

# Quick Tip #33 Permission To Start Over Again - 4:19:21, 11.5...

Mon, 4/19 12:35PM 16:23

## SUMMARY KEYWORDS

dream, coaching program, launched, book, quick tip, week, buy, idea, put, hurts, life, dust, episode, pray, don, coach, work, acting career, pick, getters

## SPEAKERS

Jessica Lauren

**J** Jessica Lauren 00:00

Hey, it's your girl, Jessica Lauren, and I am coming to you with this week's Quick Tip. Except for this week it's a little bit different. I don't really have a stone cold, here's your tip for the week, do A plus B equals C, is not like that this week. What I do have is an invitation that I want to extend to you, right? And it's an invitation that most of us goal getters don't give ourselves right. And that is permission to start over again. Today, I want to invite you to give yourself enough grace, to try again, to pick the thing back up and give it one more shot. You know, a lot of times when we get a brand new idea, right? Launch a coaching program, open your own brick and mortar, go off and try to be a creative entrepreneur full time, write the book, you know, open your own art studio, get out of debt, buy a house, move out of your momma's basement and get your own apartment. We get these grand ideas, right? And we can see it's working out in our lives, right? We do our visualization techniques, we might meditate about it fast on it, pray on it, create virtual vision boards on Pinterest, talk to our mama pray to the ancestors like God, let it all work out right? And for the most part, it should right because you've worked hard for it. You sacrifice you worked early at 5am to work on it before work went to bed late so that you can stay up and work on it some more. You don't pressed pause on a few relationships like, listen you know what, I would love to go out this weekend but I got my dream work to get to. You don't gave all your money up to it you don't bought the webinars, the courses, you did the free you know, sign up for this newsletter to get more of the tips.

You've downloaded everything. You went to YouTube University and Google University and you study your craft. You might have even enrolled for school for her right? And then you finally work up the courage to take that little leap of faith, right? Whether that's hitting publish on a website, or sending your manuscript off to literary agents or you know, re-enrolling in school or auditioning or asking for some type of representation from an agent, you've done the work. And you might have been doing it for a minute, whether that's six months, six weeks, six years, whatever the case may be, right? You've put your all into it, you've done your due diligence. And sometimes when we hit publish or send off things or ask for help, or Hey, I want, I need your help to put me on a platform so other people can embrace my work. Sometimes things work out for us, right? Sometimes you'll get a yes, like Oh, yes, girl. sure we'd like to partner with you. Oh, yes girl sure we'd love to collaborate or sure you're approved for the loan. But then the rest of us that aren't necessarily so lucky to get yeses on the first bat. We have to deal with rejection, public humiliation, right? I have had so many public failures, whether that was in my acting career, or even in my creative entrepreneurial year. I've launched, you know, my first iteration of my coaching program and got absolute crickets. Right. I've been there. And I don't care how strong and how brave or how much of a badass you claim to be, rejection and hearing no and not now or maybe later, it hurts. Especially when you know that you know that you know that God put that doggone dream in your heart. And in the math, don't be math and like well, God you the one that told me that, you know, my talents and my gifts will make room for me and put me in the presence of great men. So why the heck did the casting director tell me no? You said that in your word. Like Sir, I was minding my own business okay. I was living my best life. And you put this idea for a book in my heart for a play for a different lifestyle for whatever the case may be. You did that. So why is it not working? Why is it every time I go up and show up and be authentic and all the stuff everybody say the doors keep getting slammed in my face. What's going on? And y'all when I tell you I've been there. I have been there. Listen, if you are new to this to this podcast, go back and listen to I don't know my episode about pivoting in my acting career. How it took me nine years to book my first professional gig. Y'all listen to that episode about failure. I'll be sure to link everything in today's show notes. Just go to the Sunday jumpstart dot com and click on Quick Tip Number 33. I'll list them all so you can hear my story. But what do you do? What do you do when you work so hard? And you keep hearing? No, no, no. Thank you Next time, not you. Maybe you know, what happens? What do we do? Some of us can keep going some of us, you know, we like cool, I got the tunnel vision on. But even the strongest of goal getters get tired, because it does not make sense. Most things most things in life is very, if you do this, then you will get that is very cause and effect. But entrepreneurship ain't like that. Acting, ain't no arts like that. You can be the best of the best of the best and still see somebody that has not even an inch of your talent blow up before you, right? And so what do we do? We tend to press pause, or go on a hiatus or take that dream of ours that we've been dreaming over and praying over and fasting over and meditating over.

