



Episode No. 126 But What If I Fail Again? - 9:11:21, 10.10 A...

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SPEAKERS

Jessica Lauren

J Jessica Lauren 00:02
Hello and welcome to the Sunday jumpstart podcast, a weekly podcast helping #GoalGetters, ditch the excuses, do the work and make ish happen! My name is Jessica Lauren, and you are listening to episode number 126. Hey, y'all! Hey and welcome back to this week's episode of The SJS podcast. Y'all I missed y'all so much. I wound up taking a very unexpected break from the podcast and I'm sharing all the tea on why I did that in today's episode. But before we get into the nitty gritty, I've been working on a little something something for you. I am so happy to announce my new ecourse It is called the ultimate podcast boot camp. It is everything you need to create and launch your podcast in just seven days. Now before I became a podcaster, I was a podcast fanatic, I would listen to the shows and be like, first of all, I love this show. I love the story. I love the host. But also, I think I can do that, like I have a story that I want to share and I know can help other people or that they will find fascinating. I want to start my own podcast. And so I will hop on YouTube and try to piece things together. And I bought some equipment that was super expensive that I didn't even need and I was sitting down to record and then the fear would kick in right? I be like I'm not good enough. I'm not worthy enough. I'm too ghetto. I'm not polished you know I speak ebonics who's gonna listen to my story. Well, I'm so glad that I push past all of that fear and produce my podcast because it has been such a big game changer in my business. I was making a little bit of money blogging, but it wasn't until I stood up and used my voice and hit launch on my podcast that I started

making 1000s of dollars okay? And I became an expert somebody called me the make ish happen Queen, I will take that I started speaking on panels and all of that jazz. So podcasting is is crazy crazy beneficial to anybody that has a business or a story they want to tell or they just need a creative outlet. Okay, so I created the ultimate podcast boot camp. It is an intensive that is why it is called a boot camp. We are learning everything like how to quiet the noise the inner critic. You know, mindset is everything in podcasting, deciding to step out of your comfort zone to create a podcast is scary. A F. And in the course we'll learn how to feel the fear and do it anyway. We'll define your why why do you want to create a podcast we'll come up with and create a podcast name and tagline that attracts your ideal audience and makes them super fans for life. We'll go over the type of equipment and software you need to produce a high quality podcast without breaking the bank baby. I also show you how to record and edit your podcast by yourself. You don't have to be a tech genius to have a dope show. You will learn how to edit in GarageBand that is for my Mac users or Audacity and that's for all computer programs like a pro. Okay, you also learn how to promote your podcast and grow your audience. Listen, you can't just hit publish and walk away. You have to market your show. To get folks tuned in you'll learn how to use email marketing, social media and a few more hacks to attract more ears to your show. And finally, I'm throwing a bonus in here. It's all about how to monetize your show. I'm going to show you how easy it is to start making money from your show right you can start making money as soon as you hit publish on your first episode you'll learn about brand partnerships, sponsorships, affiliate marketing, and so much more. If you have a story to tell, but you've been super afraid to get behind the mic, then the ultimate podcast boot camp is for you. No more excuses no more. I don't know which tech or I don't know how to do none of that. Go to the thesundayjumpstart.com and click on course to learn more. And because I love y'all all Sunday jumpstart listeners get 10% off the course by just using the promo code s j s crew I'm so proud of this ecourse and no is going to help you launch up a phenomenal podcast. Okay, now that we have official SJ s business all taken care of Let's listen to today's episode, Episode Number 126. But what if I fail again? Alright guys, so I have been gone for



04:57

a minute



Jessica Lauren 04:58

okay. I did not I mean to take that long of a break, I didn't even see it coming. Most of my breaks that I take on the podcast are intentional. Like the break I took in May, I knew it was coming up I told y'all about it made a post about it like it was planned. But this break Baby, it happened because the issue started hitting the major fan in my life honey. Life

started life-ing and it wasn't all bad things. You know, I initially was just like, Okay, I'm gonna build this ecourse I started building the ultimate podcast bootcamp in 2020. And I actually had Brittany Harris, who is my old virtual assistant, she was really helping me out with it. But then the pandemic hit, she moved, you know, like, it just slowed me down. Well, this summer, God was just like, Girl work on that course. And so it just took a lot more energy and focus for me than I expected it would, right. You know, as humans, well, I got that I could YouTube university that which you can, and you should when you want to start a new project. But I think we don't take into account the learning curve, right. It just takes you have a minute to learn how to build a ecourse and market it and all of that jazz. So I knew I was gonna take, I didn't even think I was gonna take any time off. I was just like, I might be late with turning things in to myself and to Pam, who helps me out with social media. And Gabby and my mom will help me with transcripts. But honey, six, seven weeks, I didn't see that coming. Not at all. Um, and that's the thing with life. When life throws us curveballs, you don't see them come in at all. But you gotta gotta roll with the punches. And that's what what happened. So let me tell y'all. So you guys know that I didn't work a full time job. From the years 2013 until 2020. I was working at a daycare Previous to that, a preschool. And I graduated college in 2006. So I was at that preschool from 2006 to 2012. And it was the height of the recession. And I was still trying to get my acting on and I got a job with a production company. And it was still pretty freelance. I wouldn't call that full time at all. They hit me up like, hey, Jessica, we got this tour with Sesame Street is for six months, you want to come home, I come off and I'm six months. And then after the six months, I would just be like, okay, I don't know what's next. But gratefully, thankfully. Thank you, God, they kept me on tour. Like I went on several tours for months at a time it was a dope time in my life. So 2020 hit, we used to do a lot of live events for children networks. So shows you know those on ice situations we would do that. If you happen to see a show that was like a school. Like if children's network came to your school to do an event that was pretty much what we did, right? And so when the pandemic hit, all live entertainment was out the window, right? Ain't no theaters open and no stadiums open and no schools open. And that was it. So I was like, Oh, snap in, you know, in 2020, I was coaching, I was doing the go getter sessions, that was going fine. But for me, it just didn't feel right to be like, Hey, I still have this pretty high ticket offer when none of us knew, you know, my, my clients, I didn't know how long the pandemic was going to last. So I was just like, let me kind of press pause on that. And try to figure things out. And you know, it just so happened that I walked into my job and hit it off with all of the employees they wound up becoming my co workers and I really hit it off well with my boss. And the rest is history. We I started working there like a couple weeks after just becoming a regular customer. I would go up there every day because at the time we had like a co working space. I'd be in there kicking it we we'd have an awesome time. And so I was there for a year and a half and loved it. I really really really loved my job. And I kind of hinted to this in a couple episodes back I think it's like Episode 123 and it's called the art of letting go. And around

