



Episode No. 114 I Don't Know Who Needs To Hear This But Keep...

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SPEAKERS

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J Jessica Lauren 00:00
Hello and welcome to the Sunday jumpstart podcast, a weekly podcast helping goal getters, dis excuses, do the work and make this happen. My name is Jessica Lauren, and you are listening to episode number 114. Hey, y'all. Hey, welcome back to this week's episode of the s. j. s podcast. Happy Sunday. Thank you so much for spending just a couple minutes with me here on the podcast. I pray that today that you have space somewhere in that schedule of yours to sit your butt down somewhere, and relax, okay, and release all of the drama and trauma that happened last week, that you are giving yourself some space just to be steel, whatever stillness looks like for you. Sometimes stillness for me is like let's say I just want to put on Anita Baker and clean up my house or I might want to sit down and join in on my church online. Or it could be you know, just, I don't know, sit down and just watch an HDTV, whatever stillness and quiet and just self care looks like for you. I hope that you get to do it today. So what are we talking about today? Today? I don't know who needs to hear this. But baby you guys to keep all going? Well, I do know who needs to hear this. It was me by settlements. And I say again, I don't talk about nothing on this podcast that I am not currently going through or recently got over now. I have been feeling this overwhelming sense that I just kind of want to give up a little bit. I hate to say it because I feel like I'm the number one go get a productivity. I got this hustle all day, you know, manifest Queen, but your girl has been chronically tired. Now let's explore why we'll Well number one, we still have a pandemic. And you know,

there's been a lot of talks that about how much bad news or how long can we be cooped up without it wearing us the hell out I am there right is the pandemic number two is because I'm still adjusting to working a full time job. I am you know, approaching my one year anniversary at my job. And for those of you that are new, I prior to working this job, I hadn't worked a real job since 2013. I have freelance and acted that entire time. Right. I was on tour with different shows all sets in Odessa. So this is my first time going to work every Tuesday through Saturday. Okay. And throughout this whole pandemic, there have been times where we might have worked from home for a couple of weeks. But for the most part, since last March, I have been going hard in the paint. So am I tired and still adjusting from juggling what it is to be an entrepreneurship entrepreneur with a nine to five Hail to the Yes, on top of a lot of changes has been going on in my life all positive, right? I'm making more money. I'm making more money in my business. I'm in a healthy relationship. I just got a house, all good things, but there are still things that I'm just adjusting to right. Am I fatigued from not seeing my family in a year? Absolutely. You know what I mean? Why did I want to give up the towel for a couple of weeks chat. I felt like I was on my period for three whole months. Like it just was a lot going on. That has been contributing to me feeling flat out burned out, right. And it wasn't necessarily the podcast or blog or any of that stuff. It was just me as a whole. I'm just tired. And I've just been you know, in the mornings when I get a chance to meditate and pray and journal just like God, please give me the love and the passion that I have for my gifts when I first started back in 2015 give it back because right now I am so dry, you know just just literally exhausted when I get home from work. So my schedule I work from the crack of dawn till about three o'clock like literally I leave the house at like 530 in the morning to get to work. And I get off at two but by the time I do my hour commute you know like I'm commuting now when I used to live up the street from the store. It's just a lot but a time I get home cooked dinner you know, try to you know, go to my swim lessons, spend time with my booth, spend time with whoever I am burned out. And it was starting to create some resentment in my business and my creative endeavors like I still got stuff to do no matter what I am always working. You know, Sundays and Mondays are my days off and never You know, some Saturday nights when I would get off of work like at six, seven, I wouldn't get home till eight o'clock, where I have to chug away and do the podcast. And I'd be like, you know what, God, I'm grateful that for this, I'm grateful for this gift. I love my work, but I'm resenting it because I am tired. Am I at a point after six years where it's just time to give up, I don't pivoted a million times, and I took breaks and all that stuff. I'm tired. And I'm really grateful how God works things out. As I was saying all that and just crying and meditation like, please give me back this passionate energy and all that stuff. I actually interviewed treasure Mallory treasure is the founder and a creative behind the game Mallory, I am obsessed with her bag. She is a leather worker. Like she makes beautiful, beautiful handbags out of leather. She is a black woman, honey, and it's not too many black women or women of color in that field. So she's coming on the show in a couple of

