

Called to Both Episode 7 Transcript

I am diving into today's episode with very little notes and a lot more on my heart than usual. And I want to talk about loneliness in motherhood and entrepreneurship and what that can look like, together apart. And really just dive into this because I think it's so needed. And I think that this conversation needs to be had. Stick around to the end, I'm going to be giving you a couple of really practical resources for if you are facing loneliness in your entrepreneurship journey, your motherhood journey, or you're called to both journey doing both of these things together.

Hello, and welcome to the call to both podcast, I'm your host, join Michelle, and you're in the right place. If you're ready to grow your business, while also being the intentional and present mom, you want to be. This show will leave you feeling inspired, equipped with tangible tips and encouraged to go after your own version of being called to both. Let's dive in.

So, two of my favorite things, being a mom and being a small business owner, the drawbacks to both of these things is similar in that they can often lead to feelings of loneliness and isolation. And before I ever had kids, I had a business I had a business for six years, I was hustling hard, doing long hours, building up what was joy Michel photography, which is my original business, that I started in 2013 as a wedding and lifestyle photographer here in the Annapolis Maryland area. And of course, after having kids, I then of course became a mom and combined these two worlds of trying to raise babies and grow this business that has since pivoted into joy, Michelle CO, which is the business I have today.

And what I've been realizing lately is that motherhood can be very lonely and is isolating and business is the exact same way. And then we add to it both of these things together. And what I think we get is a very high likelihood that you're feeling a little bit isolated and a little bit lonely right now. And we're not even gonna talk about what the past couple of years in the world have done to us as moms and entrepreneurs as well. Like, let's not even, we're gonna acknowledge it, we're not going to unpack it. That's the reality of what we're walking in today as being moms that are called to both. And it is not easy. In fact, I think it's almost a daily thing that's heavy. So I think it's it's first fair to just acknowledge that running your own small business hustling after growing your own income as a creative is one thing, being a mom is another and then combining those two things together at the same time is probably going to lead to some feelings of isolation in your life.

And I was thinking about this today I was picking up the house and I had a baby on my hip and a vacuum in the other hand, and I was thinking through what I wanted to share with you in this episode. And I was just thinking to myself that personally for me, as an introvert, there's a whole nother layer to this because I feel that I have very little of myself to give after I am done putting in some hours in my business, I reserve a little energy for the relationship that I have with my husband, I'm trying to nurture that and foster that and make sure I'm still being intentional in my marriage. But then I also have kids. And while I do get to be around people all day, those people are either asking a lot of questions or not talking at all, because I have a three year old and a 10 month old.

And so there's this extra layer of being an introvert and building relationships as a mom and as a business owner, while also being an introvert is a whole extra thing. So I think I'm going to create an episode on growing a business as an introvert what that has looked like for me in my life and have that

just be its own thing, because I have so much to say about that. When I think a lot of people are actually surprised to hear that I am an introvert having started a YouTube channel and now a podcast. Sometimes people say, Oh, I wouldn't have pegged you for an introvert. And then of course, you know, real life people are like, yes, yes, Joy is an introvert.

All of this to say I think that it is natural for we as moms to feel lonely and a little bit depleted when it comes to those life giving relationships that we so desperately need to fuel our souls. And so, one thing that I have noticed is that has really, really helped me that I want to share with you all is that I have built in my life, a circle of friends that are online that are moms and business owners, some of them are moms without business Some of them are women with businesses who are not yet moms. And I like to have a circle of friends that I can at least talk to, on my phone, at least jump into a zoom call or a Voxer meeting with that can be almost like my board of directors. And I started calling them this after I heard another podcaster talk about how they have their fake board of directors.

And I was like, that's exactly what I have. That is what I've created. And it's almost like a mastermind circle, or, you know, what would be a board of directors, if my had a company and everybody sat together and had like a monthly meeting, of where we were going and what we were doing and what's happening, you know, what you would get in an office setting, you need to then create on line. So I think if you're facing any kind of isolation or loneliness in your life, which honestly, who isn't, at this point, growing an online business and growing a family, right, so I'm totally speaking to myself, when I say it is absolutely essential that you start to carve out the time carve out the space and keep some bandwidth for connecting with friends, even if those friends are online, some of my dearest friends or friends that I made online, one of which is like one of my best friends who I have not met in real life.

But to me, as crazy as that sounds, I know how life giving that friendship is. And so if you look at it this way, and you build a board of directors into your life, and you just have three people that you know, you can connect with on a daily or at least weekly basis, you're going to feel so much less alone. So thinking back to how I actually connected with what is now my fake board of directors, and some of my best friends, is I started in Facebook groups, which is really funny. I think that you can find some of the coolest people inside of Facebook groups, or of course, Instagram. And I think Instagram is such a cool place now for entrepreneurs. And it's not weird to just follow somebody and comment on their stuff and hype them up. And then eventually you start chatting with them in the DMS maybe respond to one of their stories. And the next thing you know, you actually are talking to them in real time, maybe you move over to text message, maybe you hop on a zoom call or you have a coffee date. I know personally for me, I love Voxer. Voxers like my go to for both my coaching clients when I do one to one business coaching, but also for my friends in business, I like to be able to just sit down and talk and it pretty much is the reason why I knew I should start a podcast because sometimes it's just easier to press record and start talking. And some of my best ideas come to me when I'm verbally processing. So I love Voxer.