the beginning of 2021 you know, I started getting the feelin-- Hey Jess, what's next? Okay. Hey, Jess, remember that dream you had? Hey, Jess. What's going on? This was supposed to be kind of like a pit stop. You know, I love the space. I loved everything we stand for but I still need Okay, I want to get back to my business, I was doing fine. And just so excited to keep building it right. And I took a little pit stop because I wanted every two week paychecks, okay, be 1000 with you, in a freelance world working in production and even having your own business. There are times where you are a rich, bi Tch, okay, where you just rolling in the dough. And then there are some times where you just ain't because somebody might have a 30 day 60 day 90 day net pay, you know, and that's when they say, Hey, we can we're not going to pay you until 60 days after you don't turn in your project. Right. And with the production company kind of pressing pause as well, almost shuttering. I just was like, Lord, I need some stable, okay. And there's nothing wrong with that. And my job there was to help build the dream and the vision and the systems of, you know, the establishment or whatever. And that's what I did, I was good at it. I love doing it. Like we really did have a good time. But at the top of the year, shoot maybe towards my birthday in 2020. I just started thinking like, this is not the last destination, right? If I were on a train, baby, train traveling to you know, entrepreneurship land. me getting that job was supposed to be a stop, right. And I knew that going in, like, I didn't see myself retiring from there, you know, forever and ever. Amen. Because I had my own thing. But I was just like, I want to get some financial footing back, let's go. So I'm there working, do my thing. But I just knew in the back of my mind, this is just a step along the journey. But the goal was to always get back to me. But you know how it is when you start working, and you love it. And it's easy, and it's fun, you kind of get comfortable and rightfully so I love in a paycheck every two weeks Honey, I love you know, I kind of missed seeing the same people every day and having co workers and bonding with my customers and talking about book like it was it was cool. I missed that freelancing and just being self employed I spent a lot of times in coffee shops and, and you get to meet people, but it was just cool to have that, you know, I'm driving to work every day, type situation, that type of routine. So I'm starting to get this feeling, but I'm like, Nah, don't feel like that. Because just You should be grateful for this. You know, you have an incredible boss, that spoil job. He was getting paid out the wazoo bonuses out the wazoo bags, gifts, all kinds of stuff all the time. She just has a really generous heart. And it was just like, how dare you want to leave? How dare you? You should be grateful that you found this place. And I was just being so awful to myself, right? Because there was this belief that God couldn't do better than that. That that's that that was it. That my dreams weren't worth being seen to fruition, right. I had a lot of guilt in me about wanting to leave and it wasn't to leave because it was you know, for any reason it was just like I want to leave because I want to do my own thing. Right? You know how it is when you're at work and you work in and having fun but in the back your mind. You know, within your heart. I have purpose. I'm supposed to be doing something else. And you know, no matter the productivity hacks or you know, use Google

