

[\(00:00\)](#):

Thank you so much for being brave enough to keep showing up and doing the work because people do need us to be at our best, our families, the other humans that we are here to touch our animals, our business,

[\(00:15\)](#):

But we can not be in this overwhelmed Kat state. So let's breathe, commit. Welcome to you're not the boss of me. If you are determined to break glass ceilings and build it your way, this show is for you. I'm your host Beth graves. And I am obsessed with helping you to not just dream it, but make the plan, connect the dots and create what you crave. Are you ready? Let's get started. Hey, Hey, my friends, welcome back. So,

[\(00:49\)](#):

And when we're about to really, really get to the next level to have a big, big evolution transformation, we kind of jumped to the bottom. We are tested or tested to see if we have in place the boundaries, the ways that we can reset our energy and the tenacity to keep going. So I want to congratulate you because you're listening and you have kept going. And I had a lot of women this week. A lot of my friends, a lot of coaches say, has it been like a weird emotional overwhelming week? And I had a couple of personal situations.

[\(01:39\)](#):

So save the drama for your Lama. And I had to really, really take a step back and not get angry at the situation, but look and say, how can I take personal responsibility for how I am being triggered or how I'm reacting, or even why I'm stepping into that space. So when you have anything that's causing overwhelmed disruption and you're feeling off, you know it. So, you know, when you're not in ease and flow, you know, when you have skipped the workout, not drinking the water, staying up too late, not having things posted on social media, the business not moving forward, or the business is reactive. And it feels like you can't close the rings and all of the balls start to drop. Remember if you've been with me since the beginning, I talked about dropping glass balls. I talked about working too late. I talked about like starting to feel sick and not taking care of your health and having clutter in your brain and clutter in your chakras.

[\(02:52\)](#):

And, um, the meditation sets and the journaling sets and the calendar sits because it's the percent going backwards as opposed to the 1% going forward. So when you're in this state and I am looking at a complete reset tomorrow, like I am in my office right now. And I always say that the next day begins with the planning of the night before. And I have to set my intention for tomorrow and make sure that even though it's late, I mean, it's okay to sleep in. I'm getting up and playing tennis in the morning. I love that's like, that's my outlet, but what are the things that I can do to reset my energy, to reset my organizational systems, to close the rings on the open tabs. And Sarah Prout has an incredible book and it's a go-to, it's called dear universe. And she talks about overwhelmed.

[\(03:58\)](#):

And she says, it's literally like having too many tabs open on your computer. And all you see is the tiny rainbow spinning wheel. Does it? Can you relate? That happened to me tonight because my audacity

wouldn't open and I'm recording actually on my phone that has like a 1% battery. So I'm thinking, Oh, I hope this doesn't give out on me. And when you're in overwhelm mode, your system is likely headed for a crash. It's like the circus performer juggling too many things at once. The truth, it's just not a sustainable place to remain. So you have to peel things back and get to the next level. And that's what I want to say is, is peel it back. And then she always has in the middle of remember, all that access exists is in the present moment. The now, if you have too many items on your to-do list, constant requests from your family bills to pay an endless agenda of tests to complete, then stop.

[\(04:54\)](#):

Remember that. Unless you look after yourself first, you won't be able to get anything completed in the long run. And she is speaking to me because I'm in overwhelm mode and I need to turn my attention inward. I need to ask myself, as she says, in order to slow down and take a moment. I remember I have to remember my point of power. So what does that look like for me? Is it a bath? Is it a day at the beach? Is it taking a day to slow down and getting out of the frantic expectation? That's consuming me. So here's the meditation for that. I now breathe in the energy of serenity. I exhale feeling the feelings of stress and overwhelm may hold the awareness. That time is fleeting. And the urgency of physical tests is an illusion that I will tend to when I feel a little stronger and she ends it with Soviet.

[\(05:53\)](#):

So it is, and I want to say that this week to all of you is it feels at this moment, almost impossible to close all the rings, to check off the things on the to-do list. And so the first thing that I'll do is brain dump and not worry about the list. It's worrying about the 1%, but first I've got to refuel. And I talked about this earlier on a podcast episode, and I have identified that I am absorbing the responsibility and the energy of wanting everyone else to be happy and have success and have access to me and how have me help them to set a goal or solve a problem on and on and on. And when it's constant, you're not effective because you can't really, really focus on what is the task at hand. So, I mean, little things grow into being big things of how you are going to be able to move forward with the tasks that must happen.

[\(07:13\)](#):

And here's my question. And I ran into this account today, and this was kind of a cool thing to see. I was on Pinterest and it's this really, I love calendars and planners. And so of course I was, I was scrolling Pinterest and she had said on her Instagram account that the orders were being fulfilled and she was able to fulfill those orders, but was turning her business off until May to regroup and reset. And I thought we have the ability to decide if we want to turn off. And I know that anybody's applying this. Listening's like, no, no, no, we, we it's consistency. And you're, you're saying you're, you're, you know, it's consistency. Yes, it is absolutely consistency. But now I realize that, um, when we don't take the time to understand the overwhelm and to have a reset and to say, where have I lost the boundaries of the routines, the rituals, the bookends of the day as my friend, Brenda Cole caused them.

