

00:00:00 life has thrown a few curveballs so far this year. How is that for an understatement? Let me start by Zynga's. I dropped to my notes for this episode a few days ago, like literally only three or four days ago, and it's safe to say the world has completely changed for many of us myself included. Since I first made these notes, and I know that things are gonna continue to change this year has been a ride. Let's just say that. And then Corona Virus or Cove in 19 happened when I first wrote my notes this episode,

00:00:32 I thought, Hey, I'm probably not the only one who's had a bit of a crazy year. Now I'm confident, and I know I'm not the only one Life has thrown us a massive curveball. I know that many of you have also had this year off to a rough start or maybe a rough few years, or I hope that we're listening to the episode and 2020 after Life Stones, more curveballs and this still helps out. We can't always make sense of what comes our way, but I do know this life will surprise us.

00:01:00 There will be obstacles overcome each and every one of us. We're gonna face adversity along our journey, whether it's related to our goals or not. Here's the thing. I don't want this episode to only be about Corona virus or Kobe. 19. I want this to be something you can come back to any time that life throws you a curveball because I guarantee this it will a wish that I could promise you that these things won't happen. But I can't. I can promise you this, though, that you are not the only one.

00:01:29 And there are some things that helped me face adversity in my life in my year. That I hope will help you too. So I'm gonna share them here. In this episode, you're gonna hear some of the behind the scenes of my life in case you're curious and the things that helped me in the last few months, I'm also gonna share and talk about a tricky question that I've asked myself. Which is how do we know if a curve ball is a challenge to overcome orbits? Life guiding, cutting you in a different direction,

00:01:56 a k a blessing in disguise? Look, I'm still figuring this out. But listen up. Because I'm gonna share what's helped me as I've been learning to catch the curveballs, Dance in the rain and thrive in the chaos of life Welcome to the Goalden Girlss podcast where we believe you can have it all. I'm your host, Lisa Me show and I'm spilling tangible tips, goal getting strategies and real life stories to inspire you to tackle your biggest dreams. You're a woman who knows you're made for more. Get ready to leave the excuses and self doubt behind by being vulnerable,

00:02:32 sharing your truth and having honest conversations so you can succeed on your terms. Together we'll set goals you'll actually achieve by staying motivated, having fun and building a community of women empowering women. It's time to tap into your best cell, get confident and truly have it all. Goalden Girls. Let's dive in you Well, How low their Goalden Girls. It has been far too long since your last episode of Goalden Girls podcast. Thank you so much for your patience, your love and your messages during our break.

00:03:04 It has been a wild start to this year. Don't worry. I will fill you in. I know that life has thrown all of us curve balls just to tell you a little bit about me and what's going on for us. So we've had your infections. We've had Crown's going through the dryer, hospital visits, Burns, failed launches and pending surgeries. Oh, and then Cove in 19 is hit, too. And even just like it, since I hit record on recording this podcast, I have been interrupted with phone calls and things changing.

00:03:33 There's definitely been lots of good stuff happening this year. We were in Mexico. We had an amazing trip where the margaritas were a lot stronger than the WiFi. Let's just say that So I used the head was assigned to disconnect. And, man, am I ever glad I did that? But we definitely come home to stressful situations. Did your family emergency cinema no longer had daycare? We end up with no notice with no backup plan and no support. And that's why this podcast ended up taking a cause.

00:03:57 And so did my business. As I mentioned in the intro, when I first wrote the notes for this episode, it was because I've been chatting with you guys and I knew Some of you also had rough start to the year Now as things have changed so much in the last few days and literally are changing as I'm recording this episode, I know I'm not the only one. Life has thrown us a huge curveball from the time that I meet cord this to the time I release it and you listen, my world in your world might change yet again.

00:04:24 In fact, I'm willing to bet it probably well this is learning. This is building resiliency and this is leadership in real time. My friends, this is how we show up in the world. And this is who we are. And before you tell you everything before I dive into all of things I want to acknowledge this everything that has happened this year for me, the hospital visits For the most part they've been fairly minor. Depending surgeries I have there might be in comedian, but they're not life threatening.

00:04:54 I haven't lost anyone close to me or had anything super traumatic come my way. Even Koven, 19. I've struggled with anxiety through it for shore. I'm worried about my family TRIBE may be stuck in another province until who knows when And we're supposed to be buying a new property and our real estate business next week. So there's definitely some big questions, and I don't have all the answers. But I got to say this. I know I will be okay. And I am grateful for the situation that I'm in.