Calendar, write it down. You know, I'm huge for productivity. I love planners, and I love etching things out. At the end of the day. You know, the trophy is you spend 8,10, 12,14 hours of your day, committed to your job, right and we have moved I was living in the city. When I first started working here I was like 25 minutes away on a good day but with traffic it was still like 40 but whatever. I live pretty close to my job and but then once I've moved to the suburbs, baby my drive went from 25 minutes on a good day. 30 minutes on a bad day to an hour on a good day and an hour and 25 on a bad day and Chicago has mostly bad days on those freeways I was taking. And so my day transform from like, seven hours or eight hours to like 10-12 and Things started getting a little weird at the job. And you know, whatever. I'll spare you the details. But I just be like, this ain't This ain't it? I don't want to drive. I don't want to spend three hours of my day just driving, right? I am grateful for my job. I love my coworkers. Love my Boss, I love what we do. But if I'm being honest, and I strip myself away from that narrative that I am ungrateful, that I'm lazy, or you should be happy, you know what I mean? Like, I was starting to get real baby boomer-ish, right? And I'm a proud millennial, but I started to think, well, what if this is it? You know, you was lucky to get this, you know, like, I just started getting real. Just down on myself, just like, Girl, you can't leave, right? And then I started thinking, like, why would you leave when you failed before? And that was baby. So you know, if you're new to the podcast, you might not know that I've tried the entrepreneurial thing before. Like, I was like, Okay, I'm stopped touring. I'm gonna just focus on my business. And this was before I had my coaching program. So I was just kind of, like, relying on brand partnerships, and I was freelancing, but I, you know, I wasn't touring anymore, where I was out of town for months on end. And I flopped, I flopped miserably. Like, I was making money, but it wasn't enough to sustain me, right. So, you know, I had to moonlight with Uber Eats on the side and do some instacart and Uber, you know, to make ends meet, and it was exhausting. And I was like this, like the verison of entrepreneurship, I want to God, I want to be able to just focus on my thing. And that's how we all feel right. And so I just was like, You can't leave this because you've already taken that leap of faith before and you failed. How dare you want to leave something that's so comfortable and stable and secure, right? And so I stayed, but that that inner wooing would not let me go, there is more. Okay. You just got purpose, that's the best way I can explain it is like, I got something else in store for you, Jessica, start packing your bags and so I started packing my bags, like I started mentally being like, Okay. And I think June, June feels like a good time where I can leave because things will slow down at work. But then things will pick back up. And I'm like, No, you know, I can't leave them in the trenches. Okay, July, July, July. And, you know, I was getting counsel from my best friend and my mom and, um, all of that jazz. And so he had got to the point where it well Jessica you say this every month. And I was just so scared. I was so scared. I was a punk. But here's the thing when you don't listen to your self when you don't listen to God when you don't listen to those that that inner pulling, right? God will make things so uncomfortable. So unpleasant, so tedious, and just disgusting. And you know,

what was once beautiful and fun and easy becomes hard and treacherous and trifling. Like, it gets. Awful, right? And, luckily enough, luckily enough, I had those inner woings. And I kept saying, Jessica make your escape plan, like figure out how you're going to get out. And I was kind of toying around with that in my journal, like, Okay, I'm gonna do this on this day. But God was like, he kept leading me to opportunities to help me build that emergency plan, right. So out of the blue out of the sheer blue as the stumbled upon Rachael Rogers book, we should all be millionaires. Get that in your Amazon cart right now. Now I've read you are a badass at making money. I've read you know, just just about every money book you could think about, but baby Miss Rachael Rogers is a Black woman, okay, who had a credit score of 480, who had three kids She did have a husband. She was a lawyer making less than \$20,000 a year. You know, her story just resonated with me deeply because she was Black. And she had built herself a millionaire Empire and she was like, Hey, we should all be millionaires. And it's funny because when I first saw the book at Target, I was like, I already read--you are a badass and making money and that's a good book, Jen Sincero is she wrote the hell out that book. It's a good book. Sometimes I go revisit it before I got into Rachel's books I read a couple times a year, not knocking that you should read that one too. And I passed about a round it at Target. And I'm like, I already read that. But Kaye McCoy y'all I done and shouted out Kaye McCoy so much on the show, she kept posting it. And she kept post that highlights from it right? There was this one part that was like, you know, she, Rachel, in her book, she has this thing called millionaire decisions and broke ass decisions and Kaye highlight some of the procast decisions. It was like, I had checked off everything on that broke as decision lists, like things like, you know, not asking for help or not using Instacart, you know, when you have a ton of stuff you need to do, but you feel like you should be Superwoman. And I should get the groceries done by myself or, you know, I'm not charging the right price for my services, or I'm not asking for a raise, or I'm not leaving toxic environments like I should like it was just like Check, check, check the check. So I bought the book, and devoured it. Because her whole premise is one, it can be done. You can make money. But two is kind of our responsibility as women to become millionaires, because that's how real change is made. Right. That's how you can help push the needle on homelessness or you know, just whatever social justice issues you believe in, you can really help by putting your money where your mouth is. And she just talked about how she built it. And what all she didn't have to build it. She didn't have a fancy website, she didn't have the formal education. She didn't have X, Y and Z. And she did it and it just lit a fire in me. I bought it from my sister from my mom, I got my business bestie Marielou to read it and we devoured it. But there's a part in the book where she's like, okay, you know, we she's basically up leveling yo your mind around money. And there's a part where she's like, I challenge y'all to make \$10,000 in 10 days, and I was like, God, instead of being afraid I was attracted to that. It just lit me up. Like I could do that. Now Have I ever made 10k and ten days? Nah! Butt it was just something about Rachel. I had the audio book, I would listen to it. Like it was a

