


# [Air Date 6/13] Episode No. 120 What Are You Being Led To? -...


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## SPEAKERS

Jessica Lauren

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Hello and welcome to the Sunday Jumpstart Podcast! A weekly podcast helping goal getters ditch the excuses, do the work and make -ish happen! My name is Jessica Lauren, and you are listening to episode number 120. Hey y'all hey, and welcome back to this week's episode of The SJS podcast. Happy Sunday. Thank you so much for spending just a couple minutes with me right here on the podcast, this show would not be here without your listening ear. So I do thank you so much. So what are we talking about today? Well, today we're answering the question, "What are you being led to?" It's an important question to ask yourself when you're just trying to figure out your next best move. So without further ado, take a listen to 'Episode Number 120: What Are You Being Led To?' Okay, so last week in Episode Number 119, we asked the question, "What are you running from?" If you haven't had a chance to listen to that episode, I want you to go back and take a quick listen. And in that episode, we're talking about how we humans are incredible at running away, not only from our problems, but from ourselves. It is my belief that we are always talking to ourselves, you know, our body is always trying to send us messages the way we react to people places and things is telling us a story. A story that hey, it's time to shape up. Hey, it's time to get your act together. Hey is time to you know, tighten up on those boundaries, hey, is time to let that relationship go. Hey, our bodies is always trying to guide us to get closer to ourselves to go to the next level. To relax, to chill to be our most authentic selves to let go of the past, right? But because it is so uncomfortable, right?

We tend to just run away from it like you know what I hear the call to do better, be better, see better, feel better. But I am way more comfortable dealing with energy vampires, I'm way more comfortable scrolling on Instagram for hours on end because then I do not have to face myself right? Go back and listen to episode number 119. Because we talk about how we do it, why we do it and how to stop running away from ourselves and how crucial it is to always be connected to us. Right? Our relationship with ourselves is literally the number one most important relationship that will ever be in. And when you find yourself in this cycle of always running from yourself; not listening to yourself; trying to numb out and squashed down the calling on your life to let go; to start again; to start over; to stop; to pivot; to let some relationships go; to let some habits and beliefs and thoughts go; or to try something new; to take a break; to relax whenever you keep chronically ignoring those warning signs, you are betraying yourself in the deepest way and it doesn't seem like that big a deal big of a deal at first, right? Your like, "Oh girl, whatever, I'm just numbing out now I'm just distracting myself for a little while." But when you do that on a constant basis, like I was doing, I talked about it all in that episode, you begin to betray yourself, right? And when you betray yourself, you are teaching yourself. I don't even have my back. MY own back! I can't trust me. So in order to avoid all that you got to stop running, go back and listen to that episode. I give you permission to do that. Right? So So after you realize like "Dang, I've been running for myself. Let me get back recenter. Let me reconnect with myself. Let me journa, pray, go to therapy, do the whole nine yards. It is only natural that the next question is "okay, so what am I being led to?" What's next? What's my next steps? What's my purpose? God, please lead me, right! And that is very natural. But sometimes it's hard to get down to the root of that because we make it this huge thing right? Like God please reveal to me my purpose. What am I supposed to be doing? Order my steps! And we're waiting for him to like crack open the sky, come down to heaven stairs, put on you know some jeans and some sneakers and a hoodie scroll up on you roll up on ypu at your crib, come sit down, have coffee wichchu and be like, "Jessica, this is your next best steps. First, I want you to quit your job. Then after that I want you to put \$2,000 on the AMC stock and then you're gonna become a millionaire." It does not work like that. Right? Sometimes In order to find out what's next, you have to figure out okay, what what's been churning in my spirit, right? Like, what have I been craving? What have I been interested in? What about being curious about? What do I need more of? What can I stand to do less with? And and once you start to answer those small questions, then you can figure out, okay, where am I going in this next season in my life, right? So, you know, after you go come out from a fog, and from being super distracted, and super cut off, like, you're gonna want to power up and just be like, go super saiyan, and like, I want to figure out my life NOW. But no, life doesn't really work like that life is very much like Google Maps, right? When you get in a car, and you punch in an address into Google Maps, you can kind of see the overview, you know, like, Okay, I know, I gotta get on to 290 then transfer to I-55, duah, duah but as far as like the nuances, right,