00:05:19 And I know that I am. I'm gonna be okay. I think this is important to say, because when we have truly traumatic or life changing experiences, I want to honor you. I know that those were different and those are especially difficult. And there might be more of those on the way in our world if you have lost a loved one. If you've had a health diagnosis, that's been really tough. Loss of job had an accident. If you've taken a giant hit to your business. And I know this is happening to a lot of you guys,

00:05:45        whatever you define us traumatic, that matters. And so do you. My stories, my examples, my advice. Man, I hope that you can hear this, But I also know that if they're not gonna apply to everyone, if you were in a situation where what I share isn't enough. That's OK. Please, please, please get the support that you need Speak with a psychologist or therapist. I know even my my therapist. I had an appointment with her tomorrow and she just messaged me and said,

00:06:07        Hey, can we do it over? Zoom. So I know there's still options having happening remotely. No matter what's going on in the show knows I also included crisis line numbers. If you need that kind of support Police, please. Please don't do it alone. I have felt the feels and I'm still going through the ride and it has not been easy, but I'm definitely in a positive place in a positive mindset. I know this might not be the case for you. Police do not buy passes.

00:06:31        Please do not think there's something wrong with you. Get the help. Get the support that you need. Talk about it. Ask for help If you cannot find the positive and you cannot get out of your struggles, get the help you need. You are not alone and please don't do it alone. What I'm sharing today This is just my experience. It's not all science. It's not designed to fix everything in your life. I wish would be that. But I can't. I know we can't always make sense of what happens in her life,

00:06:55        and I don't even try to anymore. But I know that life is going to continue to surprise us. There are gonna be obstacles, and each one of us are gonna face adversity and our journey. And I feel like right now is one of those times were all of us in the world were all facing this together. I wish I knew the answer. I wish a promise that these things won't happen. I wish I could make it all go away. But I also know this that these are the times when we really learned to be resilient,

00:07:17        where we really figure out what's most important to us. And we can ground in gratitude to actually make things better than ever before. So in this episode, I'm gonna share with you some of the behind the scenes of my life. In case you're curious. I wish everything would help me. In the last few months, I've been catching these car balls and thriving in this chaos, but I hope it can help you too. Most gonna talk about the really the most important skill a lesson we all need to be successful and also talk about this question that I know comes up for a lot of us.

00:07:45        Which is how do I know if this is a challenging to overcome and rise up to or if this is a blessing in disguise and I gotta change directions? So buckle up, buttercup. This is This is what I've learned And this is what I hope will help. So from the first curve ball, which in the beginning this year. So when I were both sick and she actually ended up with an ear infection and we always had to cancel our trip from that to like Right now, in the real time changes almost moment by moment,

00:08:12 hour by hour of Kobe 19. I feel like I've learned a lot when you're always sick to start a year, it sucked. I mean, okay, let's be honest, sick kids and being sick. That just always sucks. But I had to reschedule everything. Podcast interviews for me and for others and client meetings and Goalden Girls Community and Goalden Girls Mastermind and couldn't go on a trip to California. My daughter couldn't go to daycare like we almost had to cancel a trip to Mexico a way had to scale down my launch for both Goalden goes community and Goalden Girl Mastermind when honestly,

00:08:41 it kind of threw out my run You for the entire first quarter made business. It sucked like even just saying all that. And by the way, just so you know, I feel a little guilty now like saying all this I'm like, Oh, what was me? But I have to tell you, this is how I really felt that it sucked and I cried a lot. And I was in a really big fund. And I feel like a one or sometimes saying this And I know other people are going through way worse situations.

00:09:03 But I also want to say this for you. Like whatever you're going through is riel and me bypassing my emotions doesn't help anyone, and you bypassing yours doesn't. So I'm just gonna put out there that all of that, while in big the perspective of the bigger scheme of life, doesn't seem like such a big deal. I really struggled and it was really tough. I can also say this in the last two or three months as like a cur bowl after curveball after Herbal has come my way. I feel like my resiliency by positivity and my ability to laugh at the stuff has really improved.

00:09:37 And I would say I've even got myself a little bit of a process. That's what I want to share with you. Well, you guys know this obviously is just my experience. This isn't a thoroughly reviewed or research or peer review process, is none of that. This is things that I don't have helped me, but I also believe it will help you. So whether you take all these things or just a few nuggets, I truly hope that something that I've learned what's helped me build resiliency once helped me see the positive can help you,

00:10:03 too. Let's start with the first thing, and this is like if you hear nothing else, this is what's important, and it is starting with you and taking care of yourself. There's a few little things I want to share into this. The 1st 1 is to feel your feelings. Oh my gosh,

00:10:17 like, let yourself be angry, frustrated, disappointed, scared. Whatever that is, I find sometimes in personal growth and in spirituality,

00:10:26 we sometimes trying to bypass emotions. Or I should say bypassing negative emotions we emphasize is like positive vibes on Lee.

00:10:34 And while I'm not saying you should get stuck in fear or stock and anxiety or stock in victim mode,

00:10:41 that's not the point. The point here is to feel still, feel what's going on with you, so that then you can release it and move through.

00:10:51 So let me give you an example. When my launch completely flopped to the beginning of this year, I cried and I really angry,

00:10:58 and I was like, Why is life doing this to me? I was disappointed I'd let myself experience all these things.