And we get out a nice little box, put the dream in a box, tape it down with that packing tape, put a bow on it and put it up on a shelf. We tuck it under our beds. When we when our heart is like, Hey, you know, don't you want to try again. I know that hurt last month when we tried to you know, do our own stand up or join a pitch contest or have somebody test our recipes we got rejected. But let's try it again. We tend to be like, no, shut it down. Because I tried. And in the American dream, for sure is one where say, well, all you got to do is try and magic can happen, right? We've been fed that. And no matter how much we try to unlearn it, a lot of us believe it. Like I mean, it should make sense. I work hard, I get an output. But the dream ain't always like that. The dream is a winding, unpredictable, the lowest lows highest of highs type of journey. And so it makes sense if you quit. It makes sense if you like, I don't want to talk about it, I don't want to think about it. Leave me alone. And you go back to doing whatever the heck is easier, right? You go back to just doing whatever, don't take too much sacrifice. Like you sacrificing your dream. It doesn't take as much time, energy, passion, none of that, right? But today, what I want to invite you to do, is to begin to start flirting with the idea. What would I look like? What would it look like if I tried again? If there was enough time and space between you and the failed launch? Or the failed store, the failed website? Right? Or not even fail? Right? The it just didn't work right then if their website or venture right? What would it look like if you've already done the tears and the crying and you hurt and all that? And you start to you know, get little ideas like it's starting to flutter back? But you've been like, no I've been there, I promise you, it hurts. What would it look like if you gave yourself permission to start over again? to dust off the book, to redownload the files. To go back and set up that appointment with a coach or a counselor? What would it look like? If you rehired the realtor and say, You know I really want to try to buy this building for my bakery again? What would it look like if you re enrolled in school? Right? I think a lot of times we give up prematurely, because it got hard. And no matter how like how much we try to pad our launch right with cushions and pillows and trampolines, we can bounce back. Launching out into the unknown is scary and is hard. There's gonna be bumps in the road. There are going to be times when nobody gets your ideas. There's gonna be times when nobody buys it or nobody reads. But the only way to get to the other side, to start booking auditions to start getting sales to start getting clients, is that you have to pick it back up, and you have to try again. But this time when you try again, maybe look at it from a different angle, right? When I coached the first iteration of the goal getter sessions, I had it where it was like let's meet up every week and let's you know do x, y and z like, it was it was a dope idea. And when I launched it, I did everything to a tee. Like I took a class about launching your coaching program and you know I studied really hard and really developed my program and you know, I just did the work for months. Like I did all the things and I thought that if I follow this formula surely it should work out. But it didn't, nobody got it. And I went into a depression, you know I'd feel silly being like, "Oh my coaching program didn't do anything," so I'm depressed, but no. Whether it's a coaching

