



# Episode No. 113 What Swimming Lessons Are Teaching Me About ...

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## SUMMARY KEYWORDS

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## SPEAKERS

Jessica Lauren



Jessica Lauren 00:00

Hello and welcome to the Sunday jumpstart podcast, a weekly podcast helping go getters, just excuses, do the work and make this happen. My name is Jessica Lauren, and you are listening to episode number 113. Hey y'all. Hey, and welcome back to this week's episode of the s j. s podcast. Thank you so much for tuning in and share just a few minutes with me on this here Sunday. I hope that you are doing well that you are resting, relaxing, rejuvenating, taking baths sitting on a couch catching up on Luther, whatever the case may be. I hope you are having fun and enjoying your day. So what are we talking about today? Well, today, I'm sharing some of the many aha moments that I had this week in the swimming pool. Now if you didn't get a chance to listen to Quick Tip Number 27. Go back. I give you permission to hit pause on this and go back and listen to that episode. Because in that episode, I asked one very simple but important question. What would you do in this season? If you were brave? How would you show up? How would you relate to other people? What would you tolerate? What what boundaries would you have? What would you explore what new hobbies would you pick up if you were brave, and for me, taking the stage and being courageous for me in this season, was getting back to play. Getting back to having fun getting back and doing something that wasn't monetized that I didn't have to share on Instagram and come up with a strategy about for me that was taking swimming lessons. Now. Back in the day when I was in the Boys and Girls Club in Detroit, I took some swimming lessons, okay, I made it to the tadpoles section of the swimming

curriculum. Okay, I learned how to kick my little feet. But I never learned any strokes. I didn't feel confident in the water. And then about two years ago, there was a rec center by my apartment. I took some lessons then it was like 12 weeks, but we only got through week three and the cows got the program got cancelled. So again, I didn't get to learn but I've always just been like, I don't know where this vision came from. I've just always see myself being a type of woman, then every day before I gotta go to work or do whatever, I go for a swim in somebody's pool, or lake or ocean or whatever. So I was like, You know what, in order to live my dreams, I need to learn how to swim properly. And, ya know, I have been in this hustle for six long, beautiful blood, sweat and tears can be yours, right. And I've always battled with fatigue, exhaustion and burnout. And I just don't want to feel like that. I said it in a quick tip. But I think I'm in a season where my calling in my gift isn't requiring me to go harder. But to try easier and to incorporate fun back into my life. So when I was planning out March it actually I knew about the swimming lessons back in February. I was just like, Okay, the next class starts in March. I want to have fun I want to play. So what does that look like? For me? It was like, why don't you get back to swim and you said you wanted to be this avid swimmer, you know, incorporate it into my, you know, weekly exercise routine. Go back to it. So I signed up for it. It was only \$54 for five weeks and is every Wednesday night and I just knew me being underwater would be fun. So Wednesday was the first day right? And it's just me, we have three instructors. Everybody's wearing, you know their masks, and it's like me, my boo. Like a 19 year old kid, older woman. She's about 80 her son is about 40 and I think this is only like five of us in the class. Right? And so we begin they're like, all right, I don't know if he's taking swimming lessons, but when you start, they just kind of throw you in there they'd be like Alright, y'all jump up and down so you can get used to the water. So you sitting there like okay, you know it's not cold no more. And then we didn't even start with like blowing bubbles or putting your head underwater Is that okay? Put your hands in front of each other. Hold this little weight kick up and go. And so that's what I did and I felt pretty comfortable doing that because I knew how to do that part is the rhythmic breathing for me and the What's that thing called? Mulet treading water. That's what I don't know how to do, I don't know my strokes properly, and all that jazz so I was more so there for that. But um, you know, we just started they just threw us in there. And it feels so good to give myself permission to be a little bit rusty and bad into it. Be a little bit embarrassed I did a whole episode called Why is so good to be bad? You know, when we start off something we want to be from day one, the BSA knows of it, right? We want to be just just the Steve Jobs of it all or whoever you know, like they want, I picked it up, I learned that I'm the master. And that sets us up for failure. You know, we're so used to instant instant instant, don't think that a microwave is instant. We want that with our success. We want that with our craft and our master mastery. It is so good to be goofy and silly and be embarrassed a little bit that is healthy. So you know, I'm like, Oh, I got this. Let me go. I started swimming. And she's like, a Yo, yo kick is a little bit too strong. It was like me, okay, you splash and calm down, sis.