00:11:05 And I think that if I hadn't let myself release that, I would still be holding that onto that in some way,

00:11:11 shape or form. The way that our minds work is that we cannot on Lee just bypass all of our emotions like we have to release them,

00:11:18 so we have to feel them and then allow ourselves to move through. When we lost cinemas daycare, that was Oh,

00:11:25 my Gosh, that was crazy. And Joy and I were checking in on each other several times a day,

00:11:29 which, by the way, is a great tip for you and your partner or family is in times of crisis and times of curveballs.

00:11:36 Check in more often. Check in every day if you have to a couple times a day. And we were both really honest that we felt really anxious.

00:11:43 We were heartbroken in so many ways and really sad about the whole situation. We were also really tired and we had a lot of work to do,

00:11:50 and we still have to watch her and find new care. It was very stressful, but us even just checking in and allowing ourselves to express our emotions and for them to be okay that allowed us to process it.

00:12:00 And I really believe that helped us in the long run because it didn't make us feel like we had to pretend like everything was okay or that we just had to be this,

00:12:08 like the strongest person. Like we could just be like, Hey, I'm struggling it right now. I need a little bit of extra help,

00:12:13 and we're gonna help each other bounce each other out, and that allowed for us to then move into what was more positive and move into leadership,

00:12:21 which is important. I'll chat about that in a minute. I do think when curveballs come our way,

00:12:26 when life throws us these experiences that we can't predict, it's a good chance to also reassess. And I think there's reassessing in a couple ways.

00:12:34 One of those is just ask yourself the question. What do you need right now? How do you want to feel and what do you need?

00:12:41 Take care of yourself first. If you are not okay, nothing else is gonna be okay. This might mean you need to turn off the TV.

00:12:49 This might mean that you need to maybe turn on the TV and watch a funny comedy show. This might mean that you need to talk to a good friend or someone You trust this?

00:12:56 I mean, you need to go get some sleep or take a bath or have a shower. Men,

00:13:00 Is it just me or does washing your hair sometimes just change the whole day? Check in. What do you need right now?

00:13:05 How do you want to feel and take care of yourself. Another thing that's really helped me in this is to sit in and live with in gratitude for what is good.

00:13:15 This is not about bypassing. This isn't about just having rose colored glasses. Um, remember I just told you that I've cried and I've been angry and I've struggled anxiety,

00:13:24 and I felt all those things and they're real. But it also encourage you to look at gratitude because that perspective,

00:13:30 and looking at the things that are still good are gonna help you get from staying from getting or staying stuck.

00:13:36 So here's the things, for example, that I thought about I thought about when it comes to Cove in 19.

00:13:42 I thought about Well, I'm really grateful that it's sunny outside right now. I mean march in Vancouver.

00:13:47 It could be really, really ready. But it's sunny forecast for 14 days, and I'm so grateful for that because we have our patio,

00:13:53 which I'm so grateful for. We'll be outside. I'm so grateful that I'm able, and I have the flexibility to record this podcast from home.

00:14:00 I'm so grateful that we have the abundance that I could buy some food and have enough in case we are quarantined for two weeks.

00:14:06 I'm so grateful that I have friends. I'm so grateful that I can give back. When are we lost her daycare So grateful that Troy was home and that we had bonus time with our daughter.

00:14:16 Like I was like, Okay, I gotta also see that the positive things there, too. One of the other curveballs I found out this year is that I'm gonna need double foot surgery.

00:14:24 And I'm happy about my feet for at least a month twice. With about six months of recovery mines,

00:14:30 that can happen. Not sure now, but stay tuned that the gratitude that I felt in that I had to shift into this,

00:14:35 too, is that I have my business and the ability to do this. And by the way, sometimes I also see the downside that I don't get disability and I don't get paid if I'm not working.

00:14:43 So it's certainly a balance, and I am a work in progress. But it's like, Okay, what else?

00:14:48 That can be grateful for it. You know how many books? So I say I want to read,

00:14:50 but I quote, don't have time to or how many shows I say I want to watch. Well,

00:14:54 this is my chance to do it. And this. Okay, this is gonna sound kind of weird.

00:14:58 Um, I'm gonna share with you even though some of you guys my judge me, But I just have to put out there.

00:15:03 So sometimes I actually fantasize about those early days in the hospital after I had Sonoma. It wasn't seriously hurt,

00:15:11 but there were no expectations. It was like I just got to rest, take care of my baby and figure this out and happy will take care of me.

00:15:19 They would deliver me food. I mean, I'm pretty sure if they hadn't kicked us out, I might still be there.

00:15:24 Um and I know that sounds a little bit crazy, but I know that I'm not the only one that fantasizes about being in a hospital,

00:15:29 so I can just get rest. So while I'm not saying I want to be in the hospital, I'm not saying I want to be sick,

00:15:34 but these surgeries or you know, funny enough, I'm ad libbing this as I go here, because things keep changing.