podcast. Like, I was just like, she is my soul sister. Let's get it. And I was like, Okay, cool. Let's dust off this course. Right. But before I even saw Rachel's book, something was like the chorus, the chorus, the chorus, bring the chorus back out, just dust it off. And so I'm reading the book, I'm listening to it, I'm meditating on it, you know, just it's really, really just making a deep impact on my heart. And I was like, Okay, this does this ecourse off, right, dust it off. And it's really, really good. And I'm working hard on it. And then I get an email and we talked about this a little bit about in that episode about nothing is a coincidence. I get an email from Tara Mohr. Hey, don't you want to you know up your coaching program? Don't you want to lead more spiritually or, you know, whatever the case was, I'm teaching this program is 2000 bucks. All right, bam, sign me up for that payment plan. Let's go. So I'm building the course. I'm reading Rachel, I'm in this coaching program, not realizing that God was preparing me for an exit. I'm just thinking, Okay, these are just tools in the toolbox. But deep down inside my core knew it was time to go the time had passed. Like I said, things started getting weird. Things started getting a little toxic, you know, like it just it just whatever. And outside of that. I can't even blame them that who none of that. I know, I wanted it needed to be doing what is purposed in my life. Okay, I'm a great cheerleader. I'm a great builder for other people and I could get stuck in that cycle right? It's easy for me to believe in you and girl do this, give you my best ideas and implement them for you and all of that. I'm good at that right? But that takes up so much energy that by the time it was time for me to focus on mine I had nothing left and I was like I'm not willing to give up a dream that I've been building since 2015 I just can't let that go. So God is preparing me in the background as he always does God is like cuz he knows all he sees all look, this baby about to hit a hiccup. Let me go ahead and get this child to get the she don't think it's a coincidence, which I truly didn't. But she not adding up the math right now. Let me just go ahead and sign her up for these classes. Get her prepared. So I'm doing all of that this had to have been June, July, and God just was working things out. So you know, I was saying I was tired and all that driving then I was blessed with the opportunity to only have to show up to work once a week so I had the rest of them six days to focus You know, like I was working for home and things substantially slowed down at work. So I would only have to work, you know, a few hours each day. And then I could focus on my stuff and build it up. So even that was like, everything was working out for my greatest good, right. So rewind a few weeks ago. Yeah, a few weeks ago, maybe a month ago now. Some stuff hit the fan at work some stuff popped off. Five of my co workers walked out, it was a mess. It was a mess. And some things transpired. And I hate you know, it shouldn't went down like that. But it did. And you know, the remaining few of us, my boss was gracious enough to be like, Listen, I don't like how this went down. I don't need this drama in my business. I'm going to take a break. I'm going to press pause, I'm going to revamp, recuperate, seek some business advice, you know, like, get some counsel from lawyers or whoever accountants and all that stuff. She just wanted to burn it down to build it up. And I don't blame her, you know, we use starting over or get an opportunity to

just start over. It's like, okay, let's start over and do it right this time. Right. And so she offered the last remaining three of us, severances and sent us on our way, you know, and actually, she asked, she was just well Jessica what you want to do? And my palms are sweating, I'm just like, God, I don't want to say what needs to be said. Before she even offered me the severance. She was like, What do you want to do? And I was like, Girl, you know, I love you. I love this place. But I think it's time for me to go, my heart is my full most present heart is with my stuff. And that is saying, I played you, you know, none of that. I just know I got I got someone else that's calling me. And I don't want to play my baby no more. I she's like, Girl, I get it. And she's an entrepreneur. So she she truly does get it. So she offered me my severance and we hug and cry. You know, we did a Kumbaya moment. And I get in my car, like driving and I'm crying. Because it's grief. Right is you have to grieve something that's been good to you. Yeah, it just was grief. Because, like I said, I felt so guilty. How dare you leave? She was such a big blessing to your life. How dare you are so ungrateful. This is pitiful. I'm disgusting, you know, like doing all that. So it was like the pressure was finally off. I can breathe, right? And I kind of drive off into the sunset sunset. And I'm just crying and just praying and praising, like, hey, God, I think that was the opportunity to focus on me. And I was happy and sad. Because here we go again, with this entrepreneurship thing, right? I'm happy because now I got the space to focus on my things and really nurture it the way I want to. But here we go again, because this is an invitation to fail, again, to flop again, to be broke, again, to not have consistent money again. And it was an emotional mess. Just like okay, God, I'm excited. But also what am I gonna do? And so I roll home. And to my boo, he like, All right, let's go to the Mexican restaurant and get margaritas. And that's what we did. I'm in on tacos, drinking my Margarita on the rocks with salt, and I'm just on ten elated, but also worried and whatever. So, um, so I'm like, Yeah, let's go, let's let's do this. And before all this happened, Rachel, you know, in her book, she makes you write down how you could potentially make money in your business. So I already had this list of ideas. And Marielou and I had already talked some things through and I had already asked, you know, my makeshift team like, hey, if I you know, do this project, do you guys have time to help me with it? And they did. And I went on ahead and oh, and even this Sunday was like, Girl, get your LLC. You know, I had been a sole proprietor for the podcast for forever. And it was just like, girls mark that off. You're like, that's just one of those things. It's like, Oh, yeah, don't forget to get your LLC but you put it off because it's so much money. It takes so much or whatever. And honestly, it did not take that much time I used Zen business, check them out that is not sponsored or anything but they did it super quickly. I got my LLC this summer and set up my money properly. I got the right account like I just was like getting myself to get there. Because I didn't know that I got so comfortable in my nest in that guy was gonna kick me out of it right and that's literally what happened. I was kicked out. But I had this list. I asked my people I was prepared. I had the right training things were okay. And I was fine. But then I started obsessing over one thought. But what if I fail again? What if I mess this