[\(08:25\)](#):

The bookends of this is when my day starts for my work time. And this is where my day will stop. And then I am unplugged. I am shut down from, from the beeps and the, and the dings and, and even the content ideas like, Oh, I have this idea and I have this, I have this whole, it's really cool. We'll do it next week on the podcast of all of the content planning. And it's being able to say, I need a reset. It's being able to say that as I'm an empath and I absorb any sort of negativity and normally there's meditation and a lot of journaling and gratitude and being rushed and being behind letting those things go and

letting even the running and physical exercise go, it has caused it to feel like everything's up in the air. And then tonight, when I went to record, I was like, Oh my gosh, my, my microphone, wouldn't go.

[\(09:35\)](#):

And I've got to get this, this email out. And you know what I thought, I almost said, I'll do it tomorrow. And I thought, no, I want to finish the one thing that I, my, my promise, my big promise. The one thing that I promised was that this podcast would go out every single Monday. It's being turned in a little late. However, I'm going to honor that promise. I'm going to complete the one piece of content and it's okay if my social media sits for two or three days, it's okay. And I have to be willing to do that to refuel because I know, and we're, we're, we're at this point and we're being tested with some, you know, like, I don't know, there's been some, some, a few disruptions that have gone on in my business. And I know that the disruption is because I've allowed negativity into my space.

[\(10:35\)](#):

I mean, and, and meaning disruption that there's not ease and flow. It was like, I'll give you an example. We do this event on Tuesdays. And I realized while I was getting ready to meditate and journal, and then I didn't, Oh my gosh, we didn't put out the event and we didn't do this. And we, because somehow I missed it. I missed it being on the task manager and I'm up and I'm doing that. And then I got talking on boxer and suddenly I hadn't worked out and suddenly it's one o'clock and suddenly I hadn't had water and it just starts in that's how the snowball starts. So I want to encourage you, ask you, invite you to do a check. I want you to check how you're feeling physically, how you're feeling spiritually, energetically. How is it going with the people that you love?

[\(11:26\)](#):

Have you had conversations and put your phone down and Ben in their space. And I want you to take care of you. I want you to plan something every day that is unplugged. That brings you joy. Whether it's walking your dog, making snow angels, if you still have snow swimming in your pool, if you have a pool, but something that brings you joy, I'm also going to encourage you. If you're feeling some overwhelmed, I feel like it hap it's like in the air. If you're listening to this life is what are your checkpoints? And for me, it is absolutely journaling gratitude. And getting back to my affirmations, my manifestation, my breath work, and physically taking care of me, you know, getting on that Peloton and doing my weight workouts and really getting back on track in that way. And also it's having bookends on here is this is what I'm doing during this part of the day after I have my rest day, knowing that I want to have the podcast episode done on Wednesday and having the bookends and the boundaries to not go off track.

[\(12:40\)](#):

So I am here to tell you that even for those of us, who've built businesses for years, and gosh worked with thousands of you. It's okay to say, wow, I need to, I need to take a day to breathe a day a week weekend, and really, really, really get back into the space case of creating, because we can't create eight and connect and creating meaning content, creating meaning relationships, connections. For me, it's a lot of content. Um, and I also want to help you with how you can bookend and end the day. These are calm the chaos, a daily practice for a more peaceful life. And this is where I'm starting tonight. And the first question is I took care of myself in the following ways, got adequate sleep, how much move my body, how did something fun and pleasure what? And that today was nothing.

[\(13:39\)](#):

Zero, zero, zero took time for reflection meditation, prayer ate nutritious nourishing food went outside for some fresh air. I did that. Other what an act of kindness I did for someone else was my most memorable moment of my day was, and I am grateful for, then it goes to tomorrow. My intention is my top two dues. I'm not going to do my top to do's. I'm going to have my top creates and other thoughts, ideas, and notes. And then what else, what I would do is go to my calendar and make sure that I have everything prepped and prepared and ready. My desk cleaned off, wipe it with some beautiful, essential oils and have just a moment of this is how the ease and flow will go as I begin the day tomorrow. So the very best thing that I can do is go into a whole gratitude, spend a gratitude spin of the most beautiful, beautiful social media posts this week from some amazing leaders who knew that it was exactly what was needed and the beautiful stepping up of Nikki and Jackie who rallied behind the, behind the scenes when it felt a little overwhelming.

[\(15:00\)](#):

And my husband who is so freaking encouraging and said, you are, you've made it. You have a hater. I've never had a hater that I knew of that publicly, you know, called me out. And it was, I had somebody say something in a Facebook live about me, and I was thinking, Oh my gosh, that's not me. I said, I was, you know, of course, I'm very, if it's comes from, I'm not a person that has hard skin, I really have this want for people to love me all the time, which is obviously something that needs to be, to be looked at. I don't know if you're that type of person like wanting everybody to give approval. I'm a big, huge approval junkie. People-pleaser I work on that all of the time and coaches need coaches trust me. So, anyway, he was so supportive and just said, are you, that just means that you need to speak louder.