00:15:39 But even with cove in 19. Okay, this this is gonna be a chance. For now, you know,

00:15:44 my surgeries, my husband be waiting on me hand and foot and I will get some rest. And with Kobe 19 I'll actually get to do some things around my house that I say,

00:15:51 I quote, never have time with. So always about where can I find the blessings? Where can I find the gratitude what is good in my life?

00:15:58 If you can ask yourself those questions again, not to bypass, not to say everything is good. Positive eyes only.

00:16:03 But to balance those out that could help us keep moving forward. I want to share story out of little things that have helped me with this whole taking care of myself first and getting my mental physical game on it first.

00:16:19 So one of those things is to make a little list of things I can and can't control. And sometimes I do that physically and write that I was trying to just do it mentally.

00:16:26 Kind of depends on how big the surprises. You know, I knew that I couldn't control son Almost childcare situation in that day.

00:16:34 But I could control the actually took in finding one. I can't control the media, but I can control how I consume it.

00:16:39 I can't control the world, but I can control my own thoughts, my own immune system, my sleep myself,

00:16:45 care my meditation. I can control those things and making a list of what I can and can't control.

00:16:50 That's a very powerful and then focusing your attention on what you actually can control that can help you out in these moments where it feels like things they're spinning and we are out of control and everything has helped is to shift my mindset,

00:17:04 reminding myself that I am a leader so often it is easy for me to get into victim mode like,



00:17:10 Why is this happening to me? I can't I don't know what's happening. I have to sit and wait and thinking of myself as a leader,

00:17:16 imagining I'm a leader. I'm a my my girlfriend. Megan Ares always has this from the modern wife project.

00:17:22 She says over the chief CFO, the chief family officer Mike. Okay, I'm the chief family officer like this takes me into this proactive mode,

00:17:30 and it takes me into this idea that I can figure this out. I can make it work no matter what happens.

00:17:35 And no matter what comes my way, I'm a leader. I'm gonna figure this out. Taking this stance in my family life in my business,

00:17:42 in my community and the conversations I'm even having. And by the way, being a leader doesn't mean you got it all figured out.

00:17:48 This is me showing up as a leader with this episode. I'm not saying I got it all figured out,

00:17:51 my saying, I've never struggled or haven't been anxious or I haven't cried. I've been worried. It's not about that.

00:17:56 It's about being the 1st 1 It's something about being the 1st 1 to say those things and also recognizing that there is gonna be a future,

00:18:02 that there are still things that are coming and still for always, for us to show up in more positive ways.

00:18:08 So big a leader is not about perfection. It's about being proactive and about showing up the way that I want to.

00:18:14 So wanna challenge you guys two to think of yourselves as leaders in those situations where unexpected things happen, you are a leader.

00:18:22 Okay, Here's one more thing that I would be remiss to not talk about. And that is limiting media seriously.

00:18:29 No matter what curveball you're in, if you are not feeling good, you have to be aware of that media.

00:18:36 I mean, anything but hate. Meat has a really big one in our lives these days. It can feel you in the wrong way if your media consumption right now is uplifting,

00:18:45 you great, Fabulous. If you have a couple people that you are listening to your go twos awesome.

00:18:51 If you are that aware that you can put great boundaries, you are better off than me. I think for most of us,

00:18:59 turning on the TV can lead into this negative, endless watching of the news. And, um, it could lead us into spirals of arguments with that with random Internet people in the comment sections of the news articles.

00:19:12 Or it can lead us into total scroll holes or into rabbit holes of reading all the articles. If we're not even talking about,

00:19:20 you know, massive news and media events like, let's just talk about comparison if something has happened, and perhaps your relationship or your business or your family or your financial state and you're on social media,

00:19:33 it can fuel comparison as well. Does any of that sound familiar? I willing to bet that it probably does.

00:19:41 So here's a couple little things you could do to just help with this. So what we want to think about is just consuming consciously.

00:19:48 So that might be in setting a timer for media saying a camera. Look at this one new source of this one social media platform.

00:19:55 10 minutes. Here's the timer. Let's go. It might mean being extremely conscious of like, Okay,

00:20:00 I'm gonna watch this YouTube video or I'm gonna listen to this music karma. Listen to this podcast. Thank you for listening to mine.

00:20:06 By the way. I do really appreciate it. Or look at this person's instagrams are because they make me happy,

00:20:10 or they remind me that there's more to come or they have been through hard times. I could watch what they're going through to just be hyper conscious of what you're consuming.

00:20:17 In times where there's a lot of uncertainty where there's unexpected things coming, be very conscious, what you're consuming and heck if you can't control it.

00:20:25 Which full disclosure I don't have the self control. Use APS to help limit what you're doing. Use technology to empower you,

00:20:32 not dis empower you. Okay, so that was all under the umbrella of take care of you. Feel your feelings assessed with what you need and take care of yourself.

00:20:40 Sit in gratitude. The girl when you can and can't control show up as a leader and limit that media.