weeks. And I'm just so grateful for talking to her because she was sharing her story. And I can't wait for you guys to hear it. I'm not gonna do any spoilers, but treasure has been through so much. But through all she's kept going, and we've been in the game pretty much around the same, like the time and she what she said to me was just like, Jessica, I can't go back to where I was, before I met my gift. And that just stuck with me. It just hit me. And another thing she said was just like Jessica is supposed to be hard. You're supposed to be tired supposed to be difficult, right? What we're doing when you step outside of your comfort zone, it doesn't have to be for no side hustle or no business just anywhere in your life. Right? When you step outside your comfort zone and say, Hey, I'm ready to date. Again, when you step outside of your comfort zone and say, Hey, actually, I need that divorce when you step outside of your comfort zone and say, Hey, you know what, I really do want to get closer to God, or Hey, I want to be in the best shape of my life where Hey, I do want to go to therapy, or Hey, I'm tired of living like this, or Hey, I don't want to live paycheck to paycheck no more. I do want to have wealth and riches and luxury in my life. You are going to face obstacles. That's the yin and the yang of life, right? Without darkness. There is no light without light. There is no like it just goes hand in hand. Right? That got to be a bad guy in the movie. Right? And so we're in the season now being that we're smack dab in the middle of March, right? Where the excitement and the enthusiasm for that thing is starting to wear off right? And is not you is nothing you do you not no bad person you not you don't have you know, a lot of times we think like, Oh, I'm not hustling hard enough, or Oh, I'm not, you know, motivated enough? No, there is science behind why you're starting to fall off why you're wanting to quit a quote in the Journal of consumer psychology. And this article will be linked in the show notes. So go to the Sunday jumpstart.com and click on episode number 114. It says scientists from the University of Winnipeg and the University of Manitoba, propose that our motivation changes as we move toward a goal. We're inspired by hope and positive outcomes at the beginning. But as we continue, we start to focus on responsibilities and the fear of negative outcomes. And it's often this fear that holds our progress. And it can turn into a demoralizing spiral. You leave a trail of unfinished or poorly handled tasks in your wake. And every morning you lie in bed hennas snooze on your alarm filled with Doom laden says that you'll never finish or succeed, right? It is a cycle. So one day you sit down minding your own business, and boom, an idea comes over you, y'all if you haven't had a chance, go back and listen to the episode called creating a good idea on a regular right and we talk about the spirituality of ideas, go back and listen to it. I heard about this phenomenon in the book, Big Magic by Elizabeth Gilbert, but I go in depth about why ideas overtake you why sometimes it feels like somebody else has no idea but you beat to beat it to the punch. Go back and listen to that episode, right? But anyway, one day you're minding your business and I an idea comes over you. You're like, wow, you know, I could start this business or I should start this podcast or, you know, I should take better care of myself, y'all. I have been having an overwhelming sense that I need to have more fun,

right? And it's also been a felon and me I want to be surrounded by more beauty. I need fun and be Yeah my life right. So I get excited like okay, what can I do this more beautiful What can I do? That's more fun. Okay, let me sign up for swimming classes. Let me sign up, you know to go skydiving, I fly. Let me sign up, you know, for a pottery class, let me explore these things. I'm excited. I'm all here. When I first started blogging, y'all, you can take my computer away from me if you were offering me a million dollars. That's how hooked up I was on it. And I don't know how but that euphoria lasted for years, right? And of course, there were times where I had doubts, doubts and failures. I've had public failures. I talk about that. In an episode that's talked about his time we talk about that F word it is all about failing and being embarrassed but failing fast go check that out. It'll be in the show notes but but through our I still had this Oh, I can't wait. I'm almost there. But then what winds up happening is that that motivation, that enthusiasm, that joy, that glittery feeling just like in a relationship is starts to wane. Right? And then you start you know how it is when you first meet your boy you're like, Oh my God, he's so cute. Oh my God, he's so sexy. Everything is he do is cute. He felt funny. I love laugh. Did you know at the time progresses you like I can't man if this boy laughed, allow one more time. I'm going to kick his as as you feel me after. Wow, that dream job that she was like, Oh my god, I can't wait to get a job. Pray for me. It's gonna be paying me \$90,000 I can't wait when I do. There you be like you at that job. Like if my boss come in here one more time to put one more bag on my desk. I'm going to scream. You know the children. You want to pray for God give me an angel. Give me a miracle. They over here turn up your couch. Throwing up on is not only you sitting there like Lord, right? It is only natural that the berry thing that we want it. Right. The glitz and the glam starts to go because it comes with responsibilities. You have to show up and be your best and do the work and get dirty and fail and fail miserably and cry and snack and not get enough likes and not get no sale and not make enough money and not make your sales goal. And have somebody surpass you that started after you. You won't have to watch all of that happen in your face. Does that mean you're supposed to give up? No. It just means that baby you are on the right track. That is what happens when you have goals and dreams in your life. If you don't want to deal with none of that don't have no goals and dreams go and stay in your own little bubble. That's fine. I'm not knocking that. But when you decide to be brave enough to step outside of your comfort zone, you best believe it you are going to face some challenges, right? It just comes with the territory should you give up? Absolutely not that thing that's within you. Right? That that sense that came over you right? The feeling like I could do better for myself. The feeling that I need a different type of relationship. The observation that Listen, I'm tired of living paycheck to paycheck. I need some more money. I'm tired of feeling. And yeah, well, I woke up a few stairs. I'm wented Okay, and it's because I'm not as active as I used to be y'all before I had my car I used to walk everywhere walk miles every day. That mileage baby is gone because your girl got a car. You know, I'm saying I'm not as active as I used to be. Do I want to feel when they're going

