

# [Air Date: 6/6/21]Episode No. 119 What Are You Running From?...

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## SUMMARY KEYWORDS

girl, avoiding, running, god, banana, avoidance, jessica, podcast, life, feel, watch, stress, pray, hard, listening, job, episode, minutes, love, book

## SPEAKERS

Jessica Lauren

**J** Jessica Lauren 00:00  
Hello and welcome to the Sunday jumpstart podcast, a weekly podcast helping #Goal getters, ditch the excuses, do the work and make this happen! My name is Jessica Lauren, and you are listening to Episode number 119 Hey, y'all. Hey, and welcome back to this week's episode of SJS podcast! y'all thank you so much for being super understanding of my little hiatus. You know, I preach, take a break, don't burn out, you know, be proactive, but I wasn't necessarily practicing. So way back in January, I was like Jessica, and the year of 2021 of our Lord, You need to take a break in May. And so April came around, we did that. So you won the series. And I was like, Nah, I'm feeling good. I'm feeling great. May popped up. I was like, Okay, I'm ready to record this Sunday's episode. And I was like, Jessica, sweetheart, we are done breaking promises that you made to yourself, we are not burning ourselves out, take the break. And it was like, but I don't need it. I'm actually not tired. And it was like, that's the point. You know, we want to be proactive and take the break before things start to break down. And that's what I did. You know, I didn't want to take the break. Because it was like, you know, I got this momentum going. But I I'm done breaking promises to myself. So I took the break. And it was nice, I was able to breathe a little bit and just soul search for some time. And to be honest, I didn't take all the time out, you know, that musk gave me in the team an opportunity to play catch up at batched have a ton of episodes for June and July. So that I wasn't working in real time. If you have a podcast or a blog or anything, you know, that working in real time sucks, like waking up,

and it's Wednesday and no one I got Sunday's episode to record, it can be done. But it's really stressful. And I am done working from a place of stress and mayhem and business. I was like, okay, create enough space where you can breathe a little bit. And, and, and create the content ahead of time so that when June hits in real life, you're already working on August and September work. And that helps out, you know, my mom, she helps me with the transcripts. And Pam, she helped me with social media, it helps us just like get ahead of the game, because we were kind of working at a deficit. And it was my fault because I was working in real time. And I don't, you know, advise anybody to do that. So batch your work and get ahead of the ball, if you can take a break and take care yourself. But also, if you are, you know running out of space to run your business, take a break so you could catch up. Okay, cool. So what are we talking about today? Now, today, I was like, Oh, I want to come back at the beginning of the month, I want to talk about productivity, maybe some new tips. But I was like, No, Jessica, let's get to the heart of the matter. Ain't no productivity. In today's episode, right? Today, we are doing some kind of soul work. And today I'm asking the question, What are you running from? Now I've said it once. And I said, again, I don't talk about anything on the show that I personally are going through, you know, haven't been through working or getting counseling for or finally kind of getting some insight about it or conquering it in some type of way. So the reason I wanted to talk about what you're running from is because I was running so hard away from myself, it wasn't funny. And I know that I can't be the only person because half the time when I tell y'all my business job is I Oh, me too, girl. So it was like, Okay, cool. We're going to talk about why we're avoiding ourselves, why we go out of our way to distract ourselves to numb out to veg out on TV for hours on end. Now. There are times when you need a break. I just told you I took a month off, quote unquote, so that I could play catch up so that I could breathe. So I didn't have to work from a place of chaos and mayhem and you know, to eliminate some stressors, right? Anybody would sign up for that. But what I was doing was a little bit different. Right? I started noticing back in March and April that I was doing some major avoidance right? And at the time, I can't remember being like, why am I doing this? You know when sometimes you can watch yourself like you have an aerial view of yourself just like Jessica Why are you on Instagram so much? Why are you watching so many movies? Why haven't you journal in months? Why won't you get on this in the shower? You got to play music? Why don't you get in the car, you got to have an audio book. Why do you always have to have noise Why? yyy now, it is nothing wrong with listening to music in the car. You know what I mean? There's nothing wrong with listening to an audio book while you're in the shower. But for me, my listenership and watchman ship had increased substantially, because I knew I didn't want to face myself, right? I am a very introspective, introspective person, you know, I got journals everywhere. I'm reading self help books constantly. You know, I meditate and I go to counseling, and I go to church, and I'm just very much in tune with myself. But I could feel myself going out of my way to disconnect from myself by staying on Instagram for hours going down