00:20:47 That's what I got free there. Now let's talk about the second thing that's really helped me. This is one of things that I've realized is that any time the unexpected happens or changes,

00:20:55 big changes happen. It is a chance to reassess and assign what you want. It's a chance to reassess and realign.

00:21:04 So the first part there is like reassessing. How do you want to feel? What do you need right now?

00:21:09 How do you want to feel in your life? What's with missing? And I understand that as something to guide you for what may be next.

00:21:18 Then use it to realign. What do you really want? What is most important to you? Let me give you an example here.

00:21:26 When we lost sight of his daycare, we actually stepped back and looked at every option. I asked myself things like to I want to be a stay at home.

00:21:36 Mom, this is a sign I should do this. I asked the question, and I want to ask us to do If you were in a perfect world are ideal situation.

00:21:44 What does it look like? We thought about what our ideal childcare situation was gonna be like. If you've lost a job or business,

00:21:52 it's a great chance to say, Well, what does my ideal business, your ideal job look like you've lost a client?

00:21:56 What is my ideal client relationship feel like with our child care situation? We looked at nannies. We looked at larger daycare,

00:22:03 smaller ones. We re prioritize. We said, OK, these are the things that are most important to us,

00:22:08 and that was a really fantastic start, because the next step to deciding what you want is to then take inspired action from that place.

00:22:17 But first you have to have released or at least be processing your emotions. You have to have reassessed how you want to feel what you want and then re align with what is most important.

00:22:27 And from there you take inspired action and this might be really different, depending on what it iss for my launch that was basically completely botched the beginning here,

00:22:36 I decided to give it a try and just do my best. Just go for it. That's what it was.

00:22:42 The right decision? No, but that's what I decided. And you know what? I felt like I was taking inspired action based on where Iwas and here's the thing.

00:22:48 We never really know if we're making the perfect decision because that doesn't exist. All we can do is make the right decision the best decision for us at the time,

00:22:56 with the information we have and then move forward with our daycare. I prioritized. I first called everyone in immediate availability in our neighborhood.

00:23:04 And then I printed out a 25 page Frenchy and just started going through it. We went to interviews and we were He was so clear.

00:23:11 Oh, my gosh, You guys were so clear on what we wanted most and not just helped with our decision making.

00:23:15 It was the lens for us to make the right decision for was gonna make sense. You want to know how you want to feel no,

00:23:22 what you really want, what's most important right now and then take action. All right, so here's 1/3 thing that's really helped me through all these unexpected things.

00:23:32 It is to explore the lessons. You might not be on board with this, and that's okay, but this is what I believe.

00:23:39 I really believe that life is here to teach us, and we're here to be constant learners. I really do find so much value in assessing and understanding and trying to learn from every situation that comes my way,

00:23:53 not necessarily being able to, like, make sense of it or understand why that happened. I know that's not always possible,

00:23:58 but for me to at least be able to take away okay, what I learned from this, how did I grow?

00:24:03 What's coming? That, for me, is such it brings me into leadership mode. It brings me into productivity,

00:24:10 brings me into the person I want to be, who is excited, who is alive, who is inspiring.

00:24:15 That's what I want to be. And so when these things come up, I ask these questions. What is this here to teach me?

00:24:22 How do I want to show up in this experience. How will this make me more of who I'm meant to be?

00:24:28 Now I gotta tell you, I'm still figuring this out because there's been a lot of curve balls in a lot of changes.

00:24:33 But I Here's what I've discovered so far. Some of this is that I know something I want more of is that I want to speak more.

00:24:42 That's been such a beautiful gift in all of these things that have happened is for Mito halftime and reassess.

00:24:48 I'd be like, Okay, I actually want to be on stage is I know that is one of my biggest thing.

00:24:52 And if I'm being honest guys, I've been letting that desire to speak on stages and to speak more in general really paid because some of my own excuses,

00:25:01 like excuse is that I make such as I don't know how to get we're paid gigs. What am I gonna do with the Nova?

00:25:06 What if I'm not good enough? How do I memorize the speeches? I have no idea how to do that.

00:25:10 Right. Well speaking business, all these excuses, by the way, just because you're wondering I don't have this all figured out and I caught myself in these excuses,

00:25:17 which only happened because I had downtime to really think about it and really pause in this pause in my life.

00:25:23 Maybe say, Well, if that I'm not I'm not here for that and I decided to really step into how I can make the biggest impact now.

00:25:32 I mean, these notes a couple days ago and at the time conferences were still happening, people were still hiring for speakers.

00:25:37 That's obviously really changed right now. And so here's my chance again to look back and say, What is this here to teach me?

00:25:43 How do I want to show up in this experience, how this is gonna make any more who I'm meant to be?

00:25:47 What's next for me? All of these questions you guys and I do. I don't know all the answers like I don't know how.

00:25:53 I don't know how to get more gigs. I don't know if, uh, well, I'm pretty sure I'm gonna be good enough cause I'm gonna make sure I'm good enough because that's that's who I am.