But you know, as I'm looking around at everybody that's in this group, the first lesson that hit me is that you are not too old, and it is never too late. So the 80 year old woman that was in a pool with us. It was our first time learning how to swim at bar and was kind of cool about this rec center that we go to is that they allow people on the sidelines, like her husband was there like baby, that's how you kick. That's what you do. It was the cutest thing ever. But she was just out there. She didn't know what she was doing. She was looking silly. I know what I was. None of us were good. But we were out there. And the age is very some of us was in our 30s 40s 70s. You know, he has some teenagers. But at the end of the day, the lesson was whatever you want to do, whatever sparks the interest, whatever you're curious about, you are not too old to go after it. It is not too late for you to study is for you to sign up for it for you to try it out. So when you're like, oh, should I go back to school for my bachelor's? Yes. Oh, should I you know, I know. I'm 40 years old, but I've really been interested in hair school. Should I do it? Yes. Oh, you know, I've always wanted to paint it. But I'm 30. Should I do it? Yes. Oh, you know, I've always wanted to learn computer engineering, but I'm at Nash, should I do it? Yes. It is never too late for you. Whatever you want to do you have and you have the capability and the the resources to do it. Go for it. In this day and age, we have this weird timeline as Super arbitrary arbitrary. Will, you know, if I don't get my driver's license by the time I'm 16 I'm not worthy. If I have a college degree by the time I'm 21 I'm not worthy. I don't have a baby. By the time I'm 25 I'm unworthy. If I'm not married, if I don't have my house, if I have my first apartment, if I don't move out with my mama, it is not too late for you. You make up your own timeline, you know is is I get what timelines are there? Right? Because in society, we kind of use each other as markers and milestones like okay, am I doing good? Okay, she did it like this. Okay, that means I'm on the right path, right. But the cool thing about our lives is that each and every single one of our lives is tailor made specifically for us individually, right? There is a timeline that is born within you. That ain't got nothing to do with your neighbor, your aunt Becky, your mama, your sister, your cousin, you have your own timeline. And guess what? You are a co creator with God. Okay, come on somebody. y'all get to make that up together. Right? I have always been late to the game. Okay, I had my first kiss when I was like, 19 I didn't get my driver's license till I was 27. I mean, I did move out when I was 17 and a half my first apartment so that part I kept up with but I didn't go to my first concert till I was like, 25 I didn't do a lot of things till I was 30. I'm just now you know, I don't have kids yet. I'll be 37 in October, I in the crazy part is never bothered me. Because I've always been a late bloomer. I've never felt the pressure to Oh, I got ahead is, Oh, I got Well, let me take that back. I did for the pressure, but it was at the wrong time. So like when I was in when I was like, 20 when you're 20 you have no context of how old or young you are. So when I was 2021 2223 I just felt like I needed to be married and have kids. And I think that had a lot to do with just growing up in a church like there's a little bit of a pressure to you know, not fornication and make sure you settle down and find your soul mate, evangelists, man of God and all of that. So actually did feel that