YouTube rabbit holes for hours. Again, it is okay to veg out from time to time and do a little binge watching. But this was going on for March and April. Like it was the one heavy and I kept, I could see myself I was observing my own behavior. Like Greg was going, Oh, this isn't like you were I could feel my spirit be like, oh, let's journal. And I be like, Nah, I don't want to journal. And it wasn't because I was tired. I wasn't burned out. Like I said, I've actually my energy has been fine. But I could feel myself like if you know, a black washer, you know, finished reading this book. And it be like, No, I don't want to watch TV. It'd be like, Oh, you know, I should pray real quick. Nope, I don't want to let me you know, go back on this. This video about scammers on YouTube. You don't like I love me some little scam gossip videos on YouTube. That's my little guilty pleasure. But I was going out of my way to avoid stillness and quiet. I can literally feel myself running away from me. And I remember one day it dawned on me this Confucius, doggone quote, and it says no matter where you go, there you are, no matter where you go. There you are. As hard as you may try, try as you might you cannot run from you. You can try to numb out by TV, you could try to numb out with Instagram, you can try to drink it away, you know, like the song by salons cranes in the sky. You can run it away, exercise it away, sex that away, whatever. But at the end of the day, you will still be there. And you will still need you. I felt myself being like, Jessica, I need you real quick, just really quickly. I could feel my soul be like Jessica, listen, there was a shift that's about to happen. And I just want to walk you through it. Like let's talk about it. And I was avoiding that I did. I don't want to shift Lord, I'm tired of shift and I don't shift it fat as in my life, you know, I'm approaching 37 in October, I've been through so many different shifts and changes and ups and downs. Like I went from an accident to a career to blog and to entrepreneurship to you know, going back to work full time to quit and jobs to going on tour around the country. Like I've done it all. And I'm finally comfortable. And finally settled. Y'all know, I've been very transparent on his show about the ups and downs of acting and being a freelancer and being an entrepreneur, I was all three at once. And there were a ton of high highs and miserable low lows. There were times where I was rich, like, let's go let's do this. And there were times when I had negative 200. Negative 500. I have to ask my mom and my sister to help us out help me with it. Right? Like there were times where I was just my, my blood was out. Like I was just out here like Lord, do you hear me? Do you see me didn't have enough money for groceries? You know, I'm saying. And so here I am in 2021 right. And I survived a pandemic, I had to go back to work because I was making really good money through my coaching business. But I felt a little weird, you know, be like, hey, pay me, you know, 20 \$500 or, you know, \$400 a month while we're in a pandemic. So I kind of shut down the coaching program. Because I just add, I personally didn't feel right, asking women to pay me that much when we were all facing the unknown. So I shut down the coaching program and I was like, You know what, Jessica, might be time to get a job. But before that, I was hustling. Okay, let me do instacart let me do this. Let me do because I suspended things because I was just like, didn't feel right for me. So I'm hustling, hustling,

