

10-29-30 Is Your Life Plan Off Track?

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Hey, everyone, welcome to another episode of legendary leaders. So here we are on the 29th of October, as I've been talking about, you know, for the past couple of days, we have two months left in this year. And I don't know about you, you know, a couple of days ago, I told you that the holidays fly by, I feel like I blink in and you know, they're gone, if I'm not purposeful about it. But the other thing that I've been thinking about lately is I am I'm tired. You know, I'm mentally tired, I'm a little physically tired. It's just hit me. I've put out four courses this year, and another one on the way. I wash my backpack company. I'm still a mom and a wife and a volunteer. And you name it, right? There's a ton of things that I have going on, every single day just like you. So I can speak for myself when I say that when COVID hit acid, Okay, I'm gonna make the best of it, right? I'm gonna make the best of it. Because why not? I mean, we talk about having that optimistic realist mindset, but you've got to live it. So I remember. I remember in March, what happened was my grandmother passed away. We went to her funeral, we came back to town, we went, we left here on Friday morning, went to her funeral on Friday afternoon. Stayed, came back on Saturday. Or Sunday, I think it was Saturday, Sunday, we get notification that schools are closed. That was in March, and then just nothing ever slowed down, you know, the whole world changed for me in my world, and then the world just changed. And so I remember thinking, I want to make the best of this. Right? Can't change all the insanity in the world, we don't know exactly what's happening. I'm gonna make the best of it. So why not capitalize on working from home? 100% of the time, right? If I'm here, I'm gonna make the best of it. If the kids are here, I'm gonna make the best of it. So why not use this time? To assess what I'm working on and double down and push? Right? Why not?



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Why wouldn't I do that?



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But, and I did. And probably you did as well. When we started off, and we were like, wow, this is pretty cool. Like, I didn't realize how busy I was. And I didn't realize how much I was running around. And how much into how much of a routine I was into that was just insane. You know, I remember racing around from one meeting to the next and then going and picking up the kids hopefully, by 5:30. You know, they get out of school at 2:15. But I wouldn't get them until 5:30 and then taking them to sports. And it just it was always crazy. And so I remember, when COVID hit, it was like, Okay, I can't go anywhere. So this is a great time to just further invest in the business. And I did. But I'm reminding you in this episode, because I have to remind myself, I'm human, just like you. And I have to stick to my life plan. Right? I have to let myself live my legendary life. I started off with COVID not being able to leave thinking okay, well, this is good. We're gonna have more family time. I'm gonna be more purposeful about the time that I'm spending on myself with myself with my family. Right? And I have to do that gut check. So this is me talking to you through sort of that gut check. So legend is a huge part of my life plan. Being creative, serving, helping amazing female business leaders. I love it. I do I love it. So I'm living my legendary life by moving legend forward. I am. You know, you, when you have your business, it has to be a part of your life, it has to be a part of the life you deserve. So that when you wake up each day, you have to be able to say yes, this is so awesome. I get to go do this. Right. And then it doesn't feel like work and it's a part of the life that you have been looking to create. So I absolutely am living my life. Whenever I'm focusing on legend, but the other parts of my legendary life, like my spouse, right and my kids, I can say that with the wonky school schedules that are happening right now. And the crazy routine that's just not really a routine. I haven't been the best at spending quality time I sat down in my mind right in April, definitely in the month of April. It was like whew, quality time and we spent a ton of it. We really capitalize On the change in the world, but now, as we always do, as humans, we found a way to stay busy in the new normal. And so I haven't been the best at spending the quality time that I'm looking at, I'm going crap. Oh, we're together, we're here, we're still in the same house. But I'm taking it for granted again. Right? We're physically together a lot more. It's definitely struck me over the past few weeks, that I've just been taking that for granted. And so I'm having to look in the mirror and call myself out. And I'm telling you, we all have to do that. We have to call ourselves out regularly, we have to look in the mirror, because it's going to constantly happen. If you are a person that strives and pushes and wants more and wants better, and wants to arrive and wants to deliver and wants to help others be better, right? If that's your mission, then you have to

sometimes save yourself from yourself. I have to do that constantly. And it's not because I don't love my family. Oh my gosh, I love them tremendously.