pressure as soon as I got out of college, like oh my god, where's my bow as oh my goodness, I need to get married. So I was able to go through that. Oh my gosh, I'm not there yet. Super young. And then I realized I was like Girl, you are super Like it takes a few years for it's a click, which I got my whole life ahead of me to do all of that stuff, right? And so I was just like, just do you just do what feels right and have always taken the road less travel right? Instead of, you know, going to school for engineering nurse and teaching or whatever, I went to school for acting like a shoo, shoo. I don't know, you know, I'm the first of my family to go off to school, I'm gonna go for acting. And for years, I tried it and I pursued it. While all my other friends were establishing a retirement, they were well within their careers. If we went out, they, you know, have money up the wazoo to pay for lobster, crab steak, all that. And I'd be sitting there with \$25 in my account, because I was a starving artist. But I still had the time of my life, because I was on the timeline that was created for my life. So lesson number one that hit me as soon as I put my little toes in that lukewarm water, you are not too old, and it's never too late. I really want you to hear that. Okay, because all of us are on these weird, arbitrary timelines. I should have graduated back. I should be in a healthy relationship. I should have these kids back. I should have so much saved up. I should be having to start my business should be bigger than this. I should have more followers Says who? It is okay to have goals and to aspire to things. But sit down and figure out do I even really want all of that? Okay. You don't I mean, like it I just got my first house, right? But before that, I was perfectly fine in an apartment. And I remember people being like, Well, you know, return is a poor investment and, you know, to each his own but for me, it was like a house. I'm not ready for that. I'm not I don't want to shovel no snow by myself cut no grass by myself. I'm not financially stable. But there was this judgment. Oh, girl, you know, when I go home for Christmas, my family just be looking like shame bringing nobody home. You ain't got no money. You just get your first car you 2728 Yes. Because I am following with Jessica wants to do you know, I mean, and could I have made better choices? Sure. But this is what God had for me. So never feel. You know, I'm too old. Don't be married to that I'm too old. It's too late. Go for it. Right. So that was lesson number one, lesson number two, you can start again and again and again and again again, till you got it. Right. I said I started swimming at the Boys and Girls Club. Then I went to the wreck on the south side of Chicago. And now I'm here again learning the same foundational, you know, techniques that are already kind of No, it don't matter, right. I made a promise to myself. I want to learn how to swim and swim well as will swim confidently right? I want to be able to jump in a nice little like go for a swim and going back and without you know need a helper Phyllis scared or, or just doing it for fun. And you know, I could have wrote it off like, again, I'm too old or messed up or I should have coulda woulda, no, you have right to start over and over and over again. Your life is a notebook. I don't know about y'all. But I'm a stickler for handwriting. Right? And let's say I'm writing my Things To Do list out. And if anything looks sloppy, maybe I'm tearing that page out and I'm starting over again. Why? Because I'm the creator of my life. I get to

choose whatever the heck I want to do, right? And if it don't feel right, and I got to reiterate it or readjust or you know, throw it out, scrap it. Come back, you get to start over again. I love my friend Nisha, Hey, man, you should be listening to it. She is the creator of her businesses called House of Stuyvesant. Right. And when I first met her, it was called shoe brownstone clauses. Right. And Nisha, she is an interior decorator. She loves styling her home. She has she has a minimalistic point of view. Her products that she sells are so beautiful and natural and she gives talent so be sure to follow her. She will be in the show notes. Just go to the Sunday jumpstart calm and click on episode number 113. And we've been friends this entire six years. She's one of my Instagram buddies that turned into a real life friend. And through the years you know, as she's changed from brownstone collectives to Gosh, what was the other one? It was something about minimal dwelling. I can't remember that one. But now it's houses. Stuyvesant Stuyvesant, I'm sorry. I'm sorry, all my Brooklyn people, but each time she'd be like, Oh, I gotta start again. We'd like girls start again. Who cares? We thought me and my friend to share we will follow every new Instagram page, every new blog post, she was she was started and just wasn't filling it, scrap it start again. And you know a lot of people, when they see that be like, Oh, there she go. She I thought she said it was called This is Tam and I thought she did. I respect people as like, you know what, that doesn't fit for me. Let me try again. Now, now that she has been able able to readjust and pivot. Now that she has this brand. It is the most clearest that I've seen her, you know what I mean? She is out here, posting her stuff with confidence. People are loving everything, all of her products. I got some of her products I'm on there. And you know, now stalking, you know, some of her new candles and lotions that she has, it is okay to start over. And over and over again. It took me so my idea for the podcast came to me in 2015. If you go back and look at my podcast episodes, my first episode didn't come out until December 2017. Now, that was the first episode that I published. But I had an arsenal of about 20 episodes and I was started, do a whole episode, put it in the podcast hosting to upload it. And then I scrap it just like nope is not good enough. No, I did it for two years. Some people call it procrastination or not having confidence. I don't care what you call it. Okay, as long as you bounce back, if you still have that desire, you have the right it is your God given right to pick yourself up again and start again. So go ahead and rewrite that mission statement. Go ahead and change the name. Go ahead, keep the name and just start it again. renew the license, you know, do what you got to do. Go revamp the products go do whatever you get to do you get to reinvent yourself because why? The moral of the story today is it's your life. The only person that you have to you know, to begin to is yourself right? You don't have to go off and nobody else's will for your life but you in God which I'll be talking about between each other everybody else. At the end of the day, it kind of doesn't matter, right? You go after the things that are purposed in your heart. And if you have to start at time and time again, it is okay. Just keep at it. Right. So number three, it is okay to not be perfect, right? It was my first day back in a pool and a couple years. I know what I was doing. You know, I