up the stairs? No. So I need to make some changes, right? Will it feel crazy? Absolutely. When I get in that swimming pool to my swim lessons and and swim just for a few seconds. I am out of breath. Right? Could I give up? Yeah, but then dang you know, I mean like, Why give up because it's hard right? The only way it gets easy is if you get through the hard parts. Will it hurt? Will you be sore? Will you be embarrassed? Yes, all of the above. But God it is so much more beautiful and satisfying on the other end of failure on the other end of embarrassment on the other end of you know, the negative thinking Am I not enough? My mom said I couldn't do this at the under other end of that is your peace of mind is your financial stability is a healthy relationship is your dream home is your dream job is your dream life is your dream disposition. Right. A lot of us don't even have goals that have you know, some type of tangibility tangibility to it. A lot of us just want to feel at peace, feel an everlasting sense of joy feel, you know, the anxiety go away. Okay. But what does it take to get that to get to the goals you know what it takes perseverance, right? perseverance you have to be so determined that no matter what I am not giving up on myself, and the promises I made to myself, or the visions that I know God gave to me, or the curiosities that popped up on me that I know that income by accident or the things that I'm attracted to, or the experiences I want to feel, I deserve to have peace in my life. I am worthy of abundance. I am worthy of all my wildest dreams come true. I just have to work for it right? Now. Here's the thing, right? It is okay to be absolutely tired and need a break. Now, I'm not talking about the type of breaks I'd be taking. Right? I'd be like, you know what, but the next hour, I'm going to sit down, but then after that, I'm going to try to tackle tomorrow million things. No, I am talking about one of those. Listen, y'all ain't gonna be on social media or a blog or a podcast, but two weeks, I need to literally sit down and not use my computer not touch my phone because it is draining me. I need to go put my feet in some grass, soak up some sun, get some vitamin D some fresh air my spirit I need to drink my water. And I can't do that when I'm on this rigorous crazy, you know, arbitrary schedule that I've put myself on because I am still in hustle grind machine mode. newsflash, we are not gears. In a machine. We are not machines. We are not robots. You and I are human. And we are not created to be working 24 seven, whether that's on our dreams or someone else's. If you need a break, take a real break. Go out set, walk your dog, read your book, turn on some music and dance. Sit down and be quiet. Go ahead and put on insight timer and try to meditate for the first time in your life. Go ahead and read the Bible, write a poem, write it write poetry, sit down and write out some plans, brainstorm something, talk to a good friend, talk to Grandma, if she's still here, talk to your mother, listen to your elders, do something that will feed your soul. You ain't got to be old all the time. And I bet you that being on is what is slowing you doubt be an old 24 seven is what is hurting you. You deserve some time to yourself, right? We've said it once and we said it again. Your relationship with yourself is the most important relationship you have because it's the only one you will be in forever. And no person place or thing should come before that even if it is your own dreams, right? You still deserve some time with