go down Cole Pepper Street, make a left, drive For 100 yards, make a right on to Fairfax, like, as far as that is concerned, those next steps aren't revealed until you take one small step. If Google Maps told you, alright girl, first of all, you're gonna make a right on call pepper then, in a hundred yards go to Colefax, and then after that, you gone get on I-55 for 29 miles then after that, you won't get off at Halsted and you will make a left up at--- You'll be like wait, that's too much information for me to take in all at once. Because it is, I don't know about y'all. I can't have more than three directions at a time because I will blank out I literally stopped listening. So if I, if I'm lost somewhere, and I ask somebody some questions, you know, like, hey, how do you get, you know, to Navy Pier or whatever, and they like, we'll go east on Madison. Chile, I tap out? Like, I don't know what you're talking about. And it's because we just can't deal with all of that. Our mind is like, "Listen, I'm trying to pump blood, make sure our heart going, I can listen to 5011 steps. So the steps get revealed as we take action. So in order to figure out what you are being led to do next, you just have to ask yourself some super simple questions. And then from that, start taking super simple steps. You know, some of the questions that I like to ask myself is like, what am I being drawn to in this season? Right? It's the summertime, what is my focus during the summer? Now, you know, you can look at this at a few ways, like, as a business owner? Are things starting to slow down in the summer? Was this a time for you to start focusing on the back end of your work? And worry about systems and growth and What is your mission? You can go back and look at your website and make sure all your links are working right? What are you what is the season shaping up for you? Maybe because it is the summer and you get activated and charged out when you in the sungetting that Vitamin D. Maybe this summer is all about I want to have fun. I want to have pleasure. I want to kick it with my friends. Right? Just think about this season that you're in and your life. You know, I have been reading Vibrate Higher Daily by Layla Delia, for the longest time. If you have a copy of that book, it's a really good book. But it's not like a book that you just sit down and plow through. I just kind of am like, Huh, today I'm feeling like, I want to be inspired a little bit in touch with my spirit. Let me pick that up. And there's a part in her book where she talks about the literal, different seasons and terrains that we go through. Right. So of course, there are storms, there are deserts, there are mountain tops, there are valleys and peaks. There is like swamp, like is so many seasons going on in your life. One of the first places that you can look is at the seasons, right? What does the summer mean to you? We are officially in the summer on June 21. What does that mean for you? Is it more fun, more beach time or connection with friends? Is this the time where you want to? I don't know just explore different neighborhoods go on a road trip, they've are you vaccinated, whatever the case may be. One of the first best places to start is with the seasons. And it doesn't have to be an actual season like, "Oh chile, it's Spring, let me go have fun. It can literally literally be the seasons in your life. If you are going through an actual storm, going through hard times. Maybe you are being then led to more rest. Maybe you are being led to creating better boundaries and implementing them. Maybe