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I do.



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But it's sometimes it's so easy to get caught up in my head and say, oh, what about this problem? What about that problem? And how do I fix that? You know, because that's just it's where my brain lives. It's, it's fun to me to problem solve, and come up with a next solution. And I look at my kids, and they're outside playing basketball with a roller skating around in the back. And they're having fun. And I'm like, well, they're having fun. I want to interrupt their fun, I'll just go back to work. They're having a blast. But what I do is, I needed to say, hey, look, go up, go on, celebrate them, go go throw the ball to them go cheer them on, while they're rollerskating, go do something to spend time with them. Just because they're having fun doesn't mean that I have to pull them away from what they're enjoying, it just simply means that I need to go engage, it means that I need to pull away from what I'm doing my work, and go spend more time with them. So I will tell you that I have to again, it's a gut check. And it's all about perspective. So the key is that we have to go back to living our life plan. And even with a plan, we're going to slide not a negative way. It even when I'm focusing on legend, as part of my life plan, I'm still living my life plan. But sometimes I can devote more time to one than the other. And it's normal. But you just have to do the ebb and the flow, right? You're swinging back and forth. The key is that the plan, we create the plan, and it's there. And it's existing, because it's going to help us remember what we want, and what we should be doing. So we can quickly go back to a better equilibrium, right, which is awesome. That's the whole point. So for me, we spend the weekend in Asheville, North Carolina, which is where I'm from. And we enjoyed the fall leaves and the kids spent time with my parents. And I set aside the electronics and focused on enjoying the moments this past weekend. It was exactly what my legendary life plan called for exactly what I needed. I keep pushing you to schedule time for yourself your holiday time, your team holiday time, whatever it is, right? I want you to schedule that because I know how fast life happens. And if we're not purposeful we're going to miss out. So I'm pushing you to schedule your holiday time. But what about just lifetime? Are you letting yourself live and enjoy right now? You know, I love the fall. I love the leaves, you know, again, I'm from the mountains, I enjoy looking out and seeing just an array of color. And that's what I saw my entire life growing up. And I always want to make sure my kids get to see that. So that's why we went enjoyed it this weekend. And, and so I have to focus

on being purposeful. So I'm telling you, I felt like I was getting away from it. I might note how you know we're doing the fall trip. We've got to go. We did it was fantastic. And I'm encouraging you to do the same thing. You've got your holiday Tom plan now what are you going to do to live a little bit every single week? What does that look like? If you just started committing to your business right now? Okay, so let's say in the past six months, you just started creating your business and in really getting into it.



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And you're living a little tight financially right now.



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Okay, maybe you can't take the trips or whatever, then a bubble bath and a good book is just as important in your life plan than a weekend spa getaway. You don't have to go spend money to go take it mental break and have the quality time with yourself or with your family or whomever you're trying to spend time with. The point I'm trying to tell you is take care of you. Take care of your family, you've got to live while you're creating your business, you have to, you cannot miss out. So, I think we all were really good at doing the gut check and realizing the time that we were missing around the month of April. But we've quickly adapted to the new normal and Tom is getting away from us again, you've done a really good job of mapping out your holidays, I want you to sit down now just making make sure that you're living your life every single week. And there gonna be some weeks you're going to get out of the flow, you're going to get out of it, you're going to work more than we probably intended to so now you get to swing back and spend more time with your family. Okay. But I don't want you regretting it, I want you to realize that it's normal, it happens to everyone including me. And that's why we have our plan. So we have something to say, Oh, wait a minute, I got a little off kilter here. Let me go back. Right. Let me go back to what I consider important to me. Whatever that is, you define that. All right. Go and be legendary.