

## Momentum over motivation challenge:

### Private podcast transcription

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#### **Episode 00**

Well, hello there. Welcome to the momentum over motivation Challenge private podcast series. I am your host, Kendra Hennessy. I am the CEO and founder here at Mother like a bus, and I put reluctant homemakers back in the driver's seat of motherhood through realistic routines and practical mindset shifts. That's my little intro to you. I'm so excited that you are here. I know we have some people listening to this who listen to our regular podcast that you can find out there the mother like boss podcast. And I know that we have some brand new friends here, and I'm so happy to have you.

So I'm going to do this little welcome or introductory episode this episode 00 so that I can give you all the information that you need before we even start the challenge. So you've signed up. You've downloaded this. You've subscribed to it. You're going to get these episodes right now and then when the challenge starts, you'll get each episode on that day when, when it drops, right. So day one, you'll get that episode. Day two, you'll get that episode. Um, and this is brand new to us. We have never done a challenge this way. We have never done audio training. We've always done videos, and we've certainly never done a private podcast feed. Okay, so I just want to give you some, like an intro toe. Why? I even created this challenge, What you can expect and just do some of that, like housekeeping stuff, making sure that you're set up for success. That is my main objective. When I do any kind of challenge, workshop training, anything. I want you to be set up for success before we even get started. And I know that even doing a challenge can be ah, little daunting, because it's like, Well, how much time am I going to have to take every day? How much of my time is this going to take? I already feel strapped for time. I want you to be set up before we even start. So you know how much time you're probably going to have to give how long the trainings are going to be and just give you all of those little nuggets of information. Now, you probably could tell at the beginning of this that there is no intro there's no music, so it's not like a regular podcast. It's not exactly like that. And I went around and around about if I should do an intro and have music and all that stuff. And ultimately I decided not to, because I just don't want to even waste your time in the beginning of the episodes. I just want to get right into it. I want to be able to get right down to it so that each day when you wake up in the morning and you're able to turn on that podcast episode that little mini training and have me in your ears that we just get right down to it. Okay, so why did I

create this challenge? Well, the main reason is because years and years ago, when I started mother like a boss, um, I really started to dig into this idea of creating momentum over trying to feel motivated. And that really came from my own experiences as an overachiever, classic overachiever in school. So any of my overachiever overachievers out there raise your hand, I can feel your energy through the microphone right now. I really in school always strive to like get this straight A's and do my best. And you know, I always try to overachieve and always do better. And while some people may see that as perfectionism and in a lot of ways, it was, it was also driven by this feeling that I always had to be motivated in order to get things done. Now in school. My motivation was getting straight A's, that was That's what motivated me. It was like I need to get this done because I want to get straight A's or I want to be seen as like the the good Girl. The problem is that I became an adult. Even in college. I got to a point where I didn't have those outside motivating factors anymore. No one was grading my work when I became a mom. No one's grading it. No one's coming over and being like, Hey, great job, you get a gold star for you. It just doesn't happen that way.

And I started to find that I was becoming really anxious that I was not getting things done, that I really should be getting done or that I wanted to get done in my life in my home with my kids. I just wasn't getting things done. And the reason was because I was sitting around waiting to be motivated and we were taught this idea that I mean, we have motivational speakers. We have people that are called their entire job is motivational speakers. And so were sold this idea that in order to get something done, you have to feel motivated to do it. But the problem is that motivation is an emotion. Motivation is a feeling that you have, and all of us know that emotions are fleeting, feelings are fleeting. They come and they go, and we don't ever really know when we're going to feel them. Just take a second to even think about this in your own life. Have you ever felt super motivated when you woke up the morning like you just felt motivated to get stuff done? Maybe you're like, I feel so motivated to go through my closet and just get rid of stuff today, right? You just felt it. Now Could you have planned that you were going to feel that? No. And then at some point, that motivation sort of dwindles away, Which is why a lot of people start projects and then don't finish them. This may be an ah ha moment. For some of you, that's what happens is we feel that feeling of motivation. We get started, we go all in big time, and then when the feeling is gone, we don't want to do it anymore. And so then we don't do it. And then with that leads to is a cycle of guilt and shame and resentment and self judgment. Because when I'm not getting things done, I then um implying that I'm broken. We'll see. I just didn't feel motivated. I see these other people over there and they're getting things done. They're achieving their goals. They e don't know. Things look different for them. They must be motivated. I'm broken. I don't feel motivated. I'm tired. I'm exhausted. I feel sad. I feel overwhelmed. I feel burdened. I don't feel motivated, so there's something wrong with me. There's nothing wrong with you. Motivation is a feeling just like anything else, and