[\(16:09\)](#):

You need to speak louder and help more people and impact more people. And Blair called me after her surgery. And she said, don't let somebody pushing you away or hurting your feelings. I want to say this to you guys. Don't let all the things affect your willingness to still be vulnerable, important to people. But knowing that you can have parameters around how that looks. So being someone who is an empath, you've got to protect that energy and have a boundary around it. And then it needs to be refueled and refreshed. Because what I did realize was I am so grateful that I have the tools to get back on track. I'm so grateful that I have the ability to have the freedom and flexibility to say, you know what? I think I'm going to take a full weekend and play tennis and go to the beach and plug into humans and human hands.

[\(17:21\)](#):

Not fo holding hands and not holding my phone. And I have that freedom and flexibility. So I wanted to move from, I already feel better. I already feel better saying those things are so such a ball of stress before this podcast. So thank you for being with me today. And if you're feeling overwhelmed, if you're feeling a little tight in the chest from anxiety, let's commit, let's commit to taking extraordinary care of ourselves. Let's commit to treating ourselves like Queens. Let's commit to an extravagant cup of tea and bubble bath and breath, work and meditation. And let's commit to the word. No, let's commit to saying no. If your stories are overwhelming you, I love you to show up in your stories. It helps to attract new leads and it helps to make new connections. But if it's feeling overwhelming, take a day and say, how could I make this part of my business, less overwhelming?

[\(18:26\)](#):

How would it look if I created a whole batch of content and wrote down and, and was ready and never felt overwhelmed again or better yet, give your Instagram login to a teenager and teach them to do stories. I think that's what I'm going to do. Now. I love my stories, but there are days when I'm not as active. So anyway, I want you to leave this podcast today and think, wow, there are so many ways that I can reset my calm, reset my energy. And when you manifest a state of feeling calm, no matter what the reality is presenting I'm again, reading from Sarah Prouts book, she says, you win your mission. Should you choose to accept? It is to learn how to remain calm in the eye of the storm. Life can throw anything in your direction, and you will know that you can instantly go to your happy place and enjoy a sense of inner peace and tranquility.

[\(19:31\)](#):

The fastest and easiest access point to this place is meditation. You can train yourself to feel calm when confronted with a difficult situation. And this is a reminder because I have left my meditation practice for far too long. The remember is the more you integrate meditation into your daily spiritual practice, the more you strengthen your ability to keep calm and carry on. If you desire to create the energy of tranquility and calmness, take a moment to visualize the feeling. Okay. So visualize how calm it feels to be at the ocean at the Lake. Are you in, in a field of grass that is flowing? And this reminds me of really coming back to, did I have the tools to handle the stress? What I should have done is shut down when I felt it shut down the computer, the phone, the incoming chaos, and gone right to the, the breath work.

[\(20:35\)](#):

So I want you to make that commitment with me as if you're feeling this overwhelmed, go to the breath, work, go to the meditation. I'm bringing a coach in that will help me with the meditation and the breath work and the clearing of the chakras because I'm, I'm needing more help. And then what we'll do is we'll do some of this working camp elevate. I'm going to ask Amy tag worker, who is a beautiful, beautiful energy healer to come in and do some breath work with us. And she also has a really amazing group on Facebook. I'll show that in the comments where she has free yoga, and I would love for you to connect with Amy. And that is what I have for you today. My friends, thank you so much for being brave enough to keep showing up and doing the work because people do need us to be at our best, our families, the other humans, that we are here to touch our animals, our businesses, but we can not be in this overwhelmed, chaotic state.

[\(21:37\)](#):

So let's breathe, commit. And if you are, if you came here high vibe and you're like, wow, this was a downer. I, I hope that I hope that it was helpful for you to know about that reset button. Have a beautiful, beautiful Monday for listening to this live. I'm going to really, really put into camp elevate this week. Some reset, reset, refresh, be a day maker. We'll do I love, I love to spread kindness. And if you're looking for me this weekend, I'll talk to you after. Well, you're listening to this Monday. So you're you, won't be listening to looking for me this weekend because I'm going to shut down tomorrow and I'm going to see if I can go 48 hours without a phone. I do need to keep it for my daughter, but 48 hours without a fight. No, I don't need to keep it for my daughter. I'll have her text me on my husband's phone. Thank you so much for being with me today. I appreciate all of you so much, and I'm sending you love and light and peace. I'll see you next week.

[\(22:48\)](#):

This transcript was exported on Mar 06, 2021 - view latest version [here](#).

Thank you so much for hanging with me today on the podcast. And remember you can create what you create. If you're looking for a supportive sisterhood, I would love to see you over in our free Facebook group. As most of you know, I love camp. It's part of, you're not the boss to me because when we're building this thing, we're doing this thing. We need a supportive sisterhood and I also crave more fun and more connection. Join us at camp over in the Facebook world, the camp elevate group.com or just click on the link below. And we will see you around our campfire and help you to create what you crave.