00:25:59 I show up as excellent. I don't know what it looks like to do all the things. I don't know what it means Orson,

00:26:04 Omar, Kobe or any of those things. But I do know that if I only had a year to left to live,

00:26:09 I only have a few hours to make an impact. And when I asked myself what I really, really,

00:26:12 really want, it is to speak on stages that is to speak. And that means I'm gonna be there for this podcast,

00:26:17 my Goalden Rose community. But I'm in a shift to speaking Moritz at some place, so I know that this has been a really beautiful and lucky experience.

00:26:25 And as much as man, this year's been hard without the curveballs. Without these unexpected changes, I would have blindly been following my to do list.

00:26:34 Does that sound familiar? Do you ever just, like, sit down and just go for exactly what you did last week or what you think you should be doing?

00:26:40 Sometimes we need those big shakeups, all of us, myself included. To really figure out what we want to look at,

00:26:47 where we've been holding ourselves back to reassess my gosh, what's most important and what I want, who I'm home.

00:26:52 I'm becoming And how am I gonna get there now? This last point here, This is when this kind of step forward my process that I made up here,

00:27:04 this is anyone has come to me in the last couple days, but I really believe it's worth included.

00:27:08 Remember, I'm still learning. And if I do this in a couple more days, I'll probably like five steps or more to add or more thoughts.

00:27:13 But here's in this moment. One of things that I'm finding to really help is to find a purpose and that purpose to be to spread joy and positivity when we make it about ourselves.

00:27:24 Myself included. Guys, I know this feeling. Then I get into that. Oh, but what about this?

00:27:28 And what about this? And I don't know how what if this happens and it gets really tough and really heavy,

00:27:32 and you can probably feel my energy, my voice, even as I just say that. But when we make it about others,

00:27:38 we actually remove the anxiety that would feel about ourselves. In our situation, we can actually be the change.

00:27:45 We find a purpose when we find a way that we can help others or build community or smile or spread love or operate a help somebody Oh my gosh,

00:27:53 you guys, that's what uplifts us. That's what feels good. And sometimes we just have to get out of our own way.

00:27:58 We have to get out of our own, our own crap, to be able to help others. And that,

00:28:03 actually in turn pulls us right out and brings us right to where we need to be. A couple of little things you could do.

00:28:09 I mean, this is something that I've been doing, and I think I'm gonna just continue and continue and continue.

00:28:14 It is to send three positive messages a day to a friend, to a colleague or a stranger. Your respect,

00:28:19 er, someone in customer service to really lift them up. This might be voice memo or a little note or,

00:28:25 ah, direct message on social. Just lift somebody else off and that will in turn lift you up.

00:28:31 I know that. Ask what others need. Returned to someone and say, What do you need? Well,

00:28:36 how can I help donate to a charity? Sometimes when we find a purpose or we help someone else,

00:28:42 there's actually a lot of research to back this up. Not that I have the exact stuff right here right now,

00:28:46 but I do know this that giving to other people makes us feel better too. And I am a little biased.

00:28:52 But right now, especially right now, and really always support small businesses. Guys, do something to help somebody else a small business,

00:28:59 do something to help someone else. You that will make you feel so good. Kids, you are making a difference.

00:29:05 I also think this is so hard to say. Your joy, your energy, your light, it matters.

00:29:12 And if you have ever doubted like, I'm going to say this to everybody right now, if you ever doubted that energy quote energy is a real thing.

00:29:20 You're like, Oh, I don't know if I believe this energy stuff. Whenever if any of you have been living through this cove in 19 you have felt the shift.

00:29:28 Everyone that I've spoken with has felt this palpable shift in the energy in the air. You know that energy matters and you are feeling the energy of those around you.

00:29:36 You can feel anxiety could feel fear. You could feel nervousness just has you can feel all of those things.

00:29:41 You can also feel like you can also feel positivity. You can also feel joy just as we have picked up on fear and negativity from others.



00:29:52 My gosh, other people can pick up on positivity and light and love and joy and smiles from you.

00:30:00 You can make a difference and do not Do not underestimate that, my friend. I want to end this with a couple of little notes here.

00:30:10 Something else that's help me. It's just the reminder that this too shall pass. This is a season.

00:30:16 I don't know when. I don't know how. I don't know what it's all gonna look like, but this too shall pass.

00:30:21 I also know that it is a process. I've felt this with every hiccup I had from losing cinemas Daycare to my launch,

00:30:28 being totally thrown off to my surgery to Cove in 19. You will probably go two steps forward and then one or three back is a process.

00:30:36 It's not a straight line. It's not a straight Okay, well, it didn't feel so good yesterday.

00:30:40 Today I feel better tomorrow feel even more better. There may be some ups and downs and it is a process.

00:30:46 And that's okay. Here is what I believe is the most important thing. And this is building up your resiliency and your bounce back ability.

