

# THE NOBLE SACRIFICE

**“In order to have the success and repute I want, I have to set aside my authenticity and heart...”**

In this worksheet, we will discuss the concept of The Noble Sacrifice.

*Noble? This is totally up my alley. Check out my sweet crown!*



While many leaders believe they have been successful because of their particular Noble Sacrifice, the truth is that they have actually been successful in spite of it.

It is so pervasive, that even when asked what you really want, without any restrictions, you will unwittingly answer from within its confines.

Here's how The Noble Sacrifice sounds:

**In order to X, I recognize/accept that I'll have to Y**

You can replace X and Y with whatever you like. Here are some examples:

“In order to have the success and repute I want, I have to set aside my authenticity and heart”.

“In order to create the impact in the world I'm committed to, I have to work sixty hours a week”.

“In order to live the spiritual life I'm committed to, I have to let go of my desires for wealth”.

“In order to raise my kids the way I want to raise them, I have to set aside my drive and career”.

“In order to have the lifestyle I want, I have to sacrifice some of my earning potential”.

The Noble Sacrifice is so named because you actually want both of these things. However, because of your belief that you can only have one or the other, you nobly give up one of them in order to achieve the other.

*That is pretty noble of you... But I kinda feel like I'd maybe go for both?*

In order to solve this problem, most people try a number of different configurations.

**1.** Choose option 1, sacrifice option 2, and go 100%.



*Dude, look at all that money you're making! Life must be grand!*

*Yah... I miss my kids, but at least they'll never have to worry about money.*



**2.** Choose option 2, sacrifice option 1, and go 100%.



*Wow, you seem so balanced and relaxed.*

*Yah... I kind of wish I had a bigger house but at least I'm not fixated on money.*



**3.** Try to balance option 1 and 2 at 50% each.



*Life seems pretty balanced for you.*

*Yah. Honestly, I feel pretty bored, but at least I'm not working myself to death anymore.*



The problem is that in each of these situations, you're sacrificing 100% of yourself (even in option 3, you're sacrificing 50% of X and 50% of Y).

Notice that in each of these scenarios, people tend to justify the chosen configuration by what they get to avoid.

People tend to pendulum back and forth between various configurations, inside of the constraints of the Noble Sacrifice.

These coping strategies usually show up in our blindspots, leading to activities we feel shame and/or guilt around.



After trying out enough configurations, people usually settle on one, resign themselves to it, and find ways to cope with the sacrifice they are making.

Sometimes that coping strategy sounds like empowering one configuration until you've amassed enough wealth, prestige, security, impact and then swinging to the other side. This is actually just running the same pattern over the long term.

No amount of willpower and earnestness will help this guy if he's not addressing the underlying problem. The coping strategy isn't the issue — it's the Noble Sacrifice.

*"I'm going to make my health a priority—I need to stop drinking and eating so much!"*



*"I'm working like a dog, but it's okay. I'll do this for 20 more years and then I can retire."*

This guy may even be empowered around his choice, but if it was possible to retire in 20 years AND not have to work like a dog, that would probably be his preference.

## PRACTICES

- You can see the Noble Sacrifice at play by asking yourself what you really want your life to look like. If you could wave a magic wand and design it any way you wanted, what would be different? What would be the same?
- Now, go back and look at what you wrote in the first practice. See if you can spot the concessions you've already made. What does this reveal about the things you find are always in opposition in your life? What two things do you find have on those scales up there?
- You have likely learned to be content with the sacrifice you've made. If you want to shift, you need to let go of that contentment. What is it costing you to make this sacrifice? Start to feel the pain of your sacrifice, and start removing whatever you do to numb that pain.
- Notice how you've set your life up around the Noble Sacrifice. If you can identify the two things you've got balanced on those scales, try to see all of the places in your life where you've chosen one or the other.
- Start breaking up your Sacrifice today. If you have Power and Love at odds with each other, start to practice being powerful with the people you love. Notice the areas you are powerful but unloving, and start to bring more love in those circumstances.
- An infographic can get you as far as an awareness of your Noble Sacrifice. Seeing it is one thing, but if you want to break it up, it requires deeper work. Connect with a coach.