sometimes it's there and sometimes it's not. Now we also need to talk about the fact that we all have and are still collectively living through a pandemic.

And so when I was looking at how I wanted to show up in 2021 I realized more than ever, I wanted to help the moms out there that are already in my community or have just found me understand that you can achieve your goals, your micro goals, that they just the small day to day things that you can change your habits from being unsupportive to supportive in your life, that you can create the home that you want. Be the quote unquote homemaker that you want, that you can start that business, that you can go back to work or decided to stay home, that you can do all those things you wanted to do, even if you don't feel motivated because I don't know about many all of you out there. But I don't feel motivated.

Most days I feel collectively exhausted. I feel overwhelmed. I feel a sense of anxiety more than I've ever felt in my life and having to be home all the time has only exacerbated that? And so, of course, we don't feel motivated, and we need to give ourselves the grace and compassion to know you don't have to feel motivated to get things done, because what motivation also does is it makes us feel like it's all or nothing. Motivation and perfection live in the same house. They're besties, their roommates. And so that feeling of motivation is usually combined with the feeling of perfection. I need to get it all done or it's not worth it. That's where the starting the projects and not finishing them, because it's like, Well, I couldn't finish the whole project in a day, so I might as well just stop. If I can't do it all, I might as well just stop or I can't even get started because I don't feel that motivation to do it all. And I know I won't be able to, so I'm just not going to do it at all. Instead of momentum, no momentum is created. It's not found. We don't wait for it. We don't have to wonder where it is. We don't have to wake up in the morning and hope it's their momentum created out of nowhere, even when we don't feel like doing something. Because Momentum is based on super small action, small steps, tiny actions, micro habits, just doing one thing and then letting it lead to the next and letting it lead to the next, naturally, without forcing it. And this is such a lighter way of doing life. I have found this in my own life that I wake up in the morning sometimes, and I'm like, Oh my gosh, I just want to stand bed. I just wanna watch reruns of House on Amazon Prime. I do not want to do anything, but what I tell myself is, instead of thinking of the end result of today, I have to do with 15 different things for my business or my home, or get stuff done with my kids. What is the thing that's going to create momentum for me? And I know through time that that's a shower.

Okay, I can take a shower. You know what if after a shower I still feel like going back to bed laying in bed, I probably can't go back to bed, because listen, I have a business and two kids, but if that's what I want to do, I can think about it then. But just take a shower, that's all. It's like that's all I'm asking of you self is just take a shower. And then once I take a shower,

