

Hello and welcome back to another episode of called to both. You may have noticed over the past couple of months here on the podcast, there has not been as much new content. We've been reairing amazing older episodes. My friends who I have been on their podcasts have let me use those episodes here. And I also went really silent on Instagram, but I have a good reason for that.

I am pregnant with my third baby. And truthfully, these past few months, I have been doing the absolute minimum to just stay afloat in this business while I've just been battling all of the first trimester symptoms, primarily that like 24 7 nausea. So yay for baby and huge yay for just being out of the first trimester.

My goodness, it was doozy and I'm really glad to be on the other side. So in this episode, I want to give you a life update and I want to share a little bit about like what I've been working on, how this pregnancy has been going, some thoughts that I have as we are nearing the end of this year. And as I plan to have another baby, join our family, what that's looking like.

So I'm excited to dive into all of that here today. You're listening to called to both the podcast for ambitious women chasing both business dreams and little ones. I'm your host, joy, Michelle. I'm a wedding photographer turned business coach and founder of photo boss. I have helped thousands of photographers and creatives grow their businesses here on the show.

I teach about topics like visibility, marketing, mindset, productivity, and going after your dream life. So if you're a photographer or an entrepreneur, there is something here for you. This is not another business and marketing podcast telling you to do more, but rather how you can build your business and your income in less time and with greater ease.

Join me here each week for bite sized and actionable episodes that will encourage you on your call to both journey.

I do want to give just a very quick disclaimer that I am a little short of breath. I'm having a hard time. pacing my breathing and my speaking on a podcast when I just have a lot less, I guess, lung capacity right now because of the human that is like pressing on all my organs. And so if you hear me like running out of breath in the middle of words, it's not you, it's me.

Thank you for listening anyway and being gracious with me. So if you've been listening since the beginning of this year, then you know, this year has been a major year of transition and change for my family. We started out the year by

moving to Tampa, Florida in January. So first couple of days of the year, loaded my kids on a plane, moved down to Florida.

In the months after we did home renovations, we found a new church and community. We were hit with back to back hurricanes this fall. We started homeschooling for the first time, all while maintaining a business. And you add to the mix this pregnancy and you can kind of see why. I had to take a break for a couple of weeks there, a couple months there from creating new episodes while I've adjusted.

And I will say, like, I have been working, I just haven't been working on new podcast content. I've really been dedicating myself to my booked coaching clients. They, between homeschooling and my coaching clients, that is like, where my effort goes. Um, and if there's extra energy after that, then I'll make, you know, free content and emails and, you know, all the other things like it trickles down.

And I just haven't had the energy. I haven't had the ability to. Now that I'm finally back here sitting behind the mic in my office, like it feels so weird and good to just be back. But that, that has been like the whirlwind of this year of 2024. It, you know, we've been in a huge amount of just transition and change.

And of course, like my husband got a new job here in Florida. So all around, there's just been so much change. So, you know, why not just like, Put a little cherry on top to this change Sunday and add a baby, right? It has been tricky and weird. It's been weird to be pregnant again, I will say. So I feel like I'm, I want to answer the question of like, how has this pregnancy been?

And it's kind of a funny feeling to be back in this phase of motherhood where I'm counting the weeks and I'm thinking about things that I need to buy for the baby. And it's, it's funny because I actually do need to buy a lot of stuff for the baby because even though I have two other kids, it's been a few years since I had a baby and we moved.

So we got rid of so much stuff and I really don't have like, A lot of the basics. So that's like in the back of my mind. I know I need to start, you know, making a list and thinking through some things. Cause I know we like sold and donated and threw away just like so, so much stuff, like all the basics essentially.

So we're kind of starting over. But to, to answer that or the question, like how has it been going? I have not been feeling great, but that's very typical of my

past pregnancies too. I was hoping that this time would be different. Like my first pregnancy with Clara, really, really rough, really hard. Lots of sickness.

Sick for a really long time, like well, well, well into my second trimester. And everyone would be like, it's cool, once you're in your second trimester you're gonna feel great. And that just like wasn't true for me. And with Lewis, with my second pregnancy, it was a little bit better. And I still, I was still sick and struggling and tired and all the things, but like it was better.