you're being called to a space of stillness, right. So it doesn't have to be like, "oh my god is the wintertime; let's go sledding." It can literally be a season Hey, I'm on a mountaintop right now. I'm having the time of my life. Maybe I need to celebrate more. Okay, so if it's time to celebrate more girl, book your reservation, go to your favorite restaurant, get your champagne and pop off. So you can look at the literal seasons for some clues as to what your next step is, or the figurative seasons that are in your life, the storms, the deserts, the the mountaintops, the peaks, that is also an indication of like, Okay, this is where we can start. This is how I can serve myself during this time. This is what I'm being led to. So let's take some action. Here's another question for you. Are you being drawn to more beauty? I went through a phase and I'm still kind of in it, and you can listen to episode number 114 is calling called falling deeply, madly in love with your own damn life. And I talked about how out of the pure blue I started being obsessed with beauty I wanted to be surrounded by nothing but beauty and I'm meaning more flowers, more artwork, more sensual experiences, like I want to light my candles when I get in the shower, not just a quick wham bam thank you, Mam. And not no in-and-out I washmy whoo ha and gone about my business. It was like No, I want to smell and luxuriate in the soap that I then spent, you know \$20 on at some boutique, I want to you know, feel the water on my skin. I want to put on clothes that are have that are made with quality fabrics. Y'all Listen, I ain't gonna hold you up. I used to be a Forever 21 head! H&M head, right? Just because it was affordable. And that was into fast fashion and trends and trying out new things. So a lot of my clothes felt cheap, itchy and scratchy, honey. When I went through I need more my I need more beauty face. It was like No, I need silk, please. Where's the cashmere? I need this to be 100% organic cotton, because I just wanted to feel beauty. And it was like Okay, so why was that being led to that? And it was because for so long. I was in a situationship where I was made to feel like crap. All the time. It was so many mind games, and so many my confidence was shot. And after I stopped running from the fact that my confidence was shot, I opened the door to realize like, hey, I want to feel special and beautiful. And like I'm prized and I want the things around me talk baby. I'm talking about the 700 thread count sheets. Like when I'm sleeping, I want to feel beauty right? So maybe Is this a season for you? Where you're where you're feeling led to more beauty in your life? If that's the case, then what are some steps that you can take to get that? Is it going into a botanical garden? Right? Going to the Morton Arboretum and just going out in nature and seeing the leaves? Is it sitting on Lake Shore and just watching the waves crashing? And is it grabbing a \$14 you know, bouquet of flowers at the grocery store or treating yourself, you know to aspire to some new sheets that actually feel good and don't scratch your body when you go to bed. What else are you being led to in this season? Is it more rest? Right? Is it time for you to take a vacation or a staycation? You know grab one of those cute little getaway cabins out in the forest so that you can relax and clear your head? Are you being led to step your boundary game up? Like if you take a second and look at your life, are you still you know overextending yourself? Are you people pleasing? Are you not speaking

up when you need to? Are you letting people run all over you and treat you like a doormat or treat you like an emotional support dog or armchair therapist? Are you letting people borrow your last dollar? Are you doing the most? Maybe that's an indication that it's time to start you know, focusing on your boundaries. Okay, so what action can you take when it's time to step up your boundary game? You can read a book about boundaries. You know, I just finished Dr. Nedra Tawwab's book, I think it's called Set Boundaries Find Peace or inner peace I can't remember I will link it in the show notes just go to the [sundayjumpstart.com](http://sundayjumpstart.com) and click on episode number 120. And that book is literally like 300 pages long it's the guidebook that will show you how to be boundaried up witha parents, witha kids, witha lovers, witha best friends, witha job, witha self! Ya know a lot of times we think that boundaries are external. Like I need to enforce this boundary with my best friend because she always you know talking about relationship my relationship and I don't like it or you know I need to be boundary with my boss because she likes to call me at 10 o'clock at night asking me about a report. That's cool. That is a big part of boundaries but a lot of times our boundaries needs to be enforced with OURSELVES. Honey, all dat scrolling on social media for hours on end or eating whatever the hell you want to, which is no wrong way, you know, I love to, you know, eat me some Doritos and drink coffee all day. But if your body is like, gee, I'm sluggish, I'm tired, like we got to change it up and create some boundaries. We need to have money boundaries and discipline. Like, every Sunday, I go to Target, Homegoods, Marshalls and TJ Maxx that's just my vibe. Like, you know, I just like to do that on Sunday. See what they got goin on, but I'm also in a space where it's like, Okay, I need some reel back, you know save some money. I have some goals, I want to, you know, take care of, I need to be boundaried there. Right? So is this season asking you for more boundaries? If so, now might be the time to make the appointment with a therapist to go see a counselor to have those tough conversations that is guiding you to do those things, right? Are you craving more creativity, maybe it's time to take an art class, maybe it's time to get back to sewing. Maybe you could try out knitting, maybe you could go on YouTube University and learn how to I don't know a...shoot, learn how to dance, or go on Skillshare. And finally, learn graphic design. Are you craving more fun, I know I have I know I have. And this is pre pandemic, right. During the pandemic, of course, all of us was craving the phone because we were all stuck in a house right? Um, and now that things are opening up. I'm like, you know what, I want to have more fun in my life. And I let go of the fun. Because I was out here hustling and trying to make the business work trying to grow the podcast and the blog end of this and, you know, make sure you know, my finances were together. And I got so focused on doing a very unglamorous work of hustling and building and all that stuff that I was like, I can't have fun. I'm too serious. I'm a grown ass woman, I can't play these games, I need to focus. I'm a bad as you know, Boss B, whatever. And I just let fun go. And now it's so apparent. Like, I'm working from home a lot more than I've done this whole quarantine. And I'm like this cute and all, but I don't want to be stuck behind my computer.