hustling. And then God blesses me with a job that finally allowed me to get back on my financial footing to get my money back up, to just just move without the stress of where's my next my next check coming from because as you all know, you You know, I was acting at medical schools for med students, I, you know, did a few TV appearances, I went on tour. But once COVID hit like most things, my biggest bread and butter was production work, we did a lot of the outdoor entertainment for different children's networks, right, huge networks. And so once COVID hit, and we had to shut down one on one interaction where you know, just being around each other in quarantine, everything dried up, and I was scared, like, God is already looking nuts. Like, now all my work is done like God, what am I gonna do? So I was at the car, and I was hustling, doing all those things. And God blessed me with the job. And I love my job. It pays me really well. I love my co workers. I love the flexibility like it was it was just tailor made for me. But what was happening was I started to get this inkling in my spirit. That was like, but Jessica, I got something more for you. There is something more for you. The job is fine. I love everybody is easy as fun. But this is an IT. There is more that I need you to do. You are called to do that one thing I told you to do, right? And I know you had to get your foot in and all of that. But it might be time to start thinking about what's next. And I don't know about you, but when you sit down and your soul is requiring requiring you to answer what's next. That is a scary place to be in. Because it is hard to admit that hey, God, I think you're right. I think I do want more. Right? It's hard to say this isn't enough. When it was the thing you prayed for you hoped for you fast for you manifested is hard to say, dang, I really want to try a different path. When things are well. It's hard to even think about starting a new chapter, when this chapter is, right. How, you know we walking away when things are bad. It's hard. The pivoting, quitting starting again, rearranging, relocating is even harder when things are just fine. In good. You happy, right? It's hard to get that tap on your shoulder, hey, hey, sweetheart. This was just a pit stop. And that's what I was running from. Right. And it's not necessarily all my equipment. It's not necessarily the job. But it was. So when I was freelancing and touring, I had the luxury of time. So it was nothing for me. So my tour schedule, for example, you know, my production manager would hit me up, hey, we got this tour. It's a 12 week tour, you're going to get paid this amount of money each week. This is going to be your per diem per diem is pay that isn't that tax that you get each and every day to eat off of. It was good money. You know, I'm saying and your schedule is gonna be like this. You do the show on Mondays and Wednesdays. And you know, you guys travel on Fridays, right? So that meant I had Tuesday, Thursday, and Saturday and Sunday to work on my business. And that's what I did while I was on that tour bus. Or and then, you know, after that 12 week tour was done, I would come home and because it paid me so well. I didn't have to work. I don't mind pick up a few hospital jobs just to you know, like, get out the house. But I also was if I didn't want to do that I didn't have to you know, that was a one call type of job. So I spent my days in coffee shops, writing blogs and doing a podcast I set my days and in fancy hotels and restaurants and co working spaces like I

was living my best life. Right? So I had the luxury of time. I had the luxury of time to coach my clients to come up with curriculum like I had time to really devote into my business. But things change, right? It's 2020 why my life has done a 180 you know, a homeowner now in a healthy relationship I you know have stepchildren and I'm very active in their lives. I got a puppy just things a job I come You know, things have changed completely in that timeframe. And I'm happy and whole but then there was there you know, you have to admit it when you add on more to your plate that takes other things off your plate, right and so I can feel myself bierut asking me to ask like, are you still aligned with the things that God has purposed in your heart? Right. And that's to say that any of that stuff was bad. But misalignment misalignment doesn't have to be bad, but it does call you to get back connected to plug back into the dream, right. But the plug back into that dream and internet goal takes some sacrifice, it takes some have some hard conversations with people places and things that you that, you know, were priorities in your life, it takes a certain amount of focus and discipline and tunnel vision and, and I was just like, God, I love you, I promise you, I do. But I just got on solid ground. And I really don't want to answer this question. Right. And I don't want to answer it. Because what it calls what it what it requires of me is to come to terms with the fact that a decide that and that's okay, but it doesn't feel okay because I pray for those that asked for this I bet. And again, I'm not not happy with it, but am I aligned to what I would the vision was at all no and I don't feel like finding out so what I'm gonna do is go your own way through this phase in with April where I just literally watched law and order SBU season one for like eight to 10 hours a day. Like it was just on in the background, but I was working from home then after you know, I was like order while I was cooking maybe you know when I cook is normally about my has a music on in the background. But I'm still thinking cooking is one of those activities that you can kind of zone out for me at least zone out and tune in. Right. But would I be cooking maybe like an autonomy at Tom? The music like I can't, when I would you know, it'd be times where I'd be laying in bed. And I'm like artists, I feel like I need to journal some of my thoughts out. Like Nope, I don't want to even go there. Let me go look up some latest gossip video. Ya know, I love YouTube gossip video, like the beauty world on YouTube is so scandalous. I just watched all their drama. And it was a it's a very bad habit of mine. But I would venture out on that and go down rabbit holes. And I could I had an aerial view of myself like Girl, you really are rotten you. But aren't you tired of running from yourself, girl? No matter where you go, there you are. You can't drink it away. You can't like you can't like you got to face up and answer the question. Is this enough? Do you want more and you have to come to terms with the answer being No, I too. Want more. I do want my dreams to come true. I don't want to settle for less. I still want to go after that thing. But God, how dare I do that? When I'm completely grateful for these things? Right? It requires you to come to terms with you know, I'm grateful for it, but I want more but I feel guilty right? I feel ashamed. I'm afraid I'm scared. So I'd much rather junk for myself away. I would rather coffee myself away. I would rather just watch TV all day I went down

