

# Called to Both Episode 26

Today I want to talk to you about one of the lows that we frequently experience as entrepreneurs in this roller coaster of entrepreneurship. And that is just not feeling motivated, feeling uninspired, tired, distracted. This can come on for lots of different reasons, just burnout things happening in our personal lives, or honestly, just needing a break. And oftentimes, we cannot take that break, right, the show must go on. So what do you do when you are feeling completely unmotivated, and you've got to get your head back in the game.

So whether this is a Monday morning, or the middle of the week, or the end of a week, and you have to pull yourself together for some weekend clients, these tips are hope will help you to uncover some hidden motivation that's still left inside of you. And I think are just going to get your wheels turning for some different ways to think about motivation. So we've got some mindset shifts, here, we've got some really quick granular things that you could do. And we have some ways to just snap yourself out of whatever funk you're currently in. So let's go ahead and dive into those seven tips.

Hello, and welcome to the call to both podcast, I'm your host, Joy 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.

Now, these are seven different things you could try, I wouldn't recommend that you do all of these things every time you're not feeling motivated. So listen through the list, maybe make note of a couple that stand out to you. And then the next time you're feeling low, or if you're kind of right now just feeling like a little bit of a slump, and you want to try one of these out, grab one or two that just really stand out to you and then maybe implement those and work your way through the list as you have opportunity. Alright, so the first thing I like to do when my motivation is low, is to get a quick win by closing a loop somewhere outside of business.

And what I mean by this is complete a simple task that has been left open, that is taking up space in your mind, you know, that overwhelming feeling of having like 100 computer tabs open at the same time, I think the same thing can happen in our minds with tasks that are left unfinished. So find something simple, something that's going to take two to five minutes. And a lot of times this is an email that just it needed a thoughtful response. And at the time, I didn't want to answer it. And I have five minutes. So I start with something like that.

And I give my brain that dopamine hit so that I can move to the next thing. And a lot of times when you get something off of your list or off of your mind that has been on your mind for a while even outside of business. So even if this is something in your house that needs to be done, something that needs to be mailed something that needs to be fixed, something that needs to be moved, maybe if something that you need to take upstairs, something that you know, in the back of your mind, oh, I've got to get that done. I like to clear that. It's like clearing the mental cobwebs and I think it can have such a clearing effect, and often leads to a couple more simple two or three minute tasks.

The other thing I like to do is pull out a sheet of paper and journal stream of consciousness journaling for two pages. This is something I like to do before I start work every single day, if I'm on it, if I have

given myself adequate time. I don't do this every day. But honestly, most days out of the week, I'm doing this. And I think of it as like just clearing the mind. You know, sometimes it's a list. Sometimes it's a thought, sometimes it's a rant, it doesn't really matter. I really try not to censor the page whatsoever, I try not to judge any of it, I just get it all out so that I can move on. And this is this is a direct pull from the book, the artists way, which I've talked about here, so many times on the podcast, but I am just a really big believer in the book and in the program. So if you're interested in that, I'll link that up in the show notes. The next thing to do to uncover just a new, fresh batch of motivation is to go for a walk or a swim or move your body in any capacity. So I like to get out in the sun.

I know earlier today when I was mid work, I had a couple of hours left and I was just really dragging honestly like my energy was just really really dragging. I just grabbed myself a snack and I was already going to have that snack and I just decided to walk around my backyard. So I'm literally just walking in circles in my backyard around the trampoline where my kids jump around the little swing set that we have and I'm just trying to get some sun I'm trying to move and move my body because I spend a lot of time sitting behind the computer whether I'm writing out content recording for the podcast making videos for YouTube, getting on coaching calls with my one on one business clients like I am sitting a lot and so it's really important for me to get up and move and a lot of times That's where I come up with my best ideas.

That's where I feel like I work things out. It's no coincidence that sometimes we have our best ideas in the shower because we're just we're standing we're doing something monotonous. We don't have to think about it to critically in your mind can actually process things that it hasn't had a chance to process. So, go for a short walk or swim. I wish I had a pool I do not. Hopefully, when my kids are older, and they can swim, I will have a pool at some point. Alright, so the next one is connect with someone and get accountable. I am a huge believer that there is stagnation in isolation. If you are isolated in your business, if you are isolated in your life, it is no surprise that you feel stuck and that you don't feel like you have a plan and that you're lacking clarity. And a lot of times that alone can lead to feeling this total lack of motivation in your business.