You know, 12 hours out the day. Where's the fun? So if you're like me, and you're like, Okay, I want to have more fun. It's time to start doing fun things. What is that for me? You know, I first of all, didn't know what I like to do for fun anymore. And I'm exploring that. But it was just like, make a list of some of the things that you've been wanting to try, like skating or swimming at swimming lessons. earlier this spring. I took swimming lessons as a kid but I never finished the course. The idea that was fun for you, for me is playing with my puppy or kick him with my friends or just going out for a walk. be silly. Like put on just a funny, stand up like The Office or something and let yourself laugh! Have fun, do you need more of it? Then go get it! Go on Pinterest and type in, you know, things to do as an adult that don't involve drinking. That's fun. That was where I was it was like, you know, Chicago is a very much a drinking town. And I was like, that can't be the only thing that's fun, right? I'm past that point where drinking is the only activity in my life. So I had to google it like okay, somebody helped me figure out what was fun. So I went to the Wonder Museum and I just been exploring. If you're in a space where you feel like the fun bus has left in and that's important to you in the season, bring it back and figure out how can you have more fun? Is it time for more love? Are you ready to get back in the dating pool? Are you ready to check out match.com? Or it could be love of self! Are you tired of playing small and dissing yourself? You know I was gonna post a picture the other day on Instagram and I was like oh my god my stomach looks so big, oh my god ugh ugh--- but it was just like I'm tired of hating on myself and play on myself and downplaying myself. Girl post that down picture. You know just to show myself some love. Is it showing Do you need more love and as far as your relationships with your friends or your family? Do you miss your grandma? Girl pick up that phone and call her. If you haven't seen your mama ages go book that ticket that Amtrak that mega bus that flight, gas your car up and go see mama! Is more love, like I said, romantically? Are you ready to get back on the dating scene? Or if you're already married or in a serious relationship or in a situationship, whatever? Can you just turn to your partner and be intimate like babe, I love you. I miss you. Let's Let's date each other again right if you need that, start taking action to get that. Do you need more pleasure? Okay, is it time to just have some fun. There's this book called pleasure activism. I'll be sure to link it in the show notes. Read it is all about you know A lot of us come from backgrounds that say pleasure is wrong, especially for women, especially for Christians, or Muslims or whoever. And pleasure doesn't always have to be sexual. It could be fun or just seeking out things that bring you joy. And it talks about how just having some form of pleasure, enjoy have fun in your life is actually a form of political resistance. Almost like listen, I'm in charge of my own body. And I get to experience things that make me feel good physically, emotionally, spiritually, if you are seeking more pleasure, go do the things that you need to do to go experience that! And that's that on that! 'Cause this is a children's show! Are you seeking more clarity? Have you been in a fog? I have? Oh my gosh, I was so foggy. For months. I think the spring just I was going oh, I don't know how I feel I'm numbed out. If you need more clarity. Is this a time where you can start journaling