thought I did like Oh, let me just see now I can remember. No, I messed up. And there's freedom in messing up because you get to learn right? If I got an error and did everything perfectly well, I did. I wouldn't need the lessons right I would have wasted my \$54 but me going in there messy, imperfect, embarrassing myself, I got snot running down the thing. I'm swallowing water, I wouldn't have been my instructor come over and correct me and guide me and show me You know what? This time I want you to point your toes right? You pointing your toes and flexing your foot will help you glide better. Okay, cool. I implemented the advice and guess what? I'm swimming better. Okay. We do not have to be perfect. In fact, you learn more you grow more people become more attracted to you when you are a little bit messy. Isn't embarrassing. Yeah, a little bit. You know what we'd like it to be seamless? Sure, of course not. Right. But that's not where the growth is. The growth is in the muck and the mire and the blood sweat and tears now is that to say that you shouldn't put your best foot forward? Absolutely not. Do your best Put out your best foot forward, right? Put out your best effort. But if perfection is keeping you from taking any action, then you got to stop right there, show up and do the messy version. And then edit later, right. The editing comes from you doing it more and more and more. So it is okay to be perfect. My fourth lesson. Have fun, just have fun. Okay, when I got in the swimming pool, I was like, Oh, so the swim team was practicing right next to us, right? And these people was in there jumping in. Don't you know like doing breaststroke, backstroke tongue all down the throat, whatever. You know, they were they were just masterfully swimming. And I was like, oh, what if at the end of this, I could join the swim team, right? Just competitive sodomy is like, Oh, I could do that. And that's fine. That could be a goal, but it was I but also what have you just did this every Wednesday just because it's fun. And it was like, you know, well, if I make the swim team eventually cool and go off to the Olympics and become Michael Phelps. That'd be an awesome story. But another awesome story is that I did something just because it I had to play for an hour, 15 minutes, every Wednesday for five weeks. It is okay to have fun in your life and in your business. You don't have to spend every waking hour of your life hustling, grinding, learning more expanding, scaling, strategizing those, it's necessary right? It is a necessary part of life. And there are seasons there will be seasons where you are really focused and grinding it out and isolating yourself. I'm not knocking it. But I'm, I'm speaking from experience when that's all you do, is suck the life out of you. You begin to resent the gift and the call and you begin to be like, man, why am I even doing all this? I'm tired. I'm sick of it. In order to combat that or to avoid it completely. Avoid it completely. Start getting back to fun. When was the last time you did something that was absolutely fun, then you ain't gotta be a no pool like me panel. \$54 When was the last time you just turned on some music up loud a went in your living room and just danced in front of the mirror for like 30 minutes. I'm talking full blown concert. in heels you change into a cute little outfit. Maybe throw a wig on a rock the hell out. When was the last time you did that was fun for you. It's fun baking what was the last time you bake some cookies. It's been sent up in the mirror doing



