

Quick [Air Date: 6/16] Tip #36 Check In With Your Younger Se...

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SPEAKERS

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J Jessica Lauren 00:00

Hey, it's your girl Jessica Lauren, and I am coming to you with this week's quick tip. You know, the past couple episodes we've been talking about the things that we are constantly running away from, and the things that we are kind of being drawn to or led to, right? If you haven't checked out Episode 119 or 120, go back and listen to them. We talk about why we run away from things and how to tap into ourselves and reconnect ourselves to figure out our next best steps. Well, one way that we can try to figure out what's next that I live, what do we want to explore this by asking yourself a couple questions, right? Like, do I need more beauty? Is it more rest? Should I be you know, lessening my interactions with energy vampires, right? And once you start to answer those questions, you can figure out your next steps, right? Well, one place that gets us trapped up, especially if you are grown as heck, juggling kids, jobs, parents, all the things, is what is fun for me? You know, us goal getters we get so caught up in the doing right, rolling up our sleeves getting dirty in the dream work, that we forget to have fun. And I was definitely there. I was just like, I don't know what even is for fun for me, I know that I'm craving it. And I'm being led to have more of it. But what the heck is fun anymore? Now fun for me used to be going to the clubs, and coming home at six in the morning. I ain't doing none of that no more. That's not fun to me no more. But because I've been spending the past six years, building the business and all that jazz. I kind of let the fun go so that I can focus. So when it was time for me to have fun, I didn't know where to start. Well one really good

place if you've been trying to figure out like what do I desire? What are my next steps? What's fun for me so that I can explore? Is to check in with baby you. I'm talking about 14 year old you 21 year old you six year old you. She holds the keys to what's next. Let me explain. So for me when I was like I need more fun, I need more fun, I want to schedule in a fun, but I didn't know where to start. I was like okay, so what did Jessica back in the day use to like? Well, baby Jessica loved to sing. She was a ham, right? I also really, really loved the water. And my momma signed me up for swimming classes at the Boys and Girls Club on Livernois in Detroit. And I went to like the tadpole class but I never finished Guppy and toad you know, toad or whatever. I didn't move up to shark or any of those things. So I knew how to kind of swim, but I didn't know how to tread water, how to float, how to do any of the breaststrokes or whatever those are, huh, maybe that's something I could do you know, is try to swim again. And I went one my district's Park and Recreation website, and I looked up classes and they had adult swimming classes. And I was like, you know what, I need to break up the monotony of my week. Let me sign up for this six week course where every Wednesday from 6:00 to 7:45, I'm in the water learning how to swim and put myself out there to be bad at something and to be embarrassed because I just want to have fun. I'm at a point where I don't want to monetize everything, every hobby that I have doesn't have to, you know, have some gain to it. I just truly want to have fun. But I wouldn't have made that swimming connection if I hadn't had a quick consultation with baby Jessica. Like I said, I loved to sing back in the day and I actually can sing. But I have nodules on my throat. If I sing for more than an hour, my voice will be permanently gone. It was so bad to the point that technically needed surgery, but I didn't get it. And so because of that, I just stopped singing. But I love music. I'm a music head. And I was like girl, just get back to it. So I play music in my office, I'll put out garage band and mess with some harmonies. My good friend, baby sister, Gabby, you know, she works with me. We'll just rock out and sing together. She's actually a really, really good trained singer and just kind of vibe out. Do I want to be the next Ariana Grande? No, but it's something that makes my soul feel good, right? So if you've been on a quest to figure out what's fun for you, or what's your next steps, talk to old school you. Grab your journal, read some of your old journals. I kept all of my journals from the age of like, I think the earliest one I have is like eighth grade, read that stuff. Go back and look at old pictures or old videos. Talk to your momma, your grandparents, your father, your older siblings and figure out what did I like? Where you a ham too? Well maybe that's an indication like, hey, start a YouTube channel or a podcast. Or if you like to read or write, maybe it's time for you to get back to writing. And no, it doesn't have to have some big end result like, oh I want to start writing again, because maybe I could be a New York Times bestseller. Now if that is the goal, go for it. You can't be you know, a New York Times bestseller. But you can also write simply for the pleasure of writing, right? So that's my challenge for you today is to reconnect with the younger version of you, right? That 14 year old you that liked to do hair. Maybe she's telling you, hey, pick up a mannequin and try it again. You never know what that could

lead to. Maybe a side hustle, maybe you know, a deeper connection with your daughter that you're trying to braid her hair with. Who knows? The sky's the limit. But I know that oftentimes we are so future bound that we forget to just tap into the old shorty. So do that this week to help you figure out what your next step is, in fun in pleasure or in your business or work. Alright y'all that is it for today's quick tip. Listen, be sure to visit the Sunday Jumpstart dot com and click on today's quick tip so you can reference those other episodes. Sign up for the weekly newsletter and all that jazz. Also if you can leave a five star rating and review in Apple podcast that will help me out tremendously because it really does help get our make ish happen message out there. And if you're like girl I don't listen to you on no done gone Apple podcast, I'm somewhere else. That's all good screenshot today's episode uploaded it to your insta stories and tag at the Sunday Jumpstart that helps get the message out there too. You guys as always, I'm rooting for you and praying for you. Finish the rest of this week strong and I will be back here this Sunday with a full length episode. Until then, I love y'all and I will see you soon. Bye