yourself. Okay? And, and for me what that looks like a lot of time, I just come in my office, lay on my floor, put on a meditation, and I put my left hand over my heart and my right hand on my stomach that mimics a self hug. And a lot of times I just say Jessica, I hear you and I am with you. I am listening. I love you. God loves you. You are okay, you are exactly where you need to be. When was the last time you loved on yourself. And I'm talking about a deep type of love that I got nothing to do again the bath bomb at lush, although that can be a form of self care. It also is just great. You deserve to take a bath, right? But when was the last time you stopped and look the net mirror and said I'm proud of you. I'm proud of you for everything you have made it through for all the things that you are doing now. I'm proud of you for even thinking of working up the courage to step outside of your comfort zone. I forgive you for the times where you messed up. It's okay. It is okay. I forgive you for the times where you fail. It's okay baby, you every opportunity. Every every day that you wake up right is an opportunity for you to make different choices in your life. better choices, life field choices, peace field choices, Troy field choices. You don't have to stay a prisoner to pass. You don't have to stay a prisoner to somebody else's narrative that they try to project onto you. You can read eventual self right now in this moment on this Sunday and say I'm not who I used to be. Right you can visualize the life that you want to live. Here's some good news. You are a creator. Your words have the power to change the course of your life. Your thoughts alone have the power to change and redirect your path to somewhere you actually want to be right. Your your actions, when they are aligned with your thoughts and your words and with God's vision for your life that you don't pray to meditated about it. Your actions can change the very course of your life, you don't have to stay stuck, what you have to do is to keep going, just keep going mean, keep going fast. No, you could keep going slow. Just keep going mean, I have to work at it every single day, even when I'm tired, no, keep going to me. And you know what, I'm going to work on this for an hour each day. But you have to keep going, you cannot give up. Now, there are times where you need to pivot, I have an episode about that. That'll be in the show notes. There are times when you need to let go of something. There's a whole episode about that. I will leave it in the show notes. But I'm talking about those things within you that you know, you can't give up on that, you know, God put a purpose in your heart for that thing, that vision. That's the thing I'm telling you not to give up on. Okay, if you got to change courses and redirect and sit down for a second do that, but you got to keep going listen to temptation to quit, will be the strongest right before the break through. The temptation to quit will be the strongest right before the break through you are on the cusp of something. I don't know if it'll happen today, tonight, this month, but you get me there. But the only transportation to get there is if you keep walking through the hard times, keep going the good times, keep going the mediocre times, keep going when you're bored, keep going when you're stagnant. Keep going. When a nobody believes in you keep going when your family won't buy your stuff. Keep going. When your audience changes, keep going. When life changes, keep going when the

algorithm changes, keep going because you owe it to yourself. You owe it to yourself. So what do you do when you legit want to give up? Well, before you give up, I beg of you give yourself permission this weekend, this Sunday, to get some rest, whatever rest means for you do it right and rest doesn't have to be sleeping for 12 hours, you know, you ain't got to mess up your sleep schedule. What does rest mean for you? Is it just you know what I'm gonna just turn off my computer for the day, I'm gonna turn off my phone, I'm gonna go for a walk in nature. I'm a pain. I'm a cook, I go and do nothing. Give yourself permission to do just that. It is okay to be tired. It is okay to be exhausted. Just like me. There are probably other factors that are that are impacting your dream work, right? Could it be your cycle? Change it? Could it be your responsibilities at home or at work? All of those things are adding to it right? So take a break. Okay. Another thing you can ask yourself as are you doing too much? And is there a way that you can scale back a little? I don't know who said it. If it was Confucius, Buddha, Moses, one of them said, you know, in order to move a mountain, you have to start with the smallest of pebbles, right? We think that you know, once we start the thing, right? Whether is I want to get more active, or I want to start this business or I want to take better care of myself. You be like I need to go to therapy seven times a week to get healing. Yeah, now it's not gonna work like that things take time. And you have to start super duper small, right? You can't do it all in one day. Right? So what are some things just one thing? Check out that episode, the just one thing episode where we talk about just doing one thing each day, if that's the schedule you're on, right? So instead of being like, you know what, let me write out this list that has 60 things to do with this just one thing that you can do today that will push the needle forward a little bit in your dream Chase, right? And is not the you know, productive procrastination. That is when you are like, Oh my gosh, let me check my email again, or Oh my God, I got to answer my DMS on Instagram. Those are things that you need to do. Will it necessarily just like satisfy your soul that you got it done and move the needle for not necessarily right, but what is something you can do? You know what one thing I can do today is pitch that brand I've been dreaming of working hard right? Whether that entail Okay, let me make my pitch deck, let me come up with a clear and concise idea. And let me send the email that is your just one thing that can move the needle for if you've been dreaming of getting out the hood, y'all. I been there Baby, I loves my apartment, but my neighborhood Chad, you had to dodge bullets every which way I was living South Shore over east. If you from Chicago, you know what I'm talking about? And I would every day, it was, gosh, what's the name of that? You too? Oh, man. I can't think of it. But they would show love tours in a West loop. And I would watch it. Every time that man released a new video, it would be like eight laughs a day. And I would sit there and just be like, I can live there. I can have that. That is my dream every single day. Right? And it and just see in it. It'd be like, Okay, so what do you need to do in order to get that dream life that you've always dreamt up? Okay, well, I can't get that dream life workout working. You know, at the time, my production work dried off, dry up, rather and granite. I was