your hair. It's fun going out with your kids and just getting on the swings with them. And playing is fun. Just sit up and watch the TV which a bowl thing is fun playing on your phone. I got this game car read the core, where I just decorate houses all day. Oh, that's it. That's fun. For me. It's fun sitting down reading the book is fun taking pictures, cute pictures, but Instagram is fun trying to build a new website. What does fun look like for you? is a swimming isn't is it picking back up the violin? Is it getting a mic and singing it again on a mic and creating the podcast? What is fun? And it's funny I did an interview with Tony and I love her so much. She's from the real happy mom podcast. Her episode will be airing I think in April. But um we she was like, you know us miles. We got her scheduling the fun. And I was like, Well how do you know was fun, I felt like I lost that part of myself that knew what fun is. Especially during quarantine. And because we don't have the luxury of just going out to restaurants. But then I was like but Jessica just going out to restaurants to eat and drink and that can't be the only the only fun especially because we don't have access to that anymore. So I've been on a quest to find fun again. And what I recommend doing is getting your local rec center or libraries pamphlet right their brochure ours comes out I think every quarter and just seeing what do they have to offer? Is it sewing classes in there? Is it editing classes they got our Rec Center has like robotics class they have acting improv hip hop ballet for adult. Like it's so much out there and I was just going through highlighting what does bond look like for me. Oh, I used to love ballet circle that. Oh, I love hip hop circle that Whoo, tap that before. Okay. What is fun look like right? Go and read a few magazines. Go on YouTube, find what fun looks like and then start to schedule it in every week if you can afford it, right and again, it doesn't have to be all I'm gonna take myself here or I'm gonna do this. It could be at the house. You know what this Thursday I need to have a dance party after work. Or you know what, Tuesday I love to sing. I'm going to my little garage man and rock the hell out schedule in the fun it is okay to have fun. So, okay, so at this point of the lessons we're halfway through, she had us do I think was called streamlining. I'm so sorry. Instructor if I mess this up, where you know, you just put your hands in front of you on that weight and you kind of kick and swim across the pool. Then I think she had us blowing bubbles back and forth. And then I think what else did we do? We started walking doing the different strokes just rotating our arm. And then she was like alright, Cha. I want you guys to flow on your backs. There was a girl wait. I don't know why floating on my back has been scary for me because it just looks like wait, nothing is supporting you wait, won't you drown if you put your back backwards, right if you just dip backwards. And so she was like, Alright, this is what we're gonna do. When you float backwards, you just lay back you have to relax and Zen out. You have to do your starfish polls. Make sure your chest and your stomach is up and look up right and she's like me, john. God, I can't remember the other girl name will be, you know, behind you to support you. And so of course, the old lady, the mature woman, I'm sorry. Oh, lady, that's the mature woman who was in our class. Sheila. I go first and she went back and did it. It was like, ooh, girl go off. And I think the teenager with it

