

Quick Tip #27 What Would You Do If You Were Brave?

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SPEAKERS

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Hey, it's your girl Jessica Lauren and I am coming to you with this week's quick tip. Happy March Today is March 3. And I don't know if it's because all of the snow is finally melting. The sun is staying now to like past six o'clock. It's about 37 to 45 degrees here in Chicago. I feel a renewed sense of energy. I'm not gonna hold y'all up your girl has been exhausted like a usually exhausted I would dare use the word fatigue. Like, no matter how much rest I was getting, I would still wake up tired, be at work tired, go to bed tired. And I will never forget my therapist, Lisa, she would ask me every couple weeks Jessica are you doing your spiritual work? And whenever I felt completely depleted, it was because I was not doing the work. And doing the work can be boring or draining or you know, sometimes you just want don't want to face whatever turmoil or not even turmoil whatever chapters in your life need to end or begin or you don't want to ask yourself tough questions or face the mirror, you know, healing work. It's a lot of work healing, unlearning, relearning, getting reacquainted with yourself. All of that can be heavy, heavy, even if it's something that's like a release for you a relief is still work. And on top of work and running the podcast and running this. I just was like, Listen, I just want to come home and go to bed. Right? And so I just like Jessica, you have to get back into being intentional about doing the spiritual work. Right. So what that looks like for me is journaling right spending time in reading scriptures. Shout out to L'Oreal Thompson, Payton, she invited me to be a part of this cool devotional in the Bible app that's been helping me out. Also shout out to amber Janae.

She wrote this book slash journal slash manifestation affirmation, just workbook called discovering your inner divinity. I'll be sure to link that in the show notes. So I started working in that workbook, I started sitting down and getting back to meditating, right, just like really taking care of myself, drinking water gwanwyn daily walks, just to get my just get some fresh air, because when I was doing was, you know, I have to be at work at seven o'clock in the morning, which means I leave my house at 545 I get off around two o'clock, get home around 330. And it's just all the things have to start and by the time like seven o'clock runs by I be I'm exhausted. So nonetheless, I was just like, you know, on the weekends, on Sundays, and Mondays when I have office when I really delve into my spiritual practices and tune into church or whatever the case may be, but I really wasn't during doing it during the week taking baths, lighting candles. And so for the past couple I would say for the Nan past business days, I've been really just like zinnen out in tuning within right? being intentional about not distracting myself with social media and TV and all of those things right? There's a time and a place for that but I could feel my soul being like girl, can we be still for a minute girl? Can we just just to me and tune in right right? Because I just had just been ignoring some things nothing super bad. But sometimes maybe if you don't tune in and tend to your emotional spiritual garden, things will get out of hand. Right? So I'm just feeling re energized like Okay, I got it. I'm cool. I'm back. I'm back. I'm tapped on. So much strolls around and I got a new still classics get it done planner. I don't know how I got this planners so early. But because it's only a 12 week planner, and I still have some entries in my old planner because I was off a few weeks, whatever. But it came right on time, right? I'm on a subscription with them. And March 1 comes. And it was a Monday which was perfect. And I'm just like, Okay, how do I want this month to feel right? I've been you know, just dealing with exhaustion, fatigue, like, how do I want to feel when I want to feel more energized? I want to feel more productive. And I'm just trying to figure out what are the things I want to do? What are some things I want to manifest? What are some goals I want to you know, try to achieve or how do I want to show up on a daily basis. And so as I'm sitting there writing in my still classics get it done planner, I'll be sure to link it in the show notes. I love it because it it kind of asked you you know, what is your quarterly bucket list? Whether what are the goals you want to achieve and why? And as I'm doing all it is I'm just writing down, you know, just kind of like, Oh, I would do this or, you know, I want to just kind of just, I don't know, what's the right word to describe describe it. I wasn't showing up big enough in my wants or desires. And it dawned on me just add a question. Just go, what, what would you do? If you were praying? Right? And I was like, Oh, girl, see, now you get into deep what you mean by like, I do enough, I got to work out. And it was like, Nah, all you know, outside of your responsibilities, right? Outside of all of that, what would you do? If you were just a little bit more brave? What would what would that look like? And it was just like, this is a loaded question. I was just trying to write out my plans for March, you know, April, like, I wasn't trying to do all this, but it was like, stop running from yourself. Sit down and answer the question, What would