a Handmaid's Tale thing and that that was also assigned, like what am i watching? I'm watching the most disparaging, like awful things on TV and mud, you know, like I learn a lot of water. I've always been a fan of it. But I think is you are telling Yes, your self your business all the time, right? If you observe your behavior, observe rather, you're telling on yourself like maybe if I just watch, you know, doom and gloom all day long, then it validates my feelings of doom and gloom. And if I don't watch things that have hope in them, then maybe I don't have to be hopeful, right? I was scared to think about what if it worked out? What if I did dream bigger and ask for more and desire like, allow myself permission to desire more? Or to get back to my dreams or full time entrepreneurship? What if I reopened the coaching program? What just I didn't want to write so I was written and and I call it running, but at the end of the day, and I was blaming it on the pandemic or I was burned out but again, I told you, I wasn't burned out I actually had the energy in my life. And in speaking of work when it came to doing this work, my hands would recoil at touching a computer like what I would get behind the mic. It took a lot of like coaxing myself right not because I don't love y'all like anything else. But you just knowing God is being like babe. There is an nother level that I need you want. This was cool. This was a stepping stone, but you got to take the next step. But it's like girl, but this step feels so good. I don't want to go to the next step because it takes exertion, it takes focus, it takes strategy, it's x chose rest, trust in the unknown is that in his heart to trust an unknown when I've already done the unknown, and it didn't work out half the time, or at least that thought it did. It didn't work out how I wanted to work out worked it out. I feel



20:33

like doing



Jessica Lauren 20:34

so I call it running but what it truly is, and this definition is from very well mind calm, and basically is called avoidance, and avoidance behaviors are any actions a person's a person takes to escape from difficult thoughts and feelings. These behaviors can occur in many different ways and may include actions that a person does or does not do. So how did I know I was using avoidance to cope with stress, like the stress of not basing my own thoughts and feelings? How did I How did I get ahead? Well, like I said, My badjao game was strong. I was watching all kinds of tv youtube tic tocs I was distracting the hell out of myself. And I was doing it in attentionally on purpose. It wasn't like oh with this let me sit down and I deserve a treat. I worked hard today or you know, I'm on a break. Now. It was like I hear God trying to talk to me. I don't want to talk to that man. I'm not to watch this right another side. I needed noise all the time. Like I said, I'm okay I used to be okay with stillness and quiet like if I get in the shower and I forget to turn on some music. I'm okay