was like, oh, okay, yeah, they want it. You know, I built up my confidence. I think boo went next. And it was my turn. And she was like, okay, just just fall back. And I was like, are your hands behind me? She was like, yep. But I could not feel her hands on my back. It was like, babe, I need you to touch me touch me with the hem of your garment. Touch my back. So I know you have my back. But she kind of Wasn't she was just like, well, you have to lean back for me to touch it back. So it basically was this whole trust exercise. So I feel myself starting to panic, mind you, we only like fafi to water. I'm five, seven. Maybe we were in four feet. Okay, fast seven. If I put my feet down, I'm touching the ground. Right? So she was like, Jessica, seriously, relax, breathe. And I meditate. do yoga. I do movement classes. I know the importance of breath work. But for some reason, I just got panicked. So I'm comedy now. She's like, just breathe. Let's see now. Just all the worries of today. Let it go into the water. So I'm like, Okay, I'm brave, right. So a tip my head back and my back and I make sure my stomach is reaching up and my chest is reaching up and my face is reaching up. And I'm floating, and I can barely feel her touching. Like my shoulder blades, my back or whatever. She's just whispering Good, good. But the issue is that my breathing, I was kind of breathing like this. I just, I'm panicked. I'm trying my hardest to relax. But I'm just, I'm just going through and she's like, Jessica, seriously, relax. And so she's like, just laying back further and further. I lean she lets me go. But I'm I'm floating, but I'm still just breathing pretty hard. She's like, relax, and she's not touching me anymore. And I feel myself floating. But my hair is deeper into Thank y'all. I had a swimming cap and I punched a hole in it. I could feel my hair getting wet. I just wasn't there. So I'm like, Can you grab me? And she I don't think she grabbed me fast enough. I was like, Can you pick me up late, you know, just did that whole thing. So I put my feet on the ground. She's like, what happened? I'm just like, I don't know, I was kind of having a panic attack. And she's like, it's okay. It feels counterintuitive. But she was like you have you the only way that floating works is if you relax. And if you trust yourself, she's like your body naturally, is, uh, is buoyant. Right? It will turn into a flotation device. If you just trust yourself. So lean back, we're gonna try this again. Breathe. Lean back. Do your starfish. Put your chest and yours belly up, look for deep breath in, deep breath out. And I do it. And I'm like, Okay, I got this and she's not touching me at all. And I'm looking up and I'm like, Okay, I'm doing it. And I can feel that creeping up again. She's like, I got you. It's okay. Just breathe. And I close my eyes. And I'm floating. And I'm just like, Jessica, you got this. Everything is fine. You everything is here. You're okay, you're supported. And I flew, I just float there for what felt like 20 minutes, but maybe it was only two. And that was that. And in that moment, I learned quite a few things, right? trying new things is scary. challenging yourself to step out of your comfort zone is scary, right? Doing something that is so foreign to yourself. Whether whether they're swimming, or starting a business, or dating again, or asking, you know, hey, I need more space. Can we break up asking for the promotion? looking for a new job? All of that is scary, right? And naturally, our bodies want to panic like girl What are we doing? We were safe over here me on dry land. did nobody tell you? You had to get



in the pool to have fun and show you I'm not hustling? No mo you know you had the flex that muscle? What are you doing? And the thing is, is that that's a very valid filler. It is okay to feel fear. Right? And I've been really trying to get into the practice of not dismissing not being like Ah, you know, I want to be fearless. Well, fear I always say this serves us right should be kind of concerned about drowning because I'm in water, you should become a little bit concerned about starting a business because the recession or the economy or, you know, you should be nervous about dating again, because, you know, it's just weird out here, right? But the idea is that fear informs you of how to make safer decisions like okay, well, if I'm nervous about driving, the instructor offered us lifeboats right here. Let me put that on. If I'm scared about starting a business, okay, you're right. Maybe I can hook up with my local alderman and take some classes about business in Chicago. Okay, cool. If dating is pretty scary, how can I do that in a positive manner? Maybe Tinder isn't the way for me to go. Because it's free. Maybe I should pay for Coffee Meets Bagel or whatever, to try to increase my chances of meeting someone that might be a little bit more quality. Right. So fear isn't like this cynical, maniacal thing that's against this sometimes our fears. I just want you to think about this, right? So you can't be 100% anti fear, it really does help us out, but you cannot be swallowed by it. Right? So I'm sitting there, and I'm freaking out. But it's like, I have to learn how to float that is a part of swimming. So what will I do? I'm going to say hey, listen, I know it feels quite crazy and scary right now. But brief, connect to your breath. Close your eyes. Everything you need is within you. Literally My body is a natural life jacket. Right? If I just puff out my chest, pull up my stomach, lean back, breathe, do my starfish thing.



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Jessica Lauren 31:46

do the help of science and gravity and buoyancy. I will flow. And I have to trust that, right. So when you take your leap of faith in life, that's scary. Right? And you're not doing it all willy nilly emotionally, you, EFF this job. I'm out of here. Now, if you've done work, you've done your research, you've validated your product, you've talked to customers, you've auditioned you've whatever, if you've done the work, then just go for it right? is going to be scary. It is an evitable it just is right. But when you calm down, and breathe and just realize I got the sauce, right. And even at the moments where I don't have it. I am supported, always in always, by the Most High right? my instructor was right there the entire time. Not only was she there, my two other instructors were there. Not only were they there, my classmates were there. Not only were they there, the swim team was right next to me. Not only were they there, the doggone lifeguard, two of them, were right there, I am always