up? What if I'm not good enough? What if this is all a fluke? What if I'm delusional? What if I don't have a purpose? What if this podcast flops? What if everybody hates me? When if I you know I lose? I got so bad because it is only because I had to have surgery on my eyes. I was like, but what if I lose my sight? Like I didn't know it at the time I randomly went into a Warby Parker just to try out some glasses. And they actually found out that my retinas were detaching. I had holes behind my retinas. And mind you, I've never had any issues before and I had to get emergency surgery. So I'm picking up stuff from my past, like, what if I go blind? And would it you know, like, just literally shook stuff from high school, like and wherever, you know, okay. Just picking up any old fears, right fears that don't even make sense. No more. I'm just picking up evidence, right? Imagine fears as baggage, I'm just picking up. Okay, let me get this backpack of fear. Let me get my travel carry on a fear. Let me get my Rolly bag just picking up baggage and it's weighing me down. I just need to feel fear because it's comfortable for me. If I in my mind, I'm like, if I plan out every single worst case scenario, then I can somehow protect myself. But instead of coming up with solutions, all I'm doing is spending all of my free energy, my creativity, picking up these worst case scenarios is spiking my heart rate up. I'm over here sweating, I can't be pregnant with my man and my dog. And my bonus children. I'm over here. Like, I can't do it. Because I'm so focused on what's the worst that can happen, that I don't have the space to actually take action to make all that stuff not happen, right? I'll never forget, I was talking to my friend tequila. And I was like, Girl, I think I like to worry, right? I think that worry. And fear is kind of like my bestie. Because when they're not around, there are times when I'm not worried about something or I'm not afraid of something and I'll just feel free. And I'm like, hold on. Wasn't that just worried about something? Like, where's that anxiety feeling that's always underlying where you at girl? I'll go back here because I don't know how to feel safe and secure and at peace. Right? And, again, that's something from childhood, right? And growing up in unstable situations. Right? And that's not to knock my mom, you know, she did the best she could but there were times when I was like, okay, she said we handle McDonald's money. And I also don't see no nothing in his refrigerator. What can I do? Okay, my grandma lived down the street. I'm a walk over here. I have always just been trying to figure out how to get myself out of uncomfortable situations. The gag is half the time that stuff don't even happen. Mama would always come through Hey, I got a little caesars bam. Sit down. Eat Okay. Hey, it just never happens. But we were our fear like is a best friend like girl Come on in. I made you a seat Come on. That's what I was doing. I was just ruminating obsessing. What if we got enough money with the severance runs out? What if I overspent What if I start making money and I don't know how to I'm so bad with money that I blow it all away and I'll become like those millionaires that had a million and then wasted with me like just even my positive thoughts. Somehow that negative Okay, whatever my downloads triple on the podcast, whatever, you know, I attract trolls, and they hate me like, Girl, calm down, right? And so what I had to do, I'm like, just go you tripping. You finally have a space to breathe and think and process

because a lot of stuff hit the fan. Why don't you take the time to do that instead of worrying? And so I fed up with myself as I typically do. I tell people all the time, I get on my nerves. And so I had to dust off my faith toolbox. And you probably like girl, but your faith toolbox. It's not an actual toolbox that I have. But, you know, this summer I had just been kind of focused on the course and focused on others. stuff that I had not been doing when my therapist calls my spiritual practices. And that's getting up and reading a devotional that's doing guided meditations or visualizations or journaling, or put in turning the camera on my phone and hitting record and talking to myself, like I wasn't doing any of those things. And so as pull out my faith toolbox, right, first things first, I just kind of let Rachel's audio book play all the time, like his background noise, right? Because she just really inspired me and her story just resonated deeply with me. And I was like, if she can do it, I can do it. So she became a part of my faith toolbox. But I did, I opened up that Bible app, honey, I had to dust it off. And I found some devotionals that were all about fear and worry and anxiety. And I would read those in the morning. I would do some visualization exercises like okay, what does my dream life look like? What is my dream day look like? How do I want to feel into like, I just started, like daydreaming on purpose. Like, what would it look like? If this launch was successful? What would it What would it look like? If you were your own boss? Who would you employ? How would you treat them differently and make them feel loved and whatever, like I would do all of that. I would read affirmations every day. I would dusted off the manifest now book by idol amid all of these things will be linked in the show notes. The show notes are at the Sunday jumpstart calm and just click on today's episode. This is episode number 126. I purchased the I am everything cards by Teresa Clarke. Those are just cards that you could pull every day with affirmations on air. I will listen to podcast Honey, I even dusted off. Listen, I started listening to sermons. I haven't listened to a sermon in so long that you know like, let me go on YouTube and listen to the sermon. I hadn't did that in a minute. It was like listen, I need to be preached to as started kind of seeking out videos of things that I wanted, right? I started watching vlogs of women that's like I don't run my own business or I do X, Y and Z. Somebody that just looks similar to me and I was doing something that I dreamed up so I watched a lot of Monroe steel, High Low Luxe, Amber burns, one of my good friends just watching our vlogs like, Amber is a writer she writes all day and she creates content and she's doing her thing. Hey, let me watch her Alicia Nicole. I just watched what it was just trying to build my faith up again. And that's the thing. Faith and fear are both muscles that you have to work out right. And I spend so much time building my fear muscle my fear muscles, they I like the rock up in here. Okay, Dwayne Johnson, Hulk Hogan, whoever. That's all. That's how strong my fear looks like. Okay. And my favorite girls out here looking like a model from the 90s, you know, barely 70 pounds