So I was hopeful. I was like, okay, maybe like my body has learned how to be pregnant. Like, you know, ever hopeful over here thinking it's going to be a little bit better, but. It was not different. I mean, by the time I was like five and a half weeks pregnant, I was already like, so sick, like on the floor, barely able to eat.

And I just, I feel like I didn't really get relief from that until probably like week 13. And at the time of this recording, I'm now 15 weeks pregnant. So for like a solid two months, I was focusing all of my energy. Like I was saying on just homeschooling when I had the ability to like sit up, be good. We did homeschooling from my bed like a lot and just taking care of my coaching clients because everything else needed to be set aside.

Everything else could wait. Um, except for those things. And I think this is like, this is why the episode last week was so top of mind for me and why I wanted to talk about diversified revenue streams. And if you didn't hear that episode, like, definitely go back and listen to that one next. It's so powerful, and it's so important, and it's top of mind because Um, this time in my life, it's almost like a pre maternity leave.

Like when I get pregnant, I'm like knocked out for a little while. And in the same way, like when I have my babies, I'm going to be out for a little while. And those are those times when it's like so important to have a plan for ways that you're going to make revenue and like when you can't be on in your business the way that you would like to be.

So I talked about that a little bit in the previous episode and it was just very top of mind for me over the past couple of months when I just haven't been able to pursue all those projects, all the things that I quite literally like put on my calendar that were going to happen. And then they just, they couldn't happen because like my family and my baby, like I needed to put them first.

So everything had to stop for the past two months. Um, I was in the middle of. Uh, a course actually, I've been working on a course for a while now and I had a launch on my calendar for October and the dates for that just came and went and I was just spending the majority of my days in bed, like praying for relief, smelling peppermint, essential oils, like just doing all of the things I feel like during this time it's, it's definitely been.

a lesson for me in like God's timing and not mine and just really believing that Even though those that launch is like a good example of like feeling like the timing that I had Just it wasn't it but like ultimately really feeling like there will be time There will be launches and just because that particular one didn't happen when I thought it would Doesn't mean that I need to like beat myself up about it.

And I was really focusing on just kind of like letting all that go like, Hey, I had a plan for what September and October and November we're going to look like. But right now that's just not going to happen. And like just resting without guilt. And I feel like that is really, really hard. Like for achiever personality types, resting without guilt is like something we are not familiar with.

It is something I struggled with a lot in my first two pregnancies. And like in the past, I've just, I know that I would have felt awful about the work, the potential stuff, like the courses and the things that were being dropped and the momentum and opportunities I couldn't accept different things like companies that wanted to work with me and I couldn't, I had to say no, like the list goes on and on.

But like, I truly have felt this time a lot more peace about it than in my previous pregnancies. I mean, I definitely have had those moments where I wanted to be doing those things. Like, I wished that I could be better. I wished that I could be pursuing those things, but I think that like, the guilt of rest wasn't as heavy this time.

So I'm really, I'm really grateful for that. And I just, I think like in this, it's funny, I've had this like overwhelming sense of of knowing that, like, there is time. Like, knowing that just because it didn't happen now doesn't mean that there isn't time for the courses to be created, the programs, the travel, like, all of that will happen.

And that, like, it's not all over at the end of this year. I know that, like, we put a lot of pressure on each year to look a certain way. Like my year, my 2024, it

like already looks very different than what I set out and imagined for it at the beginning of the year. But like, I, I don't know. I'm like, okay with it.

It's weird. I have like a piece about it because I'm like, yeah, but there's time, like there's time just because things don't happen exactly when we want them to in business doesn't mean that they can't still happen for us even at greater levels with greater success later. And that, like, the timing of my business is very much still unfolding and it's also really in God's hands, too.

So anyway, what else? What else? What else? Okay, I'm due May of 2025. And what's kind of cool is that in thinking about this, like anticipating adding a baby and thinking about, like, what is next year going to look like? I'm thinking about what is that going to feel like for our family? Like how's the dynamic going to look and for business and my kids will be four and six when this baby comes.

So this is going to be actually like my biggest, uh, gap, like age gap between my kids and I'm actually really excited to see how that feels compared to when I had two in two years. And my oldest, Clara, is like beyond excited. Like, they're both excited, but Clara is so excited. And she has just really surprised me these past couple of months with how helpful she can be and like how capable that she can be.