more, praying more? Getting back in tune with your spiritual temple, whether that's the mosque or the church or the synagogue? Is it a time for you to get back to meditating? Do you need more clarity? Maybe you can go ask a mentor for some advice, or seek out a counselor of some sort. Do you need more routines honey, again, working from home, it's easy to get distracted and be like well, I'm gonna just watch one more episode or Handmaid's Tale and then after that episode you watch episode a lot order and then after that you like Well, I do gotta cook lunch and then after you ate your pizza easily be like, well, dang, you know, I've been on social media, are you craving more routines, more structure to your day, if you are go off sis, pull out that calendar, pull out your planner and create some type of structure in your day so that you not feeling haphazard or loss or that you don't know which way is up from down girl create yourself some structure in your life by incorporating more routines. Do you need more intentions, right? Nothing is worse than feeling like you're moving through life kind of accidentally, or kind of like, you know, you're blown whichever way the winds may carry you. You know, intentionality is simply doing something on purpose. Whether it is you know, I'm going to every morning, say an affirmation to build myself up that is an intention that is being purposefully you know, feeding into you feeding yourself and taking care of yourself, right? Do you need to move with more intention? A lot of times we we find ourselves existing and that's a coping mechanism because we've had to just exist in order to survive a pandemic survive all these racial injustices and wars that are going on in different countries. But after a while, it kind of makes you feel so disconnected from what's presently going on in your life right? So moveing with more intention. If you need that. There may be a practice for you is to wake up every day and set one in some journal or say it out loud or have your best friend like listen, I need you to be accountable. I want to be intentional about not spending money today. So can you check in with me around noon and make sure I went to Panera and got a \$15 sandwich, please and thank you. Do you need more money honey? Is this a time where you buckle down and make sure to monetize your side hustle or or or pick up a part time job or freelance. If you need more money is a time to learn how to invest or grow your portfolio. All of these questions are leading you to your next best step. And it doesn't have to be a business move. It doesn't have to be super serious. Your next best step can just be used simply taking care of yourself, incorporating more pleasure, more gratitude and more fun, whatever the case may be. Are you craving deeper connections with friends and family? Okay, write them a letter send them a text, Facetime them write them a card, right? Are you craving fewer distractions. I've done talked about social media so much y'all already know my stance. If you are like, I am trying to focus on you know, improving myself or I'm trying to focus on deepening my relationship with my boo, or you know, I've really got to meet this deadline, but I keep getting distracted by whatever the case may be. Maybe you could set some boundaries or some limitations around all that stuff. Right? Okay, what else? Maybe Yo, Yo, what you need in this season is less energy draining relationships. You want to sever all ties, which are energy vampires,

right? If that's the case, what does that look like? Does that look like modifying how you interact with your inner energy drainers? Does that mean having a tough conversation and letting them know hey, I'm not partaking in this mess anymore. I can't be your armchair therapist or your emotional support dog anymore. Toodaloo, best of luck to you, God be with you. What is the season calling for you? Right What are you being led to is this season saying hey, it's time for us to stop putting up with our own BS, right? Baby? I've been there was like, Listen, Jessica, I love you. But I'm tired of your excuses. I'm tired of you know you whining I'm tired of you not doing nothing about it after you don't complain? Are you require yourself to stop BS-ing and own your own self? And if that's the case, what needs to be done? Maybe it's time to find a new job is that you whining about the one you're at? Maybe it is time for you to take your healthcare serious and get insurance. Maybe it's time for you, whatever the case may be? Or is your body is your soul saying, Hey, I'm tired of the BS. Cut it out? Is it leading you to start with the negative self talk? Is it leading you to eat more good food? Is it requiring that you have better friendships? If it is okay, what does that look like? Well, it looks like I can't keep you know going in cycles with these situationships. I need to have some type of standard for myself and say no, I'm not attracting or no longer entertaining these type of people. The people that drain my energy use me for my money use me for sex only, you know, call me late in the midnight hour, right? What is this season a calling for you? Is it a deeper connection with yourself? How do you get that? I get it by journaling, meditating, talking to my good friends, talking to God; I love talking to God in the car like Listen, man, this What up? All you have to do is ask yourself a few questions. What do I want more of in this life? What do I need less of? What needs to go? What needs to stay? What can I enhance what needs improvement? And then you can figure out okay, this is my next best step. Another good way that I like to try to figure out okay, what am I feeling what was being called to is by meditating. And one of my favorite guided meditations is on the Insight Timer App. It'll be in the show notes, and is led by Sarah Blondin is called I love you. And I'm listening. And it's such a powerful I think its about 15 minute meditation where Sarah basically, has you put your hand on your heart, and your other hand or your stomach as if you're giving yourself a hug. And throughout, as she talks about pretty much what we're talking about, in today's episode, how you've been running from yourself, numbing out, praying that someone else could give you the love that you so desperately need, or want. You know, how we've been seeking external validation, like will somebody please say I'm good enough? Or, or that they love me enough or that I'm special enough. And she talks about how really, you can only get that those things through you. And as she's talking about all those things, she has you close your eyes, and like I said, Give yourself yourself a self hug. And she basically says repeat after me. I love you. And I am listening. I love you and I am listening. And as you start to chant that, for me, at least, I always get teary eyed because it reminds you that you are the person that has the answers. I don't have the answers for your life. I can encourage you all day long to this podcast and through inspirational quotes on Instagram