38:11

Honey, I

J

Jessica Lauren 38:12

had to build her backup like girl Come on in here and get these cards, which is my devotional. Come on, and let's read the Bible. Come on. Let's listen to these podcasts. And it started to help. But you see, I'm unlearning 30 some odd years of how to cope. Right. And that's to always think of the worst case scenario. I'm a learning. You know what it means to be grateful for things right? I kept saying feeling guilty. How dare you leave You're so ungrateful. No, I'm not. I'm just a human and I got other needs and desires and if I out grow something that is perfectly okay. But I am unlearning that I am unlearning. Just because I fail once don't means I'm a failure forever and ever. Amen. I am learning that taking risks and betting on yourself. is healthy playing safe for me in my life has gotten me in more trouble than it was even worth because I was like well what if there isn't a better relationship out there for me? What if it ain't no better job? What if it ain't no better apartment? How me living in doggone Chiraq for like, for lack of a better word. You know I'm saying because I'm scared Well my credit score I can't get nothing better girl Shut up you say like I was getting on my nerves. I'm gonna stay in this situationship with this man don't appreciate me tell me I'm bares him and got you know, honey, but then I started letting all of that go and be sure to check out the art of letting go episode where I talk about that. I let the dead end relationship go guess what I got a healthy relationship with someone who was eager to be committed to me. Who don't Lie, chea, steal, cuss, fuss-- none of that he's a good man. You know, I'm saying I let go. You know even it's so funny. The top of the episode, I started by saying, for seven years, I had no job. You know, I'm saying like, it's like a leap of faith for me to leave that preschool and venture off into freelance. Who that How dare I think that the same God that didn't release me from that situation would be the same guy that can help me and guide me as I take this second leap of faith. Come on now, but I was so scared, so scared. So one day, I decided to put on insight timer. And that is an app that's available to Android Apple users, please download it. It'll be in the show notes. And I have a teacher Her name is Liza Colpa Liza, I'm sorry, Liza Colpa. She has the best guided meditations on the app. And one day I was going through her tracks and I think I was like trying to just do like a five minute morning intention, meditation where her but I kept passing one that was like, how to lead a fearless life. And sure I had the nerve to be like, I want to hear that right now. me Miss Scaredy boots. I was like, I don't feel like listening to that. It was 15 minutes and I literally just wanted to meditate for five minutes to check it off my to do list honey, me us needs to do list. But it was like nope, listen to that one. And when I tell you I'm so glad that I did because Miss Liza kicked me in my spiritual pants baby. I need it every word that she says I'm gonna share it with you so that you take it home with the right she's going through this meditation and she's just like, breathe, you know, all of that jazz release. Visualize and

she's like now repeat after me. Here are some affirmations that I want you to repeat as she had a say them's had me say it several times the first one and this one is gonna be my next tattoo. Okay. It says, I release worst case scenario thinking I release worst case scenario thinking I release it girl you can go your time here is served you have been a blessing? Just I release you going back over here to somewhere else. I release worst case scenario thinking that was just like yes, girl let's release that it wasn't released fear. Because, you know, I think I've said this once I said it, fear helps us right? You should be scared once you at the edge of a cliff so that you don't fall off. You know, I'm saying you should be afraid to get in the car, if you know has seven dog on mojitos right, you should feel a little bit of fear. When you know, you got to embezzle some money from a company right? Fear has a purpose. It is a God given characteristic that he's given us. So that you know we don't put our hand in the fire or you know, we don't try to do some crazy set of drugs or whatever the case may be right. But sometimes fear can get perverse. You can start ruminating on it. And just really it can really keep you stuck. If you don't know how to say, hey, thanks, beer. I hear all your warnings. But I got this and God got us right. Because if you don't catch fear real quick, it can get you stuck in some stuff. So she was saying I released worst case scenario thinking and why why do I release that? Well, because baby worst case scenario thinking the way I was doing obsessively ruminating on it. It robs you of the energy and creativity you need to actually come up with up with a solution, so if you are like me and got laid off or got let go a got fired you like oh my god, I'm gonna pay my bills. My mortgage. My key is the daycare Oh my god. and rightfully so I'm not saying gloss over no emotion because I took a week to feel all of those feels like a true just like I'm moping around the house. I'm questioning was I wrong that I took a week just to feel every dog on feeling. But then after that, it was like, okay, girl, we got to come up with with some action plans when you let worst case scenarios thinking rule your ever loving life. It robs you of your creativity to get out of the mess that you're in. You need that energy to be able to sit and think, Okay, what is my next step? What do I really want? Do I really want to go back and get another job? Do I want to be in a relationship right now? Do I even want you know what I mean? Like you need that space. And if you're constantly what it would have gotten? You can't You can't get to the solution. Right? So you have to release it. Let it go. Why else do you need to release worst case scenario thinking it makes you go into the battlefield over and over and over and over again. Okay? There is a book by Joyce Meyers, called the mind is a battlefield. And I remember when that book came out, I was like a teenager and my youth group was reading it and there was just like, okay, the mind is a battlefield. But baby when you get grown and you realize the mind really is a battlefield, your mind is always at war, right? Your inner critic is always trying to make sure you're safe, sound comfortable, but there's a part of your minds and your spirituality that's like, but hey, I have desires and wants and I want to try to sound and I'm curious about this. Yo, man, Bill, I know we you run with worst case scenario thinking all the dog on time, you are always at war, right? You have to experience the worst case scenario over and

