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Weigh The Pros Cons

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SPEAKERS

Jessica Lauren

J Jessica Lauren 00:00

Hey, it's your girl, Jessica Lauren, and I am coming to you with this week's quick tip. Have you ever just been struggling to make a decision about something? It could be whether or not I should change jobs? Or should I continue in this relationship or something small like, okay, should I go on this vacation? Should I buy a house? Well, buying a house is kind of big, but you get what I'm saying. A lot of times, we let that mental chatter go on and on in our heads, right? We're when the pros and the cons and the options and the ups and the downs and trying to cross all our T's and dot all of our I's, in our heads while we're in the shower, or while we're driving to work, or we'll talk about it with our friends and family. Nothing wrong with all of those things. But it is a lot of chatter, it could cause a lot of mental congestion. So one thing that I love to do, when I'm just kind of facing a dilemma, big or small, I will grab a notebook and literally weigh out the pros and cons. Like I'm talking a sheet of paper, and write pros on one side and cons on the left. And I'll grab markers, pencils, highlighters, or whatever, and just literally start to write out all the positive things about this decision, right? Moving across the country will help me grow or accepting this new job will help me expand in my expertise or taking the leap of faith. And you know, taking this art class will help me expand in my knowledge, right? Then I'll write out the cons. Well, the cons is the class is every Wednesday and Friday, from 6 to 9 pm, I don't have a babysitter, or the cons is okay, if I start this business, I won't have health insurance. I mean, I have it but I have to pay for it. Or the cons of a new house. Baby, I'm

gonna be living alone, I don't want to cut no grass, I don't want to do any of those things. And as you're writing it out on paper, you are getting it out of your head so that you can look at it objectively. So that you can have some space and some clarity it's room to wiggle and see it. Like, oh, it ain't that bad, right? Well for the house, for instance, okay, I know that I can get a TaskRabbit to help me with cutting the grass. If you know I was struggling about this job, and the con was oh the commute sucks. But a positive after seeing it written down is I can take the metro into the city right? Having it down on paper makes it real. And once it's real, you can start to come up with some solutions. And really think about whether or not you want to say yea or nay. It's really difficult to do all of that when it's just going constantly 24 hours of chatter in your head or when you're getting a million different opinions. Sometimes it's nice to be still, write it out on a sheet of paper. I don't know about you, but when I write things out, I just get so much clarity and so much relief, because it's just not floating around in my head. So that is today's quick tip. If you're trying to make a decision, grab a notebook, grab a paper and literally write the pros and cons of that situation. And then from there, I promise you, you'll start to come up with some solutions because you can physically see which choice outweighs the other. And you can figure out whether or not you're willing to take that risk is a very good helpful visual reminder of where you want to go in this next season in your life. So that's it for today's quick tip. Thank you so much for tuning in. As always, if you could do me a favor and leave a five star rate and review on Apple podcasts that really does help get our make ish happened message out there. Now if you want to hang out with me outside of just the podcast, be sure to follow along on Instagram. The handle is at the sunday jumpstart. We'll be back here this Sunday with a full length episode so be sure to tune in and until then, be strong. Stay encouraged and finish the rest of this week strong. I love you and I will see you here Sunday.