

# The Hard Truth About Making Your Dreams Come True | Mel Robbins

<https://youtu.be/JoQEY2sIMTg>

## Video Transcript

No one's coming to push you. No one's coming to tell you to turn the TV off. No one's coming to tell you to get out the door and exercise. **The bottom line is no one's coming, no one.**

You may or may not have seen the [TED talk](#) that I gave a few years ago. One of the things that surprised me the most about that talk is that we hear from people around the world. They write about one segment in particular. Let me play that segment for you because it sets up the conversation for today.

### **It's this concept of parenting yourself when you become 18.**

Nobody tells you that it's now going to be your job to parent yourself. By parenting yourself I mean it's your job to make yourself do the crap you don't want to do, so you can be everything that you're supposed to be. You're so damn busy waiting to feel like it.

My son never feels like getting off his DS. That's my job. Get off the damn vs Kendall clean up the Barbies if you're gonna have a nude party in my bathroom at least clean it up. God, chew with your mouth closed. Are we in a barn for crying out loud. All right, dinners coming, get out of the pantry.

When you're a kid, your parents make you do the things you don't feel like doing because you won't ever, not now, not then, not ever.

Even when you get good at something, you'll figure out something else you don't want to do and then you'll plateau out and you'll get bored. You hate this job, it's boring yeah. But for now, you'll just bitch about that one.

It's very very simple to get what you want, but it's not easy. Wow, you know that talk was six years ago. I cannot believe how little my kids were back then. I also hate watching it because that was the first time I had ever given a speech. My voice is like really screechy and I swear which I typically don't do on stage ever.

Anyway, **this concept of parenting yourself is really really important for you to wrap your brain around.**

Let me dig into it just a little bit.

I write extensively in part two of the [5-second Rule Book](#) about how we make decisions and the fact that **we make decisions not based on what we know.** We need to do it not based on our goals, but based on **how we feel right now. It's your feelings that make the decision for you.**

It's one of the reasons why parents are so important for kids. Because if we left it up to kids to do whatever they felt like doing,

- They'd never go to school.
- They'd never do their homework.
- They'd never used their manners.
- They've never learned to eat correctly.
- They'd never do anything, they just sit around and watch TV all day.

That's the job of a parent. What most of us don't realize though, and this is what I was alluding to in the TED talk:

- When you become 18
- When you move out of the house

→ When you're an adult you have to parent yourself.

Here's the rub, **you're never ever ever ever going to feel like doing the things you need to do in order to have what you want.**

You're always going to need to push yourself. You're always going to need to parent yourself. What is ▶ the net advice on this?

→ The bottom line the bottom line is that no one's coming.

→ No one no one's coming to push you.

→ No one's coming to tell you to turn the TV off.

→ No one's coming to tell you to get out the door and exercise.

→ Nobody's coming to tell you to apply for that job that you've always dreamt about.

→ Nobody's coming to write the business plan for you.

It's up to you. Because you're the only one who's ever gonna do the things that you feel like doing right now or that feel good right now.

Unless you understand that

→ You've got to parent yourself.

→ You got to push yourself.

You're not gonna make your dreams come true. You're just not we're not wired that way. You're born that way. You weren't that way when you were growing up and you're certainly not that way as an adult.

There's a tremendous amount of liberation that comes when you accept the fact that **you're always going to need to give yourself a push.**