making money in my business. But it wasn't enough to be like, okay, I can live off this completely full time. Right? So it was like, Okay, what do I need to do? Do I need to go harder in my business? Do I need to buckle down and just get a nine to five? Do I need to hustle on the side? What do I need to do? Oh, also, you know, maybe I could be working on my credit and all of that stuff. Right? So then it was like, instead of getting overwhelmed by all of those things, what is just one thing that I could do? Well, for me, it was like, Okay, let me you know, pray about getting some full time income. Let me start figuring out what that looks like, Well, how do I want to show up in the in the corporate setting and figure that out? Right? So first things first, get take a break, get some rest. But then after that figure out, are you doing too much, which we as go getters have a tendency to do, right? Because we're super motivated and passionate. And just because you can multitask doesn't mean that you need to just because you can get 80 things done in a day doesn't necessarily mean you have to, but what you can focus on is what are some things that will definitely push me forward in my dream tech Chase. Right. Okay, another question you can ask yourself is, can I pivot somehow, right? So for me, I had the blog, right? And is it was doing well and around like 2019 I felt like okay, I'm writing too much. I'm doing a podcast too much. Something's got to give because I'm getting tired. That's First of all, entrepreneurship, you just gonna be tired, right? But I just was like, exhausted. So I was like, Okay, let's pivot a little bit with giving you more bang for your buck. For me at the time. It was the podcast. The podcast was growing rapidly and I'm getting a stronger listenership. Okay, that means I need to cut back on what I'm doing over in a blog. I was writing like four posts a week, right? pivot cat, is there a space where you could be like, you know what, I could cut back here. I could change my business model a little bit here. I can, you know, show up one less day a week, where can you pivot? Also, is it time to invest a little more, sometimes you're just tired because you're doing everything by yourself? is now a good time where you can invest in getting some type of support right? Whether that's hiring out shout out to the Pamela Rene's She is my social media content creator for the podcast, she helps me out with so many things and she's just a good friend, right? Shout out to Brittany Harris, she was my virtual assistant. There have been times was I can't do this, I gotta hire out. Or even if you're not hiring people out directly, can you get instacart? You know, so that you can focus on your dream work a little bit more or less somebody else do the grocery shopping? And it doesn't necessarily always have to be financial, right? If you are feeling burned out and completely over it, can you invest in yourself or your endeavor or your new venture? By simply finding a new podcast that will help you out a little bit better, right? So I've been focusing on just really get my newsletter back out there. I instead of listening to you know, This American Life everyday or how I built this, it's like, Okay, let me switch it up and really delve into Kate jousters podcast, which is called inbox bestie or the newsletter crew, that's another podcast right? You can invest in yourself by up in your knowledge or focusing more on one thing Can you invest in yourself more perhaps by reading a book or checking out a

