

# [Air Date: Wed 7/21/21] Quick Tip #41 Schedule Your Time Off...

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## SUMMARY KEYWORDS

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## SPEAKERS

Jessica Lauren

 J Jessica Lauren 00:01

Hey, it's your girl Jessica Lauren, and I am coming to you with this week's quick tip. All right, listen, I know we are only in July, it is still hazy and hot and sticky and muggy here in Chicago. It is right been raining almost every single day. But still, it's the summertime. And what I'm about to say you might be like, Jessica, you're doing too much. Trust me. If you heed today's advice, you will thank me later on. Again, we are months six, five some odd months before December even hits. But what I want you to do this week is go ahead and put your vacation in now, for the holidays, especially if you are a creative, a content creator, a freelancer, if you're a business owner, or a side hustler, you especially need to do this. Now, some of us got automatic vacation days you ain't even got to put no time in or none of that. But if you're like me, or those of you that listen that are freelancers, and you have to kind of create your own schedule, I want you to already block off your vacation for this year. And let me explain why. So every you know, November time, I am trying to pump out a ton of holiday content. But I'm also trying to relax, relate and release. Like I'm trying to enjoy time with my family, and really be still so that I can just focus on who I want to be in the next year, how I want to show up in my business, you know, just plot and plan. But it's really hard to do that, when you have deadlines approaching and when you need to finish this, and you're trying to take pictures and write up blog posts and record the podcasts and all that jazz. And if you guys remember back in May, I took a month off the podcast. And I wasn't burnt out I wasn't exhausted. But because I've been doing this for so

long, I knew if I don't take a month off in May, eventually it'll catch up with me and I will get exhausted, burnt out frustrated, bitter, all that jazz. So I have pre planned a vacation way back in 2020. I was like 2021 in May, I'm taking the month off. And during that month, I was able to relax, put my feet up. But I also played catch up. I made enough content for the month. I got you know, Pam, she helped me out with social media, I have a virtual like the team, we all were able to just work better without the stress of having to create content immediately, working from a space of urgency. And so I'm doing the same thing for December now. Jessica is taking off the entire month of December off. So what does that mean? That means while I have some space, I can start focusing on the content that I want to make for December and for January, I can start working on that now so that when that time comes, I can actually appreciate my vacation. So if you are a business owner, side hustler, if you are a content creator, whether that's a blogger, blogger podcaster, go into your Google Calendar, and mark off, hey, I want this week off, I want this day off. I want December off to take a freakin sabbatical and to get your mind right to spend time with those that you love to spend time with yourself. But do it now so that there are no excuses. Now let me tell you about my break in May. May comes around. And I'm like you know what, I'm feeling fine. I don't need a break, let me just push through it. But I was like Jessica, we are now working from a space where you don't have to push through it. Ain't no more, let's try harder, let's go bigger, let's do it harder, faster, all of that. No, take off the time, so that you can be your whole self. We are three dimensional people. We are not created just to be machines to be constantly pumping out stuff and working 24 seven, and I'm so grateful that I listened to myself and stuck to my guns and took that vacation. It really did help me catch up and get ahead of the game. And just be just a real human for once. So that's my advice for you today. Block off your vacation time now and start working on whatever the holiday season looks like for you. You know, should you start focusing on your holiday campaigns? Can you start building up the products? Just all of that stuff? How will your hiatus look? Does that mean you need to start writing up your newsletter Does that mean you can start pre recording your podcast? Figure that out, but more than anything, go ahead and take that vacation off even if you don't have a side hustle or a business or you create content and your actual nine to five. Go in and ask your boss now, no, excuse me, don't ask tell them. Hey, I'm taking this time off right because you deserve rest and relaxation and space in your life to take a load off. So that's it. That's today's quick tip plan at vaycay baby. Thank you so much for tuning in. I truly appreciate it. Now if you could do me a huge favor and hop on into Apple podcast and leave a five star rate and review that really does help get our make ish happen message out there. Now if you don't listen on Apple podcast another way to help us out is by screenshotting today's episode and tagging at the Sunday jumpstart over on Instagram, put it in your feed and your stories. I love seeing that. That's a really good way to help get the word out. You know what if I mentioned anything in today's episode or previous episode, you can always go to The Sunday Jumpstart.com and click on the show notes. That's where we

have our weekly newsletter other resources are there so be sure to check that out. If you want to say hey, the best way to do that is on Instagram just follow along. The handle is at The Sunday Jumpstart. And if Instagram isn't your thing, you can always do it the old fashioned way and just send me an email. The contact info is hi at the SundayJumpstart. As always, I love you, I'm rooting for you, finish the rest of this week strong and I will see you here this Sunday with the full length episode. Until then, bye, bye.