over and over again, because you're thinking about it right? So I kept thinking, Okay, what if I fail again? What if I fail? What am I gonna do? Oh, my God, the service might have got to doing all of that right? Every time I think, what if I fail? What happens? My heart rate goes up. My palms start sweating. My underarms arm sweating. I start pacing. I go into a whole nother timezone. I'm not present with people, right? I did it once. For that round of worst case scenario thinking right? Then I calm down. I'm like, let me go get some coffee. Let me try again. But then at the coffee machine, but what if I fail the kid? Then I have to go again. My heart rate goes up. I'm sweaty, my arms itching. I'm pacing back and forth from other cars everybody out because I'm over here. Let me let me be my fears in peace stop asking me questions. Right? You have to experience it over and over and over and over again. But the gag is if you sit still and come up with a solution you realize I don't even got to go through that. It's not even going to happen half the time right? We worry about things that don't even happen half the time my mom said my used to say girl stop giving the devil ideas. Okay, you want all that thinking he'll? I will show you I think about that one. But thank you, Jessica. I should make your house flood. You know like I should make you blow all your severance money I should make your launch fail. He wasn't even thinking about that. You just give him ideas like girl stop stop robbing yourself of the energy to come up with a solution stop going into the battlefield over and over and over again. Right release worst case scenario thinking these are all the it was like an aha Oprah moment just a light bulb went off like her say I released it was just like, yes, girl. I'm tired of it is weighing me down. Why else do you want to release worst case scenario because it keeps you stuck in toxic cycles. When you're always thinking of the worst that can happen the worst? where you are now feels the safest place you could ever be. The toxic friendships, the abusive relationships, the toxic work environments, the being broke all the time. You're like, well, if I'm always thinking about, you know, Oh, my gosh, I'm staying in my cycle. But who want to stay there? I don't, I don't want to stay there. My soul won't let me stay there. And it might take me longer than I want to. But then after a while, it's like okay, I got to go. Right. But it can only happen when you have the courage to release worst case scenario thinking what else does it does it do? It dis empowers you and your co creator capabilities, right? I believe that we are co creators. In our lives, we get to be the author of the book of our life right? Now, before I go into that, let me say this. I believe that but I still know that there are things like systemic oppression, right? There are things like poverty, racism, sexism, all the isms you can think of that really disable people from being able to create their own magic and create their own lives. Right? That is a very like American way of thinking and I suffer from it because I'm American You know, I'm African American, whatever. Here we believe like if you think it you can receive it if you believe it. You can't achieve it and hard work pays off. Right? And I do believe those things to a certain extent, but I also believe honey baby, there are systems made for you to stay broke for you to stay impoverished for you to stay uneducated for you to stay in the hood. Trust me. I am a product of that and a victim of that myself. Okay, like it's all a mess. So

take what I say. And realize I'm not dismissing anybody experience, right? Because I know it's just our society is built in ways where you can't just magically crawl yourself out of a thing. So what I'm about to say, I'm saying that also knowing that some is stuff ain't always that cue. And that easy and that nice and I have been in very dark places and times where wasn't as cute as clicking my heels twice and praying, let me know, and co create and then all of that, and things had changed, right? It took me years to get in better levels and seasons and all of that jazz, right. So I do want to say that, but when you ruminate, and, like, love all up on your worst case scenario thinking. It kind of makes you forget that you have the power to change things, right. And it might not happen overnight. Right, but small decisions, and you could check out one good decision. That's Episode 122, I believe it will be in the show notes. You can start making teeny tiny decisions that can make change in your life. Right? My decision, huh? That was telling me I should dust off my course. Let me follow that through that email. Hmm. I have the means and right now to invest in myself to take that course. I'm gonna take the course. Even simple stuff, like, you know what, I'm not gonna answer one call from that person that really drains me. That doesn't care. For me, that doesn't respect me. Yeah, I'm not ready to break out completely. But this one, if I can ignore one call. And the reason I use that example is because I was there. Right? One, one YouTube video about learning more about LLCs. Or one, you have the power within you to make some change or to create some change in your life. And for me, I was being presented with a huge opportunity. Jessica, you don't have a job anymore. And the truth of the matter is, is I don't want to have a job. Again, my job doing this podcast and blog and a newsletter. And of course, and this is a job is an 80 hour week job. Okay, I work more now that I'm not at work than I did when I was at work, right? Because it is all on me to make this happen. Right. So you know, I have this opportunity. Now you got the space and time what you're gonna do, I'm gonna create my own opportunities and work for myself. I'm going to become fully self employed, and try this creative entrepreneurship thing again, even though I failed before. Now, let's talk about this whole I failed before thing What if I fail again, when I tell you that Miss Liza was only that affirmation on insight timer, snapping, and I'm not playing listen to the rest of the affirmations that she had me said. So number one, I release worst case scenario thinking. Number two, my obstacles are the foundation to my success, right? This whole getting let go thing is like, okay, maybe this is the beginning of my happily ever after it hurts. It sucks. It's embarrassing. I'm, you know, I feel guilty. I'm confused and all of that still processing stuff. But baby is the foundation for my next step. So let's get it going. Number three, she says, My fears are a call from the universe to heal with courage and you can interchange universe for God. My fears are a call from the universe or God to heal with courage. You know, they say the same situation will keep coming up over and over and over again until you finally learn the lesson. And for me, this came up again, because I was hiding. You know, I knew I had this desire, but I was so afraid to go after it because I failed once before this lesson came up because I didn't have proper boundaries all the