taking the shower in the quiet if I happen to car, y'all. The car is my church. The car is my altar. Right? I have a 45 minutes sometimes an hour and 15 minute commute to work now. I don't turn on nothing and I just be in there like Okay guys, so what are we gonna do so what you think about this man, you heard when she said that? Okay, now, let me pray for my friend. Let me pray. I'd be in there cutting up but I wasn't doing the second I hit my car. I just started talking to God. But from March to April, it was like note let me turn on the music let me turn on the audio. But let me turn on a podcast let me I needed noise all the time. I could not be silent. I had to fall asleep with the TV. Oh, because I knew what God was calling me to do. I could feel myself and girl. Not even necessary. You know, I keep using awareness more levels, all of that. It was just like, Hey, I just want to check in and see if you're happy. Are you okay with where you are right now? is so scary to say no. Or yes or whatever. It's just it's just scary. I just didn't want to deal with it. Right? What were some other sides I stopped doing my spiritual practices. No more journaling. Not really praying. Not doing my devotionals not reading the Word not read it. Yeah, I love self help books, any self help book come out at the Bowery. I just love learning about psychology and self improvement. None of that was one more right? My discipline was shot. A f I'm a very you know, Okay, I'm gonna wake up at 6am do this by seven. I'm gonna do two by eight. Let me write this let me do the pocket that this I don't have any of it. Like when it came time on Sunday. It's like, this is my plan for the week. I didn't do I just didn't want to be disciplined. I another sign I felt out of touch with me. I remember being like, like what girl we call like, you can tell me your secrets. You know how, how sad it is. When you your soul. You're trying to rise so hard, that you can't even reveal the truth to yourself. You know, this this sad is scary. Where I'm so I don't want to I'm I'm so concerned with being wrong or feeling guilty or feeling a shame that I don't even trust that I can handle the truth of myself. And that was just a telltale sign like girl. I want to have her I genuinely want to hide from you. I don't want to talk to God about it. Right. And, again, it's hard to admit when you've been blessed and you've been bought out of the storm, and that finally anchors you or the floodgates open for you to say, Oh, I'm so grateful. But what else we got in store, you know what I mean? But the funny thing is that he wants me to want more. That's the that's the gag. He's like, God, I was just the taste. Okay. I have so Much more in store for you. You thought that's all I could do for you, girl, I got a whole treasure trove for a things that were tailor made designed for you and your gifts and to touch the people that you're supposed to be touching. You thought that was a girl bear. That's like when your kid you know, like, it's Christmas time. You know, you see those cute little tic tocs or whatever videos of parents being like Merry Christmas and they give their child a banana. And the kid is like, Oh my god, this is a banana. This is so freakin cool. And appearances are cracking up laughing my grave thought this was it and the graciousness and gratitude is so endearing. But how much joy does do the parents get out being like, Oh, you thought the banana was in Chaco? These Hot Wheels? Who got his power wheel? I got your new bike. Here's his partial been wanting you guys. Yo Gabba Gabba hekima like I don't know

what kids watch anymore, but he got to Sesame Street. Elmo, we don't got Jason Derulo to come to your party and sing for you. We your grandma made you this video. All that to show them how loved they are. And God does the same thing for us. He's like, y'all just want to bless you a little bit right quick. Here's this thing. Am I Oh my God, God, thank you. This is so awesome. I love it. I'm grateful. And that makes his heart swells up. But he's also just like, Girl, but I got this other stuff in store for you. That banana was awesome. But put it down for a minute just so I can show you. What else I have in store for you the things that your heart desires. The places you want to go the connections you want to make. I have them. But but you got to come over here but you're like, Nah, this this banana good. He like no, but I'm saying like over here. There is riches beyond what you could ever imagine there is peace beyond understanding. I would love the living daylights out of you just come over here and you're like, Nah, but I got this. That's what, that's what I was afraid of right given up that banana. But I knew my soul was like, Jessica, we love banana. We love banana nut bread. We love banana pudding. But there is more. There's more. And I was just scared to let the banana go. I was scared that I was saying I'm grateful for not eating a banana. And I was running. Right and I could fill it. I just felt so out of touch with me in God. Right? It was just another sign and it broke my heart. But it didn't break it enough for me to start running it right. I was like that's cute. Now that banana analogy but gag I say Gil, okay. And my final clue was that whenever the big question popped up, Is this enough? Do you want more? Are you happy? What's next? I try my hardest to squash it down as best I could. Right? And when you read up on avoidance, right, what is it avoidance is just simply a way to cope with stress. It is a way to escape from difficult thoughts and feelings, right? It's just a way to numb out and say, Hey, if I sleep it away, I don't have to think about it. Right? And it makes sense. It makes sense. Because it's like kind of like a hold on. I'll get to it later, like this is stressing me out. But if I sleep right now, or watch TV right now or call somebody else instead of doing what I know I need to be doing. I don't have to deal with that. Right? But here's the gap when you avoid stuff. It just magnifies the stress even more. What you resist persists with what you resist persists. What you resist persists. Okay? It'll just keep on going. Right? So according once again to very well mine, why avoidance behaviors magnify stress is because avoidance approaches can create more anxiety The more I was running away, the more I'm like, you know, like I'm building this thing up more in my head, you know, this whole like, okay, what's next a little bit out? I'm trying to avoid it, but it's making the elephant bigger in the room right? avoidance behaviors don't solve the problem and are less effective than more proactive strategies that could potentially minimize stress in the future right? This like girl just sit down and answer the question and come up with a game plan case close but in my head I was like, no, what was me I might disappoint people I may disappoint myself, I might fall back and go back to my old like, I don't want to deal with this. I'm done right. Why else does it magnify stress? Well, avoidance can be frustrating to others habitually. Using avoidance strategies can create conflict and relationships and minimize minimize