supported and all that I do. It may not look like it, it may not feel like it flow. It feels crazy and weird, but I am always supported. Support is always by me. But I have to slow down that breath and think I got this everything that I need is within me lean back further, the more I resist and tried to you know, oh, let me currently and maybe if I flap my wings a little bit better. No, it made me panic even more. But when I leaned back further into the instructions of what she was telling me, guess what I floated. So that was a major lesson for me. I am always supported and Everything I need is in me my buoyancy is in me I am the life jacket. And when I feel like my life jacket is getting a little you know, hey this thing get loose. God is with you. Just every step of the way. Your family your friends, that that go go work husband, your work wife, yo, yo crew from high school, your skating club, whoever your people are, they are there rooting you on. And then outside of that there are people that you don't even know yet that is already gearing up to be such a blessing in your life. That is gearing up to be your next companion, your next investor, your biggest cheerleader, but first you have to lean back right? Your every step is supported in all ways. Always. And when you need help, just like I did, can you touch my back? Can you get me out? Ask for it. God I need you right now. I don't know what I'm doing. Can you bless me with the resources that I need to make this happen? Can you help me stumble across upon your Instagram just show you ads that you was thinking of God direct the right ads to me Help me find the right course class webinar. Whatever I need. Help me to meet the right person in the grocery store. I can help me link up with this right person helped me to learn this new technique, hell on Skillshare or YouTube or something that opened my eyes, give me the opportunities that will spark my curiosity and get me energized about something new helped me to find the right TV show where they drop out jams that gets me motivated helped me to get an email from somebody that's like, hey, I've been listening to your show. Do you want to write a book? Lord directs my path. I need your help. I don't know how to flow. I've never floated before. But I know once I lean back into it, right? Then the instructions will come I did a whole episode called the truth about clarity. And how we think in order for us to make our next step I gotta have clarity with a gig is is that you only get clarity. Once you make that first step is just like a GPS. If you type in an address right now, Siri is not going to say, Well, first of all, you know, you make a right turn on homestead, you make a left on Lake and then 2.5 magical and get on to Atlanta, Florida, you're gonna switch the app, the paddling or traffic violations, you know, the first thing she can do is say, head south, on homestead. Once you hear sofar ha, stare, she's gonna be like 0.2 miles, make a right. Once you make that right, and 29 miles, get off at exit one, you know what I'm saying? But if she revealed everything all at once, how would you know where to start? How would you know where to go? You'll be confused. Right? The first step is taking the first step, lean and back trust the net flow, right? And then from there, everything else will follow. y'all get what I'm saying. So that's everything that I'm learning from swimming is so funny how gorgeous teaches you so many lessons in the most random places and spaces. So I just wanted to share that with you. While it was

fresh on my heart. I've been loving just putting myself in this new environment. And that's the thing about trying something new. It gives you a new perspective on life. You know what I mean? Just try anything new. If you never played an instrument, pick one up, go take a lesson somewhere, try a single I don't know. But challenge yourself to follow the curiosity to follow the wonder to be an or to be a student to be a mess up to be a failure. Right. And, and you'd be surprised how much you learn. Okay, so listen, thank you so much for joining me today and for listening to me. As always, if I mentioned anything in today's episode that resonated with you, but you didn't get a chance to jot it down. Do not worry about your back. Just go to the Sunday jumpstart podcast. No, what am I talking about the Sunday jumpstart.com and click on episode 113. Everything that I talked about will be there so you can link it click it all that jazz. If you want to hang out with me outside of the podcast. Be sure to follow along on Instagram. The handle is at the sundae jumpstart. Special shout out goes out to Pamela Renee she has been doing such a great job helping me come up with social media graphics and just doing all of the beautiful things over there. Thank you Pam so much for all your hard work your hard work. And that's pretty much it y'all. I love you. I will be back this Wednesday with a quick tip. That is our quick little fat minute episodes that will just help you finish the week strong. All right, you guys stay encouraged, be blessed. And I will see you next time. Bye