and through my newsletter. But at the end of the day, Jessica doesn't know what you need. You do. You do. But what we tend to do, because it's scary to face yourself, we run, we distract. We just blank out completely. And we do that because we're like, oh my god, what if the answer to what I need is that I need to show up more that I need to say no, that I need to fall back or cut off or step up. And that's uncomfortable. But the more is that I love you and I am listening. I am listening to your needs. I love me. I'm taking this time out to say hey, the focus is back on me that the kids, not the dog, not the boo, not the bae, not the boss, not the co workers. It is on you and you get to answer that question and you get to go within and seek out the answer. The answer isn't on Instagram or or on TV. You know like you can be inspired and encouraged. But at the end of the day, you know what you need, you know the things that you want. You just have to slow down, and have the wherewithal to tap in. Once you're tapped in, to start taking those tiny, itty bitty steps. Back to wholeness, right? Those tiny steps could be simply applying for the job. Saying no to the guy that treat you like crap. Saying yes to the guy that treats you good. It could be as small as you know what I've been dreaming of trying a different hairstyle. Let me do that, in just those small steps boosts your confidence, then you're not so afraid to show up on your blog anymore. Or, or you you take one class, and then improve your writing. And then you get the courage to pitch your book, and then your book gets picked up. And not to say that it'll all magically fit together. Because life is a journey, right? It is going to take some some training wheel moments. And when you take those training wheels off, you learn how to ride your bike on two wheels. And you got to figure out that balance and the speed and all of that jazz is a lot of mechanisms going on. But once you get the hang of it, it's only up from there, right? So today, I pray that this episode encourages you to get quiet and just to start asking yourself, what is the season requesting of me? What am I craving more of? Is it beauty? Is it calmness? Is it quiet? Is it pleasure? Is it more fun? And if it is, just start doing it? Alright y'all, thank you so much for tuning in to this week's episode. I love you. I'm rooting for you and praying for you. Listen, I've said a lot of things in today's episode. If I mentioned anything, he didn't get a chance to jot it down. Do not worry. I got your back. Just go to the [sundayjumpstart.com](https://sundayjumpstart.com) and click on episode number 120. That's where all the books I talked about the guided meditations will be so that you can reference it later. A special thank you goes out to Pamela Renee, thank you so much for your help with social media and to my mama. We now have transcripts up for each episode. So if you're more of a reader, or you want to highlight something I said, be sure to check out the transcripts they are downloadable and they're also in the show notes. Listen whenever you leave a rate or review over on Apple podcasts, it helps the girl out big time it gets our make -ish happened message out there. So if you could be so kind and press pause and go to Apple podcasts and leave a five star rating and review. Be sure to leave your Instagram handles so that I can say thank you and shout you out on the show that would help me out big time. You guys stay encouraged. I will be back here this Wednesday with one of our quick tip episodes. That's

just a quick five - 10 minute episode that I hope you take action and finish the week strong. I love you stay encouraged, tap within, and I'll see you on Wednesday.