And I have started to craft rhythms in my life where I check in with my friends online. Every day I wrap up my work, I hang out with my son who's 10 months old while my daughter picks it up. And a lot of times, I will be cleaning up. So just like today when I was picking up the house and just vacuuming and getting the laundry moving along. I like to check in with my friends during that time. And especially once I go ahead and put my son down for a nap. It's a really great time for me to just lay down, go see what my friends are up to online, but then really intentionally check in and send some voice messages to my friends see what they're doing, see where they're at. And it makes me feel human. And I think the

important thing here is to really make sure that you're building rhythms into your life into your week, so that you do have the bandwidth and the time to reach out to that friend. And one of my friends recently just literally mailed me a letter, a piece of snail mail, not a thank you note, not for no reason it was a just because letter. And that just reminded me of the value of reaching out to somebody for no reason.

Checking in on somebody old school saying like, Hey, I appreciate you, I am blessed by your friendship, I appreciate you in my life. And it spoke to me and truly made me feel seen, I guess is the word. And that was just incredible. And it got us talking and I ended up texting her after that. And we've you know, reconnected since then. And so even reaching out to someone in different ways, you know, like putting your phone away pulling out a beautiful piece of stationery and writing someone a letter could reconnect you with an old friend in such a beautiful way. And so that really challenged me and that was such a blessing to me this week and made me maybe think yeah, I need to do that I need to go grab, you know, a couple of nice pieces of stationery and just write some thoughts about some people that have blessed me and mail it to them because that's so amazing.

That's a it's an amazing feeling to be on the receiving end of a piece of mail like that. And so I want to be someone that lifts people up like that. Another way to carve out time in your week to actually feel like you were with other people and not feel like you did the whole week by yourself is through co working. And I really like co working because you don't have to feel like where are they going to fit in your schedule, right? Like, where in the world? Are they going to go between being a mom and being a friend, being a business owner? And like doing all these things? Like, how are you going to reach out to new people? How are you going to connect with and follow up with someone new, and if you feel this way, co working might be a great option for you because you're able to do what you need to do but with someone else.

And I think this is as simple as just, you know, asking a friend like, Hey, do you want to get on zoom at the same time, we're just gonna say, Hey, we're not even gonna like chit chat too much, we're both gonna mute our mics, we're gonna dive into some work, knowing with the accountability that the other person is sitting, right, they're they're working to their blogging to. And then when you get to the end of the session, you unmute, you ask how it went. And you kind of feel like you got to work with someone, and it has that like co working space where people rent out a co working space like that kind of feel. But you're not actually limited to having to go find one and pay for one and travel to one. And you still get the accountability and the you know, almost like the community of having somebody in a space. So I think co working is another really great option. Another one that I like, if you just haven't found your tribe online, and you feel like you're not connecting with people in your real life, either, is masterminds. I think getting involved in a mastermind, whether paid or free.

Either way, you you're joining a group of people that have a very same like minded outcome, you know, at heart, like they want to get to the same destination that you do. And a lot of times, that means that you have a lot in common, and there's plenty for you to talk about. And I just think that that's a great way to have potential friendships grow is masterminds. So we've talked about lots of different ways to find and connect with like minded people online to build your fake board of directors to cowork, maybe do some masterminds. But I also want to invite you to two Facebook groups that I think specifically might be a good fit for you. Now, if you're a photographer, I want to invite you to my Facebook group photo balls with joy. Michelle, I'm going to link that in the description section. The second Facebook group is one that I haven't talked about here yet, and I started a few years ago, it's the called to both Facebook group and actually named it that before ever creating this podcast.

And I want to start opening this up as small as it is right now. Even so I want to open it up and allow conversations to be happening within this Facebook group. So if you're here you're listening, you are like, yes, I would love to connect with moms that are also growing businesses, jump into the call to both Facebook group, connect with other moms in that group and see if someone might want to jump on a co working session or create a mastermind or be a part of your fake board of directors. So I'm going to link both of those Facebook groups below. As usual, if you connect with me over on Instagram, I am super excited to hear from you and hear how you listen to these episodes what you've gotten out of them. And I always appreciate it when you guys share about the show.

We are at over 40 reviews here. So if you've listened and this has resonated with you at all, and you're like yes, this is so needed. This conversation needs to be had we have to talk more about what it looks like to build businesses while also raising kids and being intentional in both of these areas. Please leave me a review. I so so appreciate you taking the time to do so. Thanks so much for listening.

Thank you so much for listening to the show. If you enjoyed this episode, please help me get the word out about the call to both podcast by taking a screenshot of this episode right now and sharing it on your social media. I would also appreciate it if you would subscribe and leave me a five star review. Thanks again and I'll see you in the next episode.