

[Air Date: 6/9/21]Quick Tip #35 Do It Alone - 5:5:21, 11.21 ...

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SPEAKERS

Jessica Lauren



Jessica Lauren 00:01

Hey, it's your girl, Jessica Lauren, and I am coming to you with this week's quick tip. Today, I want to encourage you to do it alone. Now, this past Sunday, we talked about running away from yourself, right? When you know that your soul is begging you like, Hey, can you be still for a minute just so we could get back realigned to our goals and our dreams and all that stuff. And you go out



00:30

of your way to distract yourself with social media, food, men, whatever the case may be, right? If you didn't get a chance to listen to Episode 119, go back because we do a deep dive about escapism and avoidance and all that jazz and how to reconnect with yourself and get real about what's next and what it is that you truly want in your life. So after all of that is said and done right after you finally stop running. And it's time to reconnect and be still and listen so that you can figure out what's next in your life? What, we tend to do is try to do that externally right? To try to get some external validation like, well, Mama, what do you think I should do? Best Friend? What do you think you should do? What's going on? And that's natural, right? We are a tribal species, right? We do a lot of things in community, right? Nothing wrong with that. But sometimes when you when you do that,

you open yourself up to everybody's opinions, fears, projections, interpretations. And today, I want to encourage you before you start seeking out advice from any and everybody to go within and do it alone first, right? And if you didn't listen to last week's episode, like it doesn't necessarily have to be about escapism or avoidance. It could even be about a new idea you have. Like, hey I got this new idea for a new product or a new business. What do y'all think? And people will tell you exactly what you think. Well I don't like the color red. And you know, I tried to help have my business but it was a recession and I make no money and how dare you do that? You know, Joe Biden didn't give you your stimulus even like people are always going to say something, right? So I want to encourage you to first get quiet and seek within and do something by yourself where you can just be alone, so that you can figure out what's your next steps, right. So what if you spent some time doing just that. Like on a solo trip to one of those cute little getaway cabins or what have you booked a staycation by yourself? Or what if you just was like, you know what I'm calling off for work, I just want to go to starve rock somewhere, Illinois, or Wisconsin or wherever it is, and just be a nature so I can hear myself think, right? Do that. Even if it's like, yo I'm going to sneak in the closet and journal away from my kids just so I have some time for myself. Before you seek external validation for your next steps, go within. And a lot of times what helps that is to change your environment. So do something by yourself alone. It could be a solo date, solo trip to the library to the museum, just so you have some space to think and breathe right? Well Alright y'all. Thank you so much for tuning into today's quick tip. Listen, if I mentioned anything in today's episode, and you didn't get a chance to jot it down, don't worry the show notes are over on the Sunday Jumpstart.com. Just click on today's quick tip. The good news is that we also have downloadable transcripts in case you want to print something out, highlight it, put it in a notebook or share it with a friend. There are transcripts available so that if you're more of a reader that's there for you as well. Hey listen if you could do me a favor head on over to Apple podcasts and leave a five star rating and review. You heard I was very specific five stars. Okay, that really does help get our make ish happen message out there. Please be sure to include your name and your Instagram handles so I can shout you out on this show and say Thank you kindly. Follow along on Instagram. The handle is at the Sunday Jumpstart. If you want to reach out to me slide into those DMs or you can shoot me an email the email address is hi at the Sunday Jumpstart dot com. I will be back this Sunday with a full length episode. Can't wait. I'm so excited for it to drop. As always, I love you guys. I'm rooting for you. Stay strong and finish this week strong and I will see you back here this Sunday. Alright, bye