masterclass? Can you invest in yourself? Now we'll get back to financially by hiring a coach, you know, I mean, is it that you just need help, and a mentor or something, right? If that's the case, and you are in a space where you can invest the time or the money, please do it, you'll be better off for it. When I hired my coach, things just opened up for me drastically, because it was like sometimes you get to a point where you, you've bootstrapped it enough, right? Where you're just like I did all I can do let me invest my money, or my time or my efforts in somewhere else to get a different result. A lot of times that can help you out. Are you distracted? You know, do you want to give up? Because you're spending so much time on social media, comparing yourself to somebody else? Do you want to give up because you're so distracted by TV or by music, or by you know, whatever. And a lot of times we distract ourselves out of fear, right? I go through there all the time, I'll just be sitting on my phone watching YouTube gossip drama channels, or, you know, just scrolling on Instagram, and I know I got stuff to do I know that my, you know, it's not helping me grow in any way or edify me. And granted, there are times and spaces where you just need to zone out and entertain. But for me, it was becoming an everyday habit. It was just, I knew I was hiding and running from things, right. Why are you running? What are you running from? Write it a lot of times, it is not only the fear of failure, but the fear of success? Who will I be? If I finally you know, stop playing the victim in my life, you know, who will I be? If I finally get some money? And I, you know, will my family think I changed on them? Right? If I finally start, you know, dipping my toe into buying luxury items, will my family be like what that you know, you forgot where you came from? You think you better than me? If my business is successful? Will it ruin my relationship with my partner, right? Because I'm making more money than them, right? A lot of times we self sabotage ourselves because of fear. And one of the biggest self sabotage worries is distractions. And right now is social media in our phones, because it's instant, I can distract myself right now. Matter of fact, a lot of times when I'm editing the podcast, like I will stop recording, go back and edit if I mess up. And I'll be like, Jessica, listen, so that you know where to cut it. I'm already on my phone. Oh, and by the way, I'm just scrolling, responding to DMS, it's like girls single task, focus on one thing at a time you can't. Your podcast can't be excellent if you're always trying to multitask and do 50 different things, right? So if you're feeling like you're giving up Is it because you are simply distracted in your life, Natalie Lou, I talk about her all the time. She's my big sister in my head. She is the host of the podcast, the baggage reclaim sessions, be sure to check that out. But she came on the show and talked about situation ships. I was the queen of situations just back in the day, and she said something that stuck with me forever. She said a lot of times, us women in particular, will get in a new situation ship or relationship right when we are doing our best. And it is a form of distracting ourselves from success. It is a form of self sabotage, we are you again and yet another situation ship, just because deep down inside, you're afraid. Like, dang, if I was alone, I could really make this happen. And I was doing it. You know, the whole time prior to no real jewelry. I mean, I was dating and all of

that stuff. But the second I got the podcast, I mean, the blog and just started my creative entrepreneurial journey is when I got into three, you know, my most toxic relationships ever. And when she said that, it just lit something up in me like maybe even that is a defense mechanism mechanism that I've created. So that I won't be successful so that I always have some man is complaining about what all I do. And I'm trying to figure out how to please Him and I'm not focusing on my work, right? What are you distracting yourself with? And how can you stop, put the phone down, turn the computer off, turn something up? Say no to the sort of person that you know is the energy vampire in your life, right? So ask yourself that. And again, like treasure said, one thing you know I leave you with is if you quit now, can you imagine yourself going back to what life was like before you started doing the thing? Right? Can you go back? I know I can't. I can't go back. living paycheck to paycheck, they have a negative balance that was in my account. You know, staying in my house because I'm afraid to go outside because I don't know if I'm gonna get stabbed, you know? Like, I just don't want to live like that No more right? Can you go back? If you can imagine it, then keep the vision clear in front of you. I don't care if you have to sit back down and rewrite out all your goals just so that you can see it somewhere do that. If you got to record yourself a voice memo and play it every day where you like, Listen, grow, we got to stay focused on this because here's what's at stake. If you don't keep going, you will go back to the things that broke you, you will go back to the things that had you embarrassed? Had you fill it at your lowest can you afford to go back there? No. Then keep going. Right? If you have to, like I said, Go back and reacquaint yourself with your why. Go back and visit the vision boards. Go back and reread your journals pray about it. I asked God all the time, Lord, give me the energy and the passion back to get what I need to get done. Right. I know you did not give me all of this by accident, right? It is not by happenstance. This for me is my purpose for right now. And purpose is shift and change. And that has is on so many incredible winding rolls. But for now until I get a clear cut girls tab. I'm going to keep going. Right? And so if you need to go back to visualizing yourself in that role, or with that job, or with that new car or being just completely at peace, being healed, go back, go back and see it for yourself. Right? I love watching Janae she's of high low looks on YouTube and Instagram. I love watching her She used to be a manager I think at Target pretty high up the totem pole. And she just really kind of started documenting herself, you know, and her fashion and all that and she's turned you know, she quit she walked away from our corporate job and now just being herself and having her desires and just documenting she turned that into a business. And a lot of times I just watch her vlogs just out of sheer just like grata could be me I can't wait to this me and is nothing gel. I'm completely happy for her. But she gives me hope that there is space for me to write who is that for you in your life? Right? Maybe you know if Beyonce do it for you go off and watch Beyonce. If it's Rianna, if it's your favorite vlogger if it's your favorite podcaster connect back to those people, places and things that inspire you, right? I love listening to how I built this built that built this whatever we