social support. So if You know, you and your friend fall out, right? And your friend is trying to call you to make amends like, Hey, you know, I called you earlier you didn't call me back. I texted you yesterday then had danjou I just want to apologize What's going on? It causes more conflict than you just simply answering the phone and saying, you know what, that they're hurt my Phil is how can you? It just makes it worse than working it out. Right? How else does it magnify stress, it just allows the problem to grow even more, right? I used to when I wasn't like all my financial, you know, P's and Q's. When I was in my early 20s, I would avoid my bills, Honey, don't bills will come and I was sitting right on my little dining room table and going about my business, I would still go to h&m and do whatever I needed to do. And you know, go to the cloth or my friend Kay, eat out. I was just like, I don't need that type of negativity in my life. I don't have the money. And I particularly did it with my student loans. Just like listen, I'm making \$11 at this dog on preschool job, and I'm making fat aulos. You know, do I just ain't got it. So let me avoid it. Chad when I got a letter from the court saying, Hey, we got to go to court about these loans. It was like my head I just call Sally man just said girl, can we make a payment plan for \$50? I could avoid going to court now God is good. The judge was like Ryan goal, you know, put you on a docket or nothing like that. Like it wasn't a judgment against me. She was like, just pay these people, right. And all of that stress could have been avoided if I stopped avoiding it. Right. So how did I begin to rein it back in? Right, I finally came to terms with like, I finally recognized like, I am running from the inevitable. So how did I start to nip my avoidant behaviors in the book? Well, I knew, it just dawned on me one day that the very thing that I was hiding or running from was probably the thing that would free me. So why the hell am I Why am I running? Right? The very thing that I'm running from, is probably the thing that would free me and give me peace, and give me security and give me the clarity. I was also in a fog. And I'm gonna do a whole episode about that. But I was also everything just around me felt really, really foggy and cloudy. And it wasn't helping that I wasn't journaling and praying and nothing like that. I just was like, I literally don't know my next steps. That's why because you had an enrollment, and in order to dissipate that fog, girl, you got to answer these questions, right. So that's what I did. I just had to come to terms with the fact that I was running. I began to rain my avoidance behaviors back in by telling myself that it is absolutely okay to want more, that I am not an ungrateful brat for saying this is awesome. But I want to see what else is in store for me and my wife, right? Are at just because I accepted the job or say yes, in this relationship or went back to work or whatever didn't mean that I dropped my dreams, nah. So I had to come to terms with myself and saying like, it's okay to pick the dream back up, girl. It's okay. I finally came to terms that shift was about to happen, right? as uncomfortable as it was, I had to face it. I had to face the fact that God just didn't want me to stay comfortable. Well, I was right in that moment. And that was okay. Right. I began to write about it and speak about it without any judgment. In my car Chronicles, I finally broke I was just like, God, I am scared to try to figure out with you what is next. Like I'm really, really scared. Because again,