program a recipe, a new hairstyle, a new nail technique, whatever it is, that is on your heart. And it doesn't work out, it hurts because this is your baby, and you've put in so much and you put yourself out there publicly on social media or wherever the case may be. And they just say, no, they don't vibe with it. And so it took me a long time. My journal looks insane for that period, because I really went into a deep depression, because it should have worked, everything else worked. Why not this? And it took me like, a good 60 to 90 days to like, okay, I don't cry I don't cuss everybody down their. I don't tell God I'm mad at him because you the one that gave me this idea. After I got over that and journaled about it and prayed about it, I was like, okay, let's try again, it hurts. But I noticed it's a good idea. And what I did after I dusted it off, I realized that I had made some mistakes. And, you know, the culture program at the time was an in real life coaching program. But I launched it in January, in Chicago, and it was like nine weeks long. So the idea was like, every weekend, you know, every Saturday from, I think it was like 11 to 1 we'll get together. But then after fresh eyes, after I don't cry and it didn't work. I was like, but what if it was not in real life? Like, of course, I want to meet people in real life, oh, could you reach more if it was virtual? And this was like 2018, I think, before zoom was a thing, you know, how we live now. But it was just like, make it virtual and make it one on one instead of a group program. Because I think sometimes like for me personally, I don't necessarily want to talk about my dreams in front of a group and make it an individual one on one thing, and when I pivoted and dusted it off, and you know, my ego was wasn't bruised anymore, I relaunched. And I took the chance of looking like a complete idiot and got back on social media and, you know, launched it and announced it on the podcast. And I instantly booked like six clients then and there. And I wouldn't have been to a point where I booked I think I've coached over 20 sum odd women now, if I didn't pick it back up and start over again, after the heartache after the depression after the question and my worth and my validity as a coach, right? As a person. So today, I want you to go back to the drawing board dust the vision boards off. Look at your old planners, the old calendars, the old notebooks, and ask yourself, can I start again? And what does that look like? Where's the different angle I could be looking at things? that are there some adjustments that needs to be made? Can I pivot a little bit? Instead of 10, maybe I go to five. Instead of five, maybe I go up to seven. Play around with it, but don't give up. And it's okay, if after you chisel away at that dream that it takes on a different form. You know, after nine years of auditioning, I finally start booking things left and right actually. Sitcoms, shows, commercials for products that you probably use them in your house or eating right now. I realized like dang I don't even like this God, like this ain't even what I thought it would be. And so that is when I started my creative entrepreneurial journey and things started to shift. And it was like, you know what I want to show up, but maybe I'll show up on my blog, and then my own stuff. And, you know, maybe I'll start a podcast. And I still utilize those very tools that I use the that nine year journey, right. But through the chiseling and the re sculpturing and the proofreading and the realigning and being like, you know, what does

30 year old Jessica like what 12 year old Jessica, you know, my actor dream was a dream from when I was a child. And it was okay that I grew up and was like, I don't even like that, because I'm a three dimensional person and so are you. And so I picked my dream back up, but I shifted things and I remolded things. And now here we are in a brand new dream. But I think picking it up, if I didn't pick it up, I wouldn't be here where I am now, where I'm still pursuing this higher purpose that I feel is all my life. And even if you pick your dreams back up and you like see, Jessica it still didn't work, just that action, of picking something back up. The action of reigniting and reacquainting and putting your hands back on the magic, right will spark something newer in you. And it doesn't have to be you know, nothing big and mind blowing. But it'll spark something. And I'm curious to find out what that is for you in your life. But I want you to be too. So that's, that's the quick tip for the day. Give yourself permission to start over as many times as you need to until it is right in your heart, right? So that's it. Thank you so much for tuning into this week's quick tip. I truly appreciate it if I mentioned anything in today's episode just go to the Sunday jumpstart dot com and click on Quick Tip Number 33 so that you can reference and click on the links of anything that I said I'll definitely be dropping in those episodes about failure and pivoting and all that jazz so be sure to check that out. If you want to hang out with me outside of the podcast be sure to follow along over on Instagram. The handle is at the Sunday Jumpstart. This Sunday I will be back with a full length episode with Miss Kendra Barnes. She is going to be wrapping up our So You Want To series. She's going to be talking about buying your first income property and creating wealth for you and your family through Real Estate. I cannot wait for y'all to hear that episode. But as always, I love you. I'm praying for you and rooting for you. I hope that you can finish the rest of this week strong and get reacquainted with those dreams of yours, dust them off y'all. They are ready to be a blessing in your life and in the life of others. Alright, I love y'all be strong. See you Sunday.