Guy Raz, whenever I really feel just out of it, I just turn it on, listen to the entrepreneurs who have made it and lost it and made it again, right. Stay in touch with the people places and things that inspire you reread Big Magic reread, you know, the alchemists go off and do whatever it is that will rekindle that passion. And it is okay. If it's rest. It is okay if it's taking a break. And also, you know, if you need to schedule it in schedule to dream work in, you know, a lot of times we wait for motivation, right? Because we think, okay, in order for me to have this big aha moment, or to write my big, great American novel or to make my podcast, I have to feel inspired and motivated. Well, a lot of times action taking the action is what creates the motivation to do it. Right. So in order, you know, like, you can't wait to feel okay, I'm ready. No, sit down and make a ritual out of it. Right? schedule it into your day. So for me, when I wake up, it's like, Okay, what do I do? Get out the bed. I'm not gonna lie score on social media for a little bit. Some days. I don't, some days I do, but I get a little news and, you know, then take my shower, brush my teeth, make breakfast, have a coffee, come upstairs, sit down, and I get to work. That is my ritual, right? It is to the point where my body is doing it so much that I don't even get a chance to be like, well, I don't feel like it. You know, make me my dream doesn't care about what I feel like it has to get done. Right? So see if you can schedule in the times where you can get your dream work done. And it doesn't have to be eight hours. I know a lot of us are like, man, if I just had the full day I could get so much work done. Give yourself an hour. If you gave yourself eight hours to get something done. It will take eight hours. But if you say let's I only got an hour to record this podcast, guess what? You're gonna get it done in an hour right? So go ahead and try to make it a schedule, make it a ritual in your life and see if that will help you to keep going. And then after that, I guarantee you after you've taken the breaths and got rest and got a break and you know really took care of yourself and got outside in nature and drink your water and started moving, or whatever the case may be, the motivation will come back, right? But whoever it is out there that's fill in, like how I was where it's just like, Alright, Lord, the jig is up. I'm tired. But you know, deep, deep, deep, deep, deep deep down inside it, I need you to give up. Keep going. Right? It is okay. If you just need to pause for a second. Yeah, no, I will pause this podcast and our heartbeat. And of course, you know, I want to be consistent and all of that, but sometimes it just is what it is because I'm human. And you are human, too. Right. Alright, y'all, thank you so much for listening to today's episode. I really appreciate it. I pray that it just helps you to stay in the game right? I know a lot of times this entrepreneurial journey or just this this just doing me journey can feel really lonely. And I want you to know is Matt just you, we all fill it out. Right? Especially just with current events. There's a lot going on. But you know, you've made some promises to yourself, that you will finish strong and I just don't want you or me to continue to betray ourselves just because we don't really feel like you're right now, right? So, again, this is where my people that you know, deep down inside, no better word are not ready to give up. But sometimes there is a point where you want to pivot or quit. And I will include those episodes because I've had to quit a few things a few times and

was better off for it. So if you like nadeska for real opportunities. The pivot and the quitting episode would be in today's show notes. Just go to the Sunday jumpstart calm and click on today's episode episode number 114. And everything I mentioned in today's episode will be linked there. 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. As always, I love you. I'm praying for you. And I will be back this Wednesday with a quick tip that is our five minute long episodes where we just talk about something that will help you take action immediately. Finish the week strong. Alright guys be strong. I will see you Wednesday and Until then, take care. Bye