what's next, you know, at my age is like, okay, what's next for is motherhood on the docket? You know, like, it's all these like, big burning questions like, What is next? And it's just like, Girl, just just talk it out, like, play with the idea of it without any judgment, right? Like, write it out with unapologetically and don't edit yourself and just tell God the truth. That's the one person that you should be able to talk to is yourself and God, but I couldn't. But I finally did start being like, okay, I surrender. I'm tired. I'm exhausted from reading. So I grabbed my journal, and got back into the practice of writing things out and I went on Pinterest and found some journaling prompts or, you know, I follow Kay McCoy. She always shares awesome journal prompts or amber burns. And I just got to writing now also got back into the habit of speaking it out, you know, is nothing for me to get on video, all my phone and just talk to myself. Like I would literally just like, Hey, girl, this was going Oh, blah, blah, blah. You know what I mean? Like, I have no shame in that right? I also allow myself time to let it all sink in, without needing to know the how I allow myself permission to be okay with being lost for a little bit. Right? I think that was the issue too was that it was like, God, what if I don't know what's next? Like, what if I don't have a strategy and that's hard for type A personality like myself like Girl, you know, I typically have the plan, but I didn't. And it was like, definitely you don't have to have the plan, let's just be lost for a second and, and try to figure out slowly, you don't have to have the answers today. So that's what I started to do to try to get back to me. And then I started working out. I it wasn't even about a weight thing, it was just more like, you know, what's always helped me mentally, is just moving my body. And it is a Planet Fitness, literally two minutes away from my house, and I had a membership that I was wasting money on. And I was doing this thing where you know, I wake up at 530 or 630. And I was like, if you are on your phone for more than five minutes, right? When you wake up, you have to go to the gym. It was like kind of an attempt to like break my phone usage thing. And so I will literally be on that phone and be like, well, then I'll have five minutes, let me go to the gym. And there is something about moving your body and sweating. And just you know, okay, I'm trying to stay on his elliptical for 30 minutes, that opens up your mind right at for some reason. I can't really work out to music, like it's fine. But for me, it's just like, I noticed song is three minutes. Like it just makes me more aware of time. So what I typically do is listen to a podcast or audio book or a sermon or something. So I would just have on manifest now by Otto amid these, everything I mentioned will be in the show notes. That's the audio book where she just talks about being a co creator with God in your own life and getting back to your why and getting back in tune with your deepest desires. Right. I started back listening to that. And when I was working out, right, I'm a strong believer, that one good habit begets another good habit. That's all it takes. So one cup of water will lead you to two will lead you to get to a cups, right sounds like if I could just work out, this can help me start to get my life together. And that's literally what started to happen. I started working out, which led me to praying while I was on my elliptical, which led me back to reading which led me back to stillness, right? Because I would get home. And I'd be like, okay, not

at your home, you could take a shower, but you can't listen to music. And in that shower with that water, you know, is, I think because we were in a womb and surrounded by water, water and a shower and a bath or why is slimming. It clears your mind. It is the one place of peace, right? We hopefully is uninterrupted. But my thoughts started coming back clear to me. And because of that, then you'd be like, Well, let me read a little bit. Let me read some pages. Let me meditate. And it was a work and it was scary. And it was tears and all those things. And I don't have all the answers still. And we still working things out. And I don't have to know the answers. But I do know is that I stopped shutting myself out. I stopped building the walls. I stopped running from God, I stopped not seeking God and all of that stuff, right? Is like I said, I don't have all the answers. I'm still figuring things out. But I am closer to myself again. Right? I can hear God again, I can hear myself all from just coming to terms with the fact that there's a shift happening. The sales on a ship is turned in a different direction and I cannot find it. So because that has added to when I'm going through something I'll be going through it too. I have a question to pose to you. What are you running from? And why? Yesterday, right? What are you running from and why? And why is it you? What is you trying to tell you Okay, is there a leap of faith? you're avoiding a new way of living? you're avoiding a new opportunity for healing or reconciliation that you're avoiding? Is there a new challenge that is enticing you but you're like oh no girl are you avoiding that? It's okay, I get it is scary honey, leaving that comfort zone even for the promised land is hard because you know, it's gonna be a journey. Something's gonna have to give friendships might shift. You might had to sacrifice you might have to say no, you might have to say yes, you might have to get on stage, you might have to get in front of a camera or mic, you might have to actually sit down and write the book. You might have to sing the song or give the presentation is hard. But why not? Right? After you've asked yourself, what are you running from and why I want you to know these things. Know that you are worthy of whatever it is that your heart desires, right? It's not there by coincidence pendant, you know, like, that is a good thing and you won't hurt anybody else. Nothing like that. But just know that it's not there by chance, right? know that whatever you want. Even if you are in a solid, good place. Know that it's okay to want more. Know that it's okay to cut back are downsize. It's okay to seek therapy. It's okay to quit. It's okay to pivot. To start again, to walk away to reconnect. It's okay to admit you've made a mistake. It's okay to see you've been playing yourself. It's okay to see that, hey, I might have not been too good of a friend. It's okay. Whatever it is that you have to come to terms with that you've been running from it is okay. It's okay to ask for those things to want those things for yourself or for other people, right? It's okay. That's the first thing recognize that it is okay. And after you come to terms with the okay age of it all, I want you to invite yourself to explore what it would be like if everything worked out in your favor. Even the hard stuff, even the things you have to give up or let go or sacrifice or leave behind? What would it be like if everything worked out in your favor? Right? Think about that we spend so much time ruminating or what if they don't work out with it? They