time. This lesson came up because I wasn't using my voice when I should have to stand up for myself or to say what I actually wanted. This is a lesson that's coming up again, and I'm finally getting it right. All right, what else does she have to say? Number four, I have everything I need to face any obstacles that come my way? And I do I believe that you figured out harder situations before things that you know there is something six months ago that you were like, I don't know how to get through this. I don't know when this is going end I don't know how it's gonna stop. I don't know how I'm gonna pay that off. But you did right. So you have everything you need to face any obstacle that comes your way. Then finally, this one is the one I want you guys to stick with. Right? It says number five. My past pain does not define my future blessings. My past pain does not define my future blessings. Yes, you messed up. Yes. You failed. Yes. It flopped. Yes. It all disintegrated. Yes, it imploded. Yes, it exploded. Yes, it ended. Yes. You cried. Yes. She was bleeding. Yes. She was embarrassed-- Yes, yes. Yes. And so what all of that mess that you went through and overcame and learn from and struggle with and had to go to therapy for and all that does not define what God has in store for you. It may feel like you're right. Because you gotta show social proof you got the bag is like now see this fear bag right here. This is because I got kicked out of school. Remember that? And I've never went after any other thing because I was embarrassed. I was on academic probation. My mom said she wouldn't talk to me. Remember, I got it right here. Don't you see this? And it's like, Yeah, but that's the past. And that baggage, if you let it go with you drop, it does not determine what future blessings are in store for you. Right? And I know you're like, but but this divorce. But this failed business. But this is my social media page and growing this book that I didn't get to write, I didn't get the agent. I didn't get the publisher. I have proof that I am a failure, that I don't deserve good things that I am unworthy. You got proof, but so what, baby, that's the past. Let it go. God is not one of those people that's like, oh, her past is messed up. Let me just lock all of her blessings up. No, you don't do that to your kids. Right? Your kids at the fool? Yeah, you might discipline them and reroute them or redirect them to have a conversation. You might take away the PlayStation five for a week. But you ain't gonna sit up there and be like, and for now and ever more because you got to C in class, I'm never gonna feed you a house. You You never get to celebrate your birthday. We'd never wanted McDonald's again. If you don't do that, as a parent, why don't you think that God would do that to you? Why do you think I would do that to you? Why if you have your children's back after done messed up? Why don't you think God the universe, whoever got your back, then we will see you through as you take this risk as you take this leap of faith as you say no to some things or as you say, Yes. Why don't we think that right? I'm talking to myself like girl, come on. Now. My mama, don't do me like that. Why would I think that. And I think it has a lot of unlearning. For me. We're how we were raised in the church, you know, there was a lot, especially in the Black church, a lot of God is mad at you, or condemning you, or you should be doing better, you need to repent all of that, right? And it's like, I am at a space now where it's like, God is too good to just leave me and drop me

with this gift and be like, Alright, see a sucker. Good luck. No, he's gonna guide me and lead me and it's not just me is you too, if you are facing a situation where you're scared to hit publish, to leap to take the risk, and you've already done your due diligence, because we don't want nobody taking no risk and no leads, you know, without having done the work and getting the knowledge and getting the advice and making sure it's the right season and all that you have to do that part, right. But if you did all that, now might be the time the opportunity for you to follow it through because every step is being ordered. Your life is being tailor made for you. You ain't got to follow nobody else. And suppose that this is you and you get to create it. This is your life changed what needs to be changed, let go what needs to be let go or get what needs to be gotten. You don't have to stay stuck, right? But you have to let go worst case scenario thinking you have to let go. But what if I failed again, I got all this proof. I can never be blessed again. Now, but we don't believe in that. We believe that my past can have suck and my future can be filled with blessings and brightness and purpose and all of that those two things don't got to be mutually exclusive, baby you can have a full beautiful life that you love and that brings you peace and joy, and that that helps other people without your past wearing you down. So yeah, you might have fell again. I failed again, I will tell you all about my failure. There's an episode called it's time we talk about that dirty little F word. I will leave it in the show notes where you can learn all my business about failing and failing publicly. But you got to get back up get back in the game do you got to get back in the game immediately naw you don't take your time he'll read your books journal cry, cuss people out in your head, you know, do what you got to do but then get back your past failures don't determine anything that's going on in a now in fact some of those failures help you out right? You take your failures and you reroute them you rebuild them and go back out there but you do not give up. So release worst case scenario thinking, right? No, that failure happened. It happens. But that is not a prison that you have to stay in. You can unlock the door let yourself out. I feel once I'm going after this thing again. Alright, y'all, that is it for today's episode. Thank you so much for tuning in. Be sure to check out the ultimate podcast boot camp, just go to the Sunday jumpstart.com and click on courses. All of my s j s listeners get 10% off using the promo code s j. s crew so get on that. Get on up to that might and tell your story you've been listening long enough is your turn to use your voice Okay, I've been to a ton of stuff in today's episode. If you didn't get a chance to jot it down. Do not worry. I got your back, go to the Sunday jumpstart.com and click on episode number 126. Everything that I mentioned will be right there in the show notes. Okay guys, I will be back here this Wednesday with a quick tip. Until then if you want to hang out with me, be sure to follow along on Instagram. The handle is at the Sunday jumpstart. Oh and could you believe do me a huge favor and leave a five star rating and review in Apple podcasts that really does help get our make his happen message out there. Okay, y'all be strong. Let go of that worry and have a good rest of your week.