I'm like, Well, I've taken a shower, so I might as well get dressed Now It's like, Well, I've gotten dressed, so I might as well go downstairs. I'm just going to do 10 minutes of work, and usually I just set myself up with small blocks of time, and this is what Mo Momentum does. It allows us to do one thing to the next to the next, and you may not get everything done. But the feeling that you will create from just letting mo momentum carry you is so much more graceful. It's so much more, um, self loving and self compassionate than waiting to be motivated and not feeling it and then beating yourself up for it. This challenge is not about five days of doing all the things and getting it all done, so if that's what you're here for, you're probably in the wrong place. This is about creating momentum, especially those of you out there that have sent mediums that have sent me emails that have talked to me personally about how unmotivated you feel, especially after the year that we just lived through and how you just can't seem to find the motivation to do anything, and that lack of motivation is making you feel worse. I've gotten Dms from people saying I feel like a bad mom. I feel like a bad wife. I feel like I can't get it together. I feel like everywhere I look, there's another mess. There's another pile. It's all overwhelming. There's too much to do and what we're going to do in the next five days is I'm going to walk you through some steps to help you create momentum to help you see the power of momentum because this is all about mindset and understanding that you don't have to feel that motivation. I have 18,000 plus students in all of my courses and in my course homemaker issue, which we're going to be opening at the end of this, I get at least 2 to 3 times a week. We get students inside the course, the private community that say momentum over motivation win and they'll tell us about how I didn't feel motivated. They'll tell the whole story and it's like something that they accomplish that day. And it's something that before they might not have done, because they would have been waiting for the perfect time and they would have been beating themselves up because they didn't know exactly all the steps and they couldn't get it all done. But now they're celebrating that momentum over motivation. When it happens, almost, I would say 3 to 4 times a week inside that group. This is something that has changed the course of my life. It's changed the way I do business. It's changed the way I run my home. It's changed the way I mother. It's changed the way I deal with relationships, because I'm no longer strapped or chained to the idea that I have to feel a certain feeling in order to be accomplished in order to reach my goals. Because isn't that stifling? To us? Isn't that stifling to say you have to feel it? You always have to feel that way because feelings are valid and feelings are indicative of something, and when we don't feel like doing something, there might be something underlying going on there, but it doesn't mean that we have to all or nothing. Well, I either have to feel it and do it all. And I have to go all in, you know, balls to the wall, big or do nothing. Motivation is built very much on the idea of perfection, and we can let go of that now. That's not to say we're never going to feel motivated. Listen, motivation is great. I'm not knocking motivation, Um, as a whole. I'm saying that we don't need it in order to achieve. If you feel motivated certain days, I say go with it, take that motivation and write it, but also understand that it will go away at some

point and what's going to be our fallback creating that momentum just that couple minutes at a time. Five minutes. Here, one task here, understanding what our domino is understanding what's going to knock the next thing down. That's why I created this challenge. That's why I'm creating these trainings for you, and that's what we're going to do is create a life and a home that is run not by waiting to feel it, not by being perfect, not by knowing everything all at once, but of creating that momentum slowly but surely, And this is why I love working with what I lovingly call reluctant homemakers because that was me, hated that word. I hated the word homemaker because I was attaching it to this antiquated, outdated beliefs. But we are reimagining what that means here, inside mother like boss and inside of this challenge. And so when it comes to running our homes and whether we are stay at home moms or work at home moms or work outside the home or business owning moms or working part time or married or single, we're all in this together. We're all in this this place where we want to create homes that feel safe and enjoyable and peaceful and that aren't at every turn, making us feel stressed and burdened. We want to create that. It's just going to look different for all of us. And that's why momentum can help, because it's going to look different to everyone. All right, so this is five days. We get started on February 15th we go through. February 19th is just like all the details. You can also get the details in, um, the email that was sent to you. Um, and that that has everything that you need. Ah, few things. Be sure to download your workbook, OK? You want to make sure you download your workbook again? An email should have been sent to you. We will also try to put these links in the show notes of of this. So just like any other regular podcast there. You know there's a show, note area, um that we can put links in. I'm fairly certain I could put a link, and I'm pretty sure eso if I'm gonna put it in there. But also, it's right in the email. It will also be in the Facebook community. You want to join the Facebook community as well? We have a pop up Facebook group just for this challenge. Okay, we will be accepting people in on February 11th, but you can join anytime and then we'll just accept everyone in then so that we're all in there together. And we're gonna be working through all of this day today. I'm gonna be posting in there for engaging, um, posts and support and accountability. And it's just it's a great place. Any time you could get people together for one cause like this for for a challenge. Um, it's just the energy is so incredible because we're all in this doing this together. And this pop up group is just for people that are in this challenge. The other thing is bring a friend thes air. Just done together so much better. I know when I'm doing a challenge. I love to do it with a friend I love to have that accountability of. Let's all do it together. Eso bring a friend, have her, you know, sign up. Um, and she can come and join us. Just go to the same sign up link that you went to, But you can go to [motherlikeaboss.com/momentumchallenge](https://motherlikeaboss.com/momentumchallenge). Um, and bring her. Asked her to sign up him or him or her. Um, it doesn't have to be just to her. Um, and that's that's pretty much all the housekeeping stuff that I have for you today. Now why we're doing an audio Siri's because I know that you guys are all very busy. Everyone out there is is busy and living full lives. And I think that having this in an audio forum is going to be so much easier to pop in to your ears