00:30:56 And my gosh, you guys, if if you're going through all this, if you're feeling this of you going through curveballs,

00:31:00 that's exact. What you're doing is you're building your resiliency. You're building your bounce back ability and bounce back ability.

00:31:05 I got to say, That's my coach Emily says that actually love it. I gotta tell you, my bounce back this year has gone from days and a lot of two years and a lot of upset to being able to flow and get back up and lot easier Not to say that I'm perfect not to say I have it all figured out,

00:31:21 not say that. You know my situation is the worst in the world because I recognize it's not. But I do know that for myself it's gotten easier and that's really amazing.

00:31:29 The more I am able to feel and process, then I can reassess and I can figure out what I what I need,

00:31:36 how I want to feel, what what needs to want really want then then I can take the action.

00:31:40 I can lean into the gratitude and it really gets easier. The other thing that I've learned that I know that you are about to learn that we're all learning is how freaking strong we are and how resilient we are.

00:31:50 And my gosh, we should all be so so dang proud of that. All right, now, here is a question I've been asking myself.

00:31:59 Maybe you're wondering how do I know if it's a challenge? How do you know for the challenge that you should overcome that?

00:32:06 It's a challenge to rise up Thio? Or if this is life guiding you in a different direction for any curveball like a K A blessing disguise,

00:32:13 you know, does this mean that you should try a different career or different businesses that mean you need a different different relationship for different place of work or different city to live in?

00:32:24 I do know this that somewhere in you, you know their heart and your intuition knows it. If I believe this,

00:32:33 if it is a challenge that you're meant overcome, there will be a part of you that is excited for that that feels aligned,

00:32:41 that feels like Yeah, that's gonna be hard. But like I know it, I know this is I got to do this or there will be a part of you that is pulling and saying this isn't right.

00:32:54 This isn't for you. Those voices, they may come in different different volumes, different tones. And only you are gonna know you're yourself,

00:33:05 your heart, your intuition. Only you will know. I wish I wish I had, like, the perfect answer for this.

00:33:10 Or I wish I could create a crystal ball or an app that would end of this for you. My gosh,

00:33:14 when that you're amazing. But just start to pay attention to where in your life you make excuses and why and where you push through the challenges and why,

00:33:26 If you're building a business, one of the things you're willing to do for free and why one of the things that you're not willing to do And why who were the friends you always make time and space for?

00:33:36 Because we know there's these people that we drop of a hat. We will be there. And who are the ones that you don't The ones that you schedule a few weeks,

00:33:43 or maybe even a few months out, or tell him now is not the time. This is how you start to pay attention to your heart,

00:33:48 your intuition. You know this, but I don't logically, most was don't logically have all of these thoughts in her head,

00:33:53 but we know it. What are the things that you are willing to push the curve balls for? The things that excite you on some level,

00:33:59 even if there's fear and uncertainty and nervous isn't all that stuff but like you're still willing to push through and one of the things that you're not.

00:34:08 I know this, that if you want it bad enough, you will find a way to make it happen.

00:34:14 And if not, that's okay, too. But it is important to tap into yourself into your own wisdom,

00:34:19 your intuition to figure out whether you're making an excuse, because it's not the right path for you, or if it's time for you to drop the excuses and just make it freaking happen.

00:34:30 Okay, so, guys, this is not a perfect episode with a perfect ending or a perfect story.

00:34:35 This is not a lesson that I've fully learned. I mean, we're living in curb pulse right now from drafting this episode to starting recording to even ending this recording.

00:34:44 Still, more curveballs are coming, and I'm sure the next few weeks are gonna continue to change many things in all of our lives.

00:34:50 To be honest, I've had a really hard few days. I had moments, overly deep anxiety. I've gotten sucked into the news and it will probably happen again.

00:34:59 I'm feeling good right now, but you know, there's ups and downs and it's not about perfection. It is about progress.

00:35:05 After everything I've been through this year, I truly do feel stronger. I feel more resilient in a lot of ways than ever before.

00:35:13 I wanted to share all this with you because we're not only just scars were not only the things that we've already been through and survived.

00:35:20 Sometimes we're also wounds. And if you're in a stage of wounding, I'm here and you're not alone.

00:35:27 Please hear me on this one more time. You've listened to all this and you are if you are struggling,

00:35:33 if you are really going through something traumatic, if you cannot find this over lining. If you cannot find gratitude,

00:35:39 if you cannot take care of yourself please, please. Please get help. Mental health matters community we're here for You don't need to be alone.

00:35:47 Anxiety, depression, suicide. These things are real and what I share and what I'm sharing today is not meant to help you bypass or make you feel like none of those things exist because there's a very real challenges.

00:36:00 So, please, if you are struggling, get help in the show notes of this episode. There are links to support you.

00:36:04 So reach out. Find the crisis line in your area. If you're not in one of the areas that I have shared,

00:36:10 get help. Please, please Pieces, please. Now, before I go, I want to share one last little tool that's really helpful for bouncing back.