don't like me What if I lose my job and my house and my grandmother, but whatever you don't, whatever, letting go. You get access to more a better house a better car, a better friend, whatever. better job better, better, better. Start ruminating on the pot, like what if it did work out, right. And that's how you can begin to start to reconnect with yourself and to start running and to start tearing down those walls you've built between you and your soul and God, right? I know it's hard. I was just there. I'm still there. It's hard to ask yourself, what's next is hard to try to figure out what do I need to let go of. But in all my 37 years, I have learned in being a witness and a testimony to anything that God has asked me to let go of, I have got 1,000% better, substantially better than what I could ever dream of or imagine. So that's it for today's episode, right, stop running, put it down, you ain't gotta run on more, you are a safe space, right? start trying to do the work to get back to you. Now, I am not a licensed therapist, not at all. And you know, I talked a little bit about a fog and running away and avoidance. If you are in a situation that is a little bit more severe than jonalyn, taking the shower drinking water working out, then I encourage you to seek help from a licensed therapist. And I have a resource for you is called try better help that calm. When you go there. It is an online platform that has licensed therapists and counselors. You can hook up say hey, I want a woman of color therapist. I want a male I want whatever the case may be, and they'll hook you up with one and you have access to your therapist pretty much 24 seven like yes, you have your weekly scheduled appointments. But you also could text them video chat them, send them an email when you're just going through them You do not have to meet with them in real life. It is pandemic friendly, quarantine friendly, and it has a sliding scale. The good news is that I've partnered up with the tribe better help. And they're giving all Sunday jumpstart podcast listeners a discount if you sign up for it and get some help. So if you know what you're going through is beyond the scope of what we talked about today. I encourage you to get counseling or therapy on a sliding scale. You don't have to have insurance. You can just say hey, here's my finances, what can we work with and no work with you. So if you're interested, just go to [try better help.com](https://trybetterhelp.com) backslash s J s podcasts take advantage advantage of the discount. It does know I've been to therapy. I love therapy. If my therapist Lisa is listening Haggar I love you I need an appointment. There is no shame in going and there is an affordable way to do it. And that's what tribe betterhelp.com backslash SJ s podcast and we've partnered up to give you a discount to get access to those services so please take advantage of that if these tips are beneath where you are. I've been there was like random tips and trips is cute but I need some help. So go seek that you guys thank you so much for listening to today's episode I pray that it encourages you to stop and look within and get back reconnected and realize that when you are called to do and be right I love you. I'm rooting for you. I will be back here this Wednesday with a quick tip as a five to 10 minute episode that I hope you've finished your week strong Okay, if you could do me a favor, go into Apple podcast and leave a five star rating and review Don't forget to leave your name and your Instagram handles I can shout you out on the

show and say thank you so much. It really does help get our make ish happen message out there. Now if you want to hang out with me. Babs is the podcast girl You can follow me over on Instagram. The podcast handle is at the Sunday jumpstart. Follow me over there you can also follow along my lifestyle blog slash personal page that's at no real jewelry. If you are more of an email or shoot an email is hi at the Sunday jumpstart that calm Special thank you goes out to Jennifer my mama, thank you so much for taking care of the transcripts. And to Pamela Renee of thank you so much for taking care of social media and it wasn't mentioned anything in today's episode that resonated with you but you didn't get a chance to jot it down. Do not worry, I got you back just go to the Sunday jumpstart.com and click on episode number 119. Everything that I talked about will be in the shownotes. And if you are more of a reader, you want to print out the transcripts from today's episodes highlighted whatever the case may be, the transcripts will be available for download also in those same show notes for episode number 119. As always, thank you so much for listening. I love you I'm praying for you out but this week is just filled with abundance, peace of mind that guy performs miracle that you need ASAP and that you just get to reconnect with yourself. Alright you guys, I love you and I will see you back here this Wednesday.



47:40

Bye