in the morning to listen, um, and to get all the information now, if you have any, um, issues with anything. Any technical issues, please email my team at info at Kendra Hennessy dot com, and they can take care of you. Um, if you're listening to this podcast right now, you shouldn't have any issues downloading anything. Um, because you're subscribing to the podcast because you're listening to this right now. So the episodes will come to you as they are available, meaning on the day of release. Don't worry. If you're like, where is my day? One through five. You're not going to get them until they happen because we're doing this in real time. Okay, so just be sure to stick around for all of these episodes and then just check in the morning for you. I'm on the East Coast in, like it's New York Times, So I know we have people all over the world so just know that everything is pretty much based on that.

I understand that there are people in Australia and New Zealand who are ahead like way ahead of us. So when I say February 15th, I mean February 15th, East Coast time in like New York. So I know that sometimes that happens on a Sunday here, someone will ask. Wait, I thought it was starting Monday because it's Monday for them. So just to give you that information and with all of that, I will say thank you so much for joining. I cannot wait for this. Um, there's going to be another episode that just kind of talks about, um how to create momentum and all that kind of stuff. Just to get you started on what we're going to be doing inside the challenge, and then the challenge trainings should be 10 minutes or less or so. So, um, it's not like you have to commit to a lot of time. This episode is just longer because it's welcoming and letting you know everything. But we're gonna try and keep the episodes 10 minutes or under so that you can listen and get to do the things that you're going to do.

Okay, so thank you so much for joining us inside this momentum over Motivation Challenge. This is gonna be so much fun. I can't wait. And I absolutely cannot wait to see all of the amazing things that you do during this week. I'll see you later, guys.

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## Episode 01: Micro projects and habit building

Well, hi there, friends. Welcome back to another episode here in the private podcast feed for the Momentum over Motivation Challenge. So we're just going to talk quickly about something that's actually in your workbook. So if you haven't downloaded your workbook, you definitely want to do that. You can download it, print it out, you know, just so you can get started before the challenge actually begins in there. We talk a little bit about micro projects versus habit building. So the reason that this is important is when we're going through the five day challenge and beyond, right? Because we don't just want to stop. After

this five day challenge, we want to be creating momentum. We want this to actually be something that becomes habitual for us. But in the challenge, each day is going to ask for you to do an activity. You know, you're going to get a really great valuable lesson, a prompt is what they call it, too. And then an activity to do.

But everybody is at a different place in their life. And so this isn't the kind of challenge where I'm going to say, okay, This is the exact activity that you have to do in this exact part of your life, right? Because we have people in here that are moms. We even have some people joining us in Mother like a Boss that aren't moms. We have people that are joining this challenge that our new moms that have older children that are working outside of the home, that owned businesses that are homeschooling virtual schooling, single moms stay at home moms. We have, you know, all different kinds of people in this challenge in our community. And that means that all of us are going to approach the idea of momentum over motivation differently, depending on how much time we have available, how much energy we have available to us, and just what season we're in and what we actually want to be working on, I can tell you that even today as I'm recording this, I utilized the idea of momentum over motivation, and it really was all about working on a small project, something in my business.

So I had to really think about all of the things that I teach when it comes to creating that momentum, because when I woke up this morning, Y'all, I did not feel it. I was not feeling it. I was. I felt very energetically drained. I'm not really sure why I'm gonna dig into that. My journal. Later, I felt very energetically drained. I just didn't feel like doing anything. And then I realized that part of the issue was that I put so much on my list and I was thinking about all the things that had to be done in my entire life, from motherhood to relationships, to my business, to my home, to my self care, everything.