you do if you have more, more courage? And when you look up the word courage, it means the ability to do something that frightens one, the ability to do something that frightens you, and the reason why I like that definition, is that fear is still in there, you could still be brave, and courageous, right? And step up to the plate or into the spotlight, and still be scared. But you still do something. It is the ability to do something even when you feel you're not worthy enough. Even when you feel like you don't have the right education. Even when you feel like you don't have the right connection, the right skills, the right training, it has the ability to still perform when you are scared and you feel alone and like nobody's listening, reading watching. It is the steel show up. What would you do if you had that ability? Right? So I'm like, Okay, if I was brave, what, what does that look like? Now, when we think of courage, right? We think of Braveheart, or Mel Gibson or be I'm say being, you know, on front of a stage with millions of people watching, that is courageous, right? Because your girl got stage fright. When I used to get on stage I would get so nauseous and my stomach start messing up. It really does take courage. But sometimes having courage can be something as simple as I just want to show up as myself. Okay, I want to show up as my loud suit, silly, fun loving, you know, just silly, free spirited. Always let a wrap on the fly creative self. I don't want to be small, no more. I don't want to hide my light anymore to make someone else uncomfortable. I don't want to play those games. being brave is finally saying yes. Or finally saying no, having courage is just listen, I've been interested in this weird hobby. I just want to tap into that your Wednesday, which is today, technically, but I'm recording on Tuesday. Tomorrow, tomorrow morning, I start my swimming lessons, right? I've never been afraid of the water. I've always wanted to learn to swim. But when I started my lessons, right when we got to the brush strokes and all of that I had to stop. And so you know, I've been really really missing fun, right missing just doing things not to be good at it, not to monetize it, just to have some fun. So me and my boo, we signed up for swimming lessons just to do something together once a week get out the house. And, and even that took some courage, right for me to say because in my mind because of the hustle culture, I've been led to believe like, any free time you have needs to be dedicated to your business, any free time you have needs to be developed, dedicated to personal development or anytime you know, it's occurred for me to say, I want to have fun. I deserve to have fun. I deserve to do something that ain't got nothing to do with business. Right? What would you do? If you were brave? Would that mean you will save a little bit more money? Or would it mean you spent a little bit more money and got some of the finer things that you've been desiring? Okay, I love me a target pair a universal thread chains, okay, but I was tired of them falling apart. What did I do? I spent \$78 on some everlane jeans, right? I was like listen, I'm gonna banish cheap stuff. I got a little bit of money. Let me level up a little bit. But that took courage because I have been without for so long. Y'all follow me on Instagram. I showed y'all when I had negative \$200 in my account, right? It takes courage to step out of any comfort zone. You have created yourself. So as we approach a new month, I asked you, what would you do today? If you

were brave? What relationships? Would you reconcile? If you were brave? What relationships? Would you end? If you were brave? How would you connect to yourself? If you were a little bit more braver, right? We be salt, we run away from ourselves so much, because then we will have to stand and look in the mirror and say, girl, why'd you love yourself? More? Girl? Why? Why do you keep playing yourself? Why do you put up with this? Why aren't you doing this? I want you to celebrate yourself some more. You know, I'm saying we run away from that, because who wants to hear who wants to face the music? I don't want to run anymore. Yeah, I don't want to play small. I don't want to dim my light. I don't want to just do what I'm comfortable doing. I want to challenge myself to do the things that frighten me, right? Because what I don't believe that they are there. By chance, it is not a coincidence, that all of a sudden, maybe you're a little bit more interested in a plant based diet right there. It's not a coincidence. Maybe your body like Grom Tat, you know, the reason why you're tired all the time is because we eat not flammers all day long. I am craving more nutrients and more water and you and then from that you get more energy to be more present for yourself, for your children, for your spouse for whoever the case may be or whatever you're doing, right? It is not by chance, this whole thing about me wanting to have fun and go swimming is because you know me and my good friend, Mary Lou was talking about this the other day, and I've been in the game for six years. She's been in for five I was talking to Shivani last week, all of us olje content creators, right? You get to a point where you be like, Alright, it was fun. Now, what's next? And me and Mary Lou was just saying, like, maybe things aren't jabbing and shaken. Because we've been trying so hard. We've been sacrificing so hard. We've been, you know, promoting so hard or doing whatever, so hard, that maybe the calling is asking us to have a little bit more fun to be a little bit more in flow to have a little bit more ease in our lives. So me saying you know what, I really could use an hour and a half I'm, you know, playing around in the pool to do another podcast or try to get this ecourse out or learn more about the latest membership site, I try to do tic tocs and reels, but something in my spirit of saying no, follow the ease, follow the relaxation, follow the fun, but it takes courage because for years I've heard grind, grind, grind, grind, if you work harder, you will get rewarded, right and the minute you step away, it'll all fall apart. But I don't believe that anymore. So I'm taking care of us just to have a little bit more Meantime, right, just dip my toes in some water. So as you're thinking about March, and how you want to move forward, my quick tip for you today is to sit and think what would I do? If I was a little bit more courageous? What does that look like? And again, it doesn't have to be saving the world or figuring out you know, how to get us this economy back on track or how to solve COVID and nothing like that. But if that is your ministry go off blue curves could be simply like You know what, I want to read more than pick up a book. Careers could be you know what, I want to get back to somewhere. You know what, I want to finish that book? You know what, I just want to have two weeks off of work. Let me put in that PTO time Come on somebody? What would you do if you were brave? Think about that today, john all

about it. If you won't show share with me, I don't share it all my business on here. Just be sure to DM me I'm at the Sunday jumpstart on Instagram and that is what I will leave with you today be brave, right? those desires, those silly little quirks all of that, is there for a reason. Is it your calling? Is it your purpose perhaps. But you are also allowed to do things just for the fun of it just for the relaxation of it. Just because it makes you connect with yourself on a deeper level or connect with your partner's parents, children whoever on a deeper level, what is that thing? Go out and do it and schedule it sign up for it right or or put that white noise in your calendar or whatever you need to do. Go do that as you're planning for this month. And as you are moving through March and just life in general. What would I do if I was right? All right, y'all. Thank you so much for tuning into today's quick tip. Now if you were out and about doing your thing and you didn't get a chance to jot down something that I referenced in today's episode, no worries, just go to the Sunday jumpstart.com and click on Quick Tips. Number 27. Everything that I've talked about will be there. You know what else is there? That Transcript from today's episode if you want to go back and read what we talked about in today's episode, just download the transcript and all of the transcripts I think start in Episode 100. And something has transcripts. So if you're more of a reader and want to reference things later, that will be in every single episode. Do you know what if you want to hang out with me outside of just Wednesdays and Sundays, be sure to follow me on Instagram. My handle is at the Sunday jumpstart as always, y'all, I love you. I rooting for you. You got this. Do whatever it is. That makes your heart feel good. Okay, go ahead and be brave. You got this. I will be back here at this Sunday with a full length episode. Until then, bye bye.