So reach out to someone send a text message get on Voxer send an email to someone that you've been wanting to get on a coffee date with or a zoom call with or something like that. So reach out, make a connection, pick up the phone call someone. I think this can be so easily overlooked, especially in our digital age. And as moms we're so busy, we're doing all the things and sometimes that we forget to check in on friends, and just stay connected. A quick word about today's sponsor, my favorite content creation tool for small business owners called [descript](#). [descript](#) is the tool that I use to share smaller cut down pieces of this podcast, repurpose my YouTube videos and create animated onscreen captions for reels and tick tock [descript](#) makes video editing and audio editing so easy. And it feels like you're editing inside of a Word doc, you can remove all of your filler words in a single click. And you can even make corrections to something that you said using the overdub tool. If you create content in your business, I highly recommend that you take a look at this tool. It is absolutely packed with features. And it's very user friendly. As someone who does not have a professional background in video editing, I found it simple to use and learn. I'll have a link for you in the show notes. And you can give it a try today for free. The next one is to build yourself a vision board. So if you haven't done this in a while, if you haven't sat down and actually built out a visual representation of where you want your life to go, and what you want your life to look like, visually, I strongly recommend that you do this. I think this is such a cool thing. I've done this on Pinterest, I've done it through notion because you can just pull images into notion and make little collages. And I've actually done this in in real life like on a bulletin board. And just

every time I got something in the mail or in a magazine, or a postcard or something that really embodied the life that I wanted to create for myself, I would put it up on my desk. And so whether that be you know, verses from the Bible that you feel like you want to build your life upon, or words of affirmation that you want to build your life on. Or you know the house that you want the job that you want all that kind of stuff, I think it's so important to actually see what you want most every day, this act alone, I don't think it has to take super long, I think sometimes we write this kind of thing off because it sounds like very high school scrapbook. Like I don't have time for that. But it's very powerful. And if you can just gather things that inspire you, and don't judge any of it, don't try to figure any of it out, just grab the things that inspire you the pictures, the fonts, the colors, the just the whole vibe, like whatever vibe you are being inspired by, and you just grab those visuals and put them all together can be super therapeutic. And it can actually reveal to you the life that you really do want more than the life you might even be pursuing right now. And I think that this is just kind of a nice way to like get out of your normal routine, and remind yourself of the life that you're building.

Okay, and that actually leads me to the next one, which is to know your motivators, like kind of the why behind what you're doing. I think we as humans, and as business owners, we need to have multiple levels of motivation. Money alone cannot be your motivator. Freedom alone cannot be your motivator. Security alone cannot be your motivator. I think all of these things can be part of it. But being routed to a deeper Why is going to connect you to the meaning again and again. So, yes, you want to make money in your business. Why? Why do you want to make money? What difference is that going to make for your family? What difference is that going to make for your children? What is their life gonna look like that your life maybe didn't look like growing up? That's the deeper why right? So most of us have a few different layers of things that motivate us. And I think just starting with the question of why did you start your business and what makes you continue in your business can be great questions to start. So going back to the drawing board every once in a while really helps reconnect me with the deeper motivation of why I'm doing what I'm doing. And a lot of times that brings motivation, just that act of answering those questions.

Okay, and then the next one is trick yourself into five minutes of the one thing that you've been avoiding. So I think momentum comes from doing. So ultimately, we can do other things, we can take breaks, we can do mental reset. But I think sometimes the best momentum comes from by just just taking action, right, you have to get your hands dirty eventually, and just get back into it. And sometimes it's almost like ripping off a band aid, you just have to do it. So I like to trick myself, I like to just turn on a little timer and say, I'm going to do five minutes of the one thing I've been avoiding. And so oftentimes, it's really not that bad, I built it up in my head to be so much worse than it actually is. And then after that timer goes off, I'm so glad that I spent those five minutes logging into the account, starting the writing or blogging or, you know, whatever it is like the whatever accounting task, I didn't want to do whatever that thing might be, I always feel so much better, because I did five minutes of the thing that I didn't want to do the most. Now, I do have one bonus tip here.

So technically, this is eight ways to uncover some motivation. But this next one is really, really good. And I think it's so important to make a list of the wins in your business and in your life and dwell on what is working. So I know if you're anything like me, it can be really hard to find, see all the things that are working when you're in these slumps, right. I think sometimes for me, I'm overwhelmed. I have had a series of losses, I've had a series of setbacks, and sometimes that can lead to just feeling really blah, I'm just not motivated. I'm not feeling it, I'm not feeling creative. And to recalibrate myself a little bit. I like to sit down and think about what has been working, because that tired, overwhelmed version of

myself is not sitting there thinking about all the good things in my business. So I like to sit down and I pull out a sheet of paper, like I will literally say, we're going to sit here and we're going to write three good things that have happened this month.

So instead of getting down on myself for whatever arbitrary goal, like I might be thinking about whatever deadline may have passed that nobody knows about, except for me, which I think is pretty common when we work for ourselves. But whatever I've been dwelling on, that's not helpful. I like to say, okay, joy, write three things that are working, like what are three wins? What are three good things that have happened to you in your business in your life, or both. And I think this just forces you to think about something positive. And a lot of times you can come up with a lot more than three. So if this has helped you in any way today, I want you to take a screenshot and share this with a friend or just straight to your Instagram stories. If you do share on Instagram, tag me at join Michelle so I can share it too. And I will see you in the next one.

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.