

Why I Say “I’m the Captain” in Hard Moments

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=FBDCQDWMS2W](https://www.youtube.com/watch?v=FBDCQDWMS2W)
<https://www.youtube.com/watch?v=FBDCQdWMS2w>

SUMMARY

The speaker emphasizes the importance of adopting a leadership mindset during challenging situations, likening oneself to a ship's captain who must remain calm and in control. By shifting from a victim mentality to an empowered leadership role, individuals can better navigate difficulties and maintain composure.

- *Embrace the mindset of a captain during challenges to stay calm and focused.*
- *Avoid victim mentality; instead, take charge and lead through adversity.*
- *Use physical power poses (hands on hips, shoulders back) to signal confidence to your nervous system.*
- *Reinforce self-empowerment by affirming, "I'm the captain. I've got this."*
- *Approach difficult situations with a proactive and confident attitude.*
- *Implement this mindset shift as a practical tool for handling stress and challenges.*
- *Remember that leadership involves guiding others and maintaining control in turbulent times.*

One of my favorite things to say is I'm a captain. I'm the captain of the ship. If a storm is coming, I have to stay calm. My crew need me to be able to give out orders, to be able to steer the ship, to hold the helm steady, to stay steady in the storm, not to get deranged, not to faint. They need me here, okay? So, if the storm is coming, I'm the captain. And if I'm the captain, then I say, "Hey, this isn't happening to me, right?"

I'm not a victim. I'm not a stowaway at the bottom of the ship, like cowering in the corner, "Why is this happening to me? It's so unfair. Why are all the kids yelling? Why is that one spilling? Why is the baby wanting to You know, I'm not in a passive victim mindset. I'm in an empowered leadership moment. I say, "This is where I lead. I take the helm, okay?" And then you can do a kind of power pose, right? Maybe you'll put your hands on your hips, your shoulders back, feel yourself with broad shoulders, with a stiff spine, with a strong smile, with bright eyes, with your head held up high. Those things actually signal to our nervous system that we are in control, that we can handle what's coming. And I want you to do this today.

Try this one today. If you take nothing else from this series or from me ever again, make sure to just implement this one tool, that just before you're going to handle something difficult, a little bit challenging. Oh, pick up is always hard. You say to yourself, "I'm the captain. I've got this. I'm going to lead."