

The Sunday Jumpstart Podcast

Quick Tip #23 Let Your Reminder App Be Your Emotional Guide

Transcript

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Hey, y'all. Hey, it's your girl, Jessica Lauren, and I am coming to you with this week's quick tip. This week, I want you to let your reminders be your guide.

So a couple of weeks ago, I was dealing with a pretty tough situation a couple of months ago rather. And I was doing all the work writing in my journal praying about it talking to my trusted counselor, friends that give me good unbiased advice, talking to bae, you know, tossing and turning at night.

And I was just like, goodness, you know, I'm so strong and fueled up in that area, you know, in the mornings when I do my morning routine, or I feel super energized after I talked to somebody about this certain situation. But then after that, after that's worn out, I'm kind of back down to ground zero, kind of feeling the anxiety again. I'm confused and feel anxious about stuff.

So you know, I use Idil Ahmed's app it's called Idillionaire. And basically, it's a pop up of affirmations. So randomly throughout the day, she'll just send you a bomb affirmation or just a thought that's really affirming. And it dawned on me like, those are great, and I love them. But what if I did that for myself? Like, what if I went into my reminders, and gave myself some messages that really resonated with me, and spoke some light into my own situation. And so that's exactly what I did, I opened up my reminders app, and I listed it, I created the list called daily affirmations.

And I have them set to go off at 10:15a, 12 o'clock, two o'clock, three o'clock, and five. And it's basically speaking to whatever situations or feelings that I have to help me remember what I'm trying to work towards and to help me stay grounded.

So for instance, at 10:15a I have one that says-- "you are in control of your life, no one else. You don't have to feel guilty for saying no, if it feels good and aligns with your goals, then wholeheartedly say yes, just stay true to what you want to do. Don't let anyone punk you, sob story, you, or guilt-trip you into a yes."

So that's my 10:15a affirmation at 12p I say-- "Stop and take a moment to pat yourself on the back, you are doing your absolute best. Give yourself a compliment right now. I am so proud of you. "

At two o'clock I say-- "I radically love respect, trust, and accept myself."

At three o'clock I have one that says-- "What's for me is for me. I don't have to shuck or jive for God's promises for me."

And this one is at 11 am, I don't know why that's at the bottom. But it says-- "Whatever I spend comes back to me tenfold because I am abundant A F."

Now all of these reminders speak to a different facet of my life facets of my life, I have a tendency to say yes, because I get guilt-tripped into them or I'm still you know, just unlearning people-pleasing.

I don't celebrate myself enough. So that's where that stop and pat yourself on the back comes from and where I'm like, stop for a moment, you're already working hard. Just take a moment to honor yourself. That's where that comes from.

That I radically love, respect, trust, and accept myself. That's for me just learning how to love on me right? And to just be like, Girl, you are important to me. I love you. Right? Just being super intentional about that.

That whole "What's for me is for me, I don't have to shuck and jive for God's promises for me..." You know, we see so many people's success stories and how they blow up and sometimes you might get that temptation to like, maybe if I copy and paste what they did, and not to say that they shucking and jiving but that's the language I use for myself. It's just a reminder that my own path is strictly for Jessica. It's not gonna look like nobody else's. I'm not gonna blow up like nobody else gonna blow up. Hell, I don't even know if I'm gonna blow up is that the goal? You know what I mean? So for me just saying hey, I don't have to do all of that. All I have to do is really honor what feels good and organic to me. We good that's what that reminder is all about.

And then that whatever I spend comes back to me tenfold because I am abundant af, is me trying to feel worthy of money and to get comfortable spending money. I am at a place Finally, where I'm financially stable, but now I'm kind of hoarding money because I'm afraid "Oh my god, you know what if I fall back and be back to square one where I was broke every single day?"

So now when I'm in Target and the candle costs, you know the candle I really want costs \$15 but there's one that I'm kind of like many are \$9.99 I might get the \$9.99 because I'm afraid that there isn't enough money for me to live an enjoyable life.

So all of these reminders throughout the day have become my guiding compass, right? They keep me anchored for those times. Like I said, we tend to fuel ourselves up at the top of the morning, right? During our commute, we might listen to a podcast, you know, first thing in the morning, we might read a scripture or at night, like I'm unwinding, let me get in the bath and take care of myself.

These reminders pop in throughout the day and they're tailor-made for me and they speak to certain situations or insecurities that I have to help me remember girl celebrate yourself. Help me to remember girl You ain't gotta tell everybody else. Help me remember that I respect and trust and care for myself, right.

So that's my quick tip for this week, open up your reminders app and set up some reminders to pop up throughout the day. And you can change them in an outright I might delete one and put in something else that kind of corresponds with the latest, you know, insecurity I have to speak to it and it really comes with like kind of a quick therapy session to help you get through the day.

So that is my quick tip. Go ahead and open your reminders and let them speak life into your situation. Thank you so much for listening to today's quick tip if you could do me a favor and head-on into Apple podcasts and leave a five-star rating and review that really does help get our make 'ish message out there.

If you want to hang out with me outside of just the podcast, be sure to follow me over on Instagram. The handle is [@thesundayjumpstart](https://www.instagram.com/thesundayjumpstart). You can always always always go to thesundayjumpstart.com and click on any episode to get the links to anything that I referenced in a particular episode. As always, I love you. I'm praying for you, finish the rest of this week strong and I will see you here Sunday for a full-length episode. All right, guys. Love you Be strong. see you this Sunday.