Like there were just so many times when I would be like, Hey, can you like, go get me a snack or can you grab me my phone or my water or like whatever it is? And she's like, yeah, of course, of course, of course. I'm like, she's such a love. She's so sweet. And so I know that like it is going to be really different versus, you know, the last time I had a baby.

I had a two year old, you know, like that's completely different. Such a different era. So we're so excited. And it's funny. The other thing that's interesting this time around is that I'm not like the only one feeling like my husband and I are expecting this baby. I'm like, my kids are expecting a sibling.

Like they'll talk about it and they'll ask about it. Like, they'll just randomly say, you know, do you think it's a boy or a girl? Or when, when, when, when is the baby going to get here? Like how's the baby doing? Like they'll surprise me by like being as interested as like anybody else, like a friend or somebody else would be.

But it's like so special because they're expecting their sibling just as much as like I'm expecting a baby. And that's new. Like last time around, I don't think Clara was even aware like fully of what was happening. It was like, surprise,

here's the baby. So it's really cool. Like when your kids are a little bit older and they can wrap their minds around it.

And I just, I think that's so special and so interesting. So, so far we don't know if it's a boy or a girl, but we will be finding out. And I will be announcing that somewhere at some point. I'm sure I'll mention it here on the podcast or I'll put it over on Instagram, but we don't know yet. Um, I think we're gonna find out at like the 20 week scan, so not too much longer, like another month or so.

Okay, what else? Sorry, I'm like not used to doing like personal episodes. It's fun, it's interesting, but I'm used to much more My traditional like YouTuber podcast structured educational content. So just sitting and like sharing facts about my life is a little bit out of my element. So bear with me here.

Um, I think the last thing I wanted to say was that I wanted to mention maternity leave. So. I will be planning, of course, for my third maternity leave. And as I do that, I was curious if that's something that you guys would want to hear, kind of like get some insight into the things that I'm doing, things that would look different from my previous maternity leaves, things like that.

And would that be content that you would want to hear more about? The other thing that I have upcoming in my, in my business and in my life is my end of year 2020 for recap. So every year I like to do like a weekend away if I can. I've talked about this here on the podcast a couple of times, but I've done like the end of year planning trips and they're so valuable.

Just being able to get a hotel or stay at an Airbnb and review your year and just really sit in the accomplishments, the goals, the money, the numbers, the like testimonials from your clients to be able to like reflect on that year and then be able to think about the year that's coming up. Has it just really, really been helpful for me?

So I will be doing that this year. I'm not a hundred percent sure the exact dates yet. I'm thinking like the beginning of December will probably be a good time for me. So I'm going to be doing that. And so I will probably do an episode on that as well. But in the show notes, I will link a couple of, I think I have a two part, like walking you through the entire process of doing an end of year.

Like business retreat, like planning situation. So if that's something that you would want to hear more about, or maybe you've never done before, but it sounds like interesting to you, definitely head to the show notes. I will have

those parts linked there as well. But I think my final, like my final question for you here is.

I guess twofold. One, do you have any questions for me that I haven't answered? Cause I'm not great at talking about myself. And number two, what content would you like to hear, especially as it pertains to, you know, this time in my life as I'm growing my family, growing my business, you know, transitioning to being a mom of three.

Do you have any content? requests that you would specifically like to hear here on the podcast over the next few months. If you do, one of the best ways to get those to me would just be to DM them to me on Instagram at joy Michelle. I love to hear from you guys. I love to hear when you've listened to an episode or when you have an idea for an episode.

So please send me a message over on Instagram. All right. I think that is all that I have on like the personal life, family update side of things. And then on the business side of things, I do have space in my calendar here in 2024 and the beginning of 2025 for private coaching opportunities. I'm going to also be opening up a couple of specific slots for 30 day coaching intensives here at the end of the year.

I'm very excited about this 30 day container. So if you're curious to hear more or you'd like to work together before the year is over, up or at the beginning of the new year. Reach out any way that's convenient. You can send me a DM, send me an email or go to my website at joinmichelle.co and thank you so much for listening.

I will see you in the next episode. 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.