00:36:19 And that is reflecting reflecting on your days. I do that a lot pretty much every day. I try and reflected.

00:36:26 Not perfect, but I try. I definitely reflect every week that I'm very consistent on, and every month and blankets isn't on every year I'm consistent on.

00:36:35 So if you want to try it out, I'm gonna encourage you guys to grab my free monthly reflection guide and the links in the show notes.

00:36:43 Or you can go to Lisa me show dot com forward slash month Now, Why am I telling you to do this?

00:36:48 Where does this help? Well, I find that reflecting is really powerful because it actually gets you out of your day to day and guess you grounded into where you been into what's important and what's next.

00:37:04 It's also so powerful because it will remind you of how far you've come. And I think that in times of challenge and when it feels like we have zero control and let me say that sometimes control controls,

00:37:16 actually just perception we really don't control much at all. Which is a funny thing that being able to stand back reflect,

00:37:23 we'll give you back some power and also just help you recognize when you are in control of. So I'm gonna encourage you guys whether beginning of the month,

00:37:31 end of the month, middle of the month, whatever. Take some time and just look back at the last month you guys and just figure out like where you've gone,

00:37:38 what you've learned, which all these questions Aaron, my guide. So make sure you grab that and also just set some intentions for the month ahead.

00:37:46 It's gonna take you out of your day to day that's gonna get you grounded. That's gonna get you looking at What's next?

00:37:50 How you wantto how you want to show up and roll around you of how far you've come. So I hope that this episode and what I've shared is giving you a little window into my life into the real life ups and downs and hope.

00:38:04 It also shows you what I consider myself pretty successful and there's still challengers. It's not like they don't exist.

00:38:12 I truly hope that this inspires you. I hope that it inspires you to do the same, to view life's curveballs as a chance to process your emotions as a chance to reflect on how you want to feel what you actually want and a line with that when the unexpected comes your way,

00:38:28 it is a chance for you to figure out if you're on the right path, and it is a blessing to adjust if you're not.

00:38:35 If you are on the right path, you will then take inspired action to get what you want. In the process,

00:38:39 you'll learn more about yourself, which I feel like is the purpose of life. Thank you guys so much for listening and truly moved in my heart.

00:38:48 Thank you so much for supporting me. Thank you for reaching out. I am a small business too,

00:38:52 And I can't even tell you how much you guys mean to me. So thank you. Thank you.

00:38:55 Thank you. Thank you for being most of all, open to you and your experiences for your emotions,

00:39:01 for the lessons that you're going through for your experiences and leaning into the discomfort that's in your life right now.

00:39:07 I know you've had a tough stopped start to this year in a lot of us are having a tough last few days,

00:39:14 few months and the next couple weeks. Couple months. Couple years are a little uncertain if life is not going as you expected.

00:39:21 This this is for you guys. And I hope that this has helped. So now you've heard you've heard the behind the scenes of my life you've heard was help me in the last few months too thrive in this in this uncertainty and remember,

00:39:35 it's on a scientific process, but start with you and feel your feelings and get clarity. Fuel the gratitude and take care of yourself.

00:39:43 Decide how you want to feel and what you want and take inspired action from there. Explore the lessons and what this is meant to teach you.

00:39:50 Remember, This too shall pass. And this is a process that perfect and finally find a purpose and bring joy.

00:39:57 Guys, the most important skill that you need is to be able to bounce back. And that's what you're doing is you're building resilience.

00:40:03 You're building your bounce back ability. If you're curious. If life is guiding you in a different direction of a time for you to step up to the challenge,

00:40:11 be honest with yourself. What do you tolerating? What do you resisting? What do you really want?

00:40:17 Your life? You know the answer and reflect reflect on the good and the bad of your last month.

00:40:25 Lisa me show dot com forward slash month Make sure you grab that. I want you to remember this,

00:40:29 but sometimes we need like me to I needed these. We need these shakeups. We need this curve balls to truly figure out what you want to figure out what's important and who you're becoming and how you're gonna get there.

00:40:40 Life is always moving, always flowing, always changing were never fully in control. When the unexpected happens when these gerbils come there just a hyper condenser version of this truth in life.

00:40:52 It is in these moments of challenge where you and I, where we show ourselves exactly what we're made of.

00:40:59 This is where we get the courage to say what we really want and we show our tenacity to go for it.

00:41:04 Goalden Girls, You are strong, you are capable, you are resilient and you are tougher than the challenges.

00:41:13 Go show the world and go show yourself what you are made off and who you are meant to be.

00:41:22 Thank you so much for listening. If something spoke to you, send me a message by sharing this episode and tagging me on social media.

00:41:29 If you know someone who loved to hear this episode, please share it with them too. Because I love surprises.

00:41:34 Make sure you subscribe to Goalden Girls podcast today. It's the only way to find out about bonus surprise episodes and make sure you don't miss a single beat on your Goalden journey.

00:41:44 Thanks again for listening. That will talk to you in the next episode of the Goalden Girls podcast.