitless Woman? This is your personal invitation to learn how you can join our online community, grow through our business school and play with us at our live events. Go to [LimitlessWomen.com](http://LimitlessWomen.com) for all the details. That's [LimitlessWomen.com](http://LimitlessWomen.com). Thanks for joining us!