I had to step back and re prioritize and go through all of the things that I teach to go through and recognize that I just had to do one small thing that I knew would lead to the next and lead to the next. It's something that I like to call a domino. It's really that domino thing in your day, in your life, in your routines. That helps you to get to the next one. Now everybody is different for me. This morning it was a shower. I knew that if I could just take a shower, I would stop staring at the screen. I would stop feeling overwhelmed and aggravated because it was just one thing. But then if I took a shower, I knew, Hey, I'm clean now I'll get dressed. Well, now that I feel dressed, I kind of feel more prepared to work. And maybe I'll do my hair, which means maybe we'll get on video and it's just, I know that for me. That's something that creates momentum for me because I wanted to be working on this project. It's really just work, but what we talk about inside the challenge is that, it's a micro project. It's something that takes multiple steps in order to achieve the outcome. But then some people might instead be working on habit building, meaning that you're doing

the same thing over and over again, and you want to create those supportive habits. So in the workbook, I kind of distinguish between the two and give you some examples so that you can see.

So there's this. There's micro projects, which is like I have a small project that I would want to accomplish over the next week. The next month, the next quarter.

Now notice that I said project and not goal. It was very clear about this because I think when we say the word goal, all of these other things come up for us, right? Oh, no. Goal setting never works for me. I never achieve it. Maybe you have, ah, lot of internal feelings of worth feelings of failing in the past, feeling like I don't have enough time or energy to dedicate to a goal. So instead, I want you to think of it more like a project. But really what it is just I have this thing that I want to accomplish. And I know that if I could put in the small steps, if I can create that momentum in this area, that I'll be able to achieve it now. The same goes for this five day challenge. Maybe you're looking Thio work on something specific this week. Maybe what you're doing is just looking Thio, build the habit buildup that muscle for yourself and say, I just want each day to give a little bit of myself and to not feel so overwhelmed, my mind to do list. So the idea or the example for a micro projects is like decluttering a closet or painting the master bedroom or starting the blogged you've been putting off for organizing the winter set up in your entryway, those air things that take multiple steps in order to achieve, and it might be done in a day. It might be done in a week, a month, a year, whatever it is, Um, but it's something that you would work on today and builds on itself like one step to the next to the next. But habit building, when it comes to momentum over motivation is more about "I want to do something every day until it becomes a supportive, supportive habit in my life."

So here's an example. Doing the dishes every night before bed. Well, it's not like you're going to do the dishes every night, and that's building to a bigger project of dish doing? No it's that if I just do the dishes each night, that's creating a supportive habit in my life, because when I do the dishes at night that I don't have to worry about them in the morning. And then when I wake up in the morning, I already feel ahead instead of feeling behind, which causes me to create momentum for myself before the day has even started or cleaning up as a family after dinner. Well, maybe that's the habit that I want to create. I wanna build that momentum of just doing one thing we're going to clean up as a family after dinner. It doesn't have to be spotless. It doesn't all have to get done. But we just want to clean up so that it becomes a habit or meal planning on Sunday mornings. Again, we're not focusing on the motivation of doing a full on meal prep for three weeks straight or having frozen meals that we put in the freezer. Unless that's something you do, no.



Instead, this is just about the momentum of each Sunday doing one small thing that I know. If I could meal plan on Sunday mornings, that's going thio, create the momentum I need to maybe then meal prep and maybe a meal prep for a week, and then I get really good at it. And then I decided I'm gonna do it for two weeks, so I'm gonna plan out a month. Obviously you don't have to do that. I certainly don't do that at this point in my life. The point being that there are two different ways to kind of look at achieving things is like step by step by step. There's 10 steps in this project that I need to get done, or I just want to do something small to build up a habit. And each of us are in a different stage in our life. So when you go through the various daily activities, it's like, say, for day one, the future you day one of the challenges about the future you. It's all about thinking of your future self and setting yourself up for success.

So it's not about sitting around and saying, "Oh, I just need to wait for the perfect time to do this. I just need to wait until my life is calm." Anyone ever say that? Just need to wait until things calm down. Um, nothing is ever going to calm down. Things is life, because even when things do calm down, they become just stressful in a different way. I know, because now I have a 14 year old, an eight year old And I used to say that 10 years ago Oh, when my daughter only gets older than I had another baby. Oh, when he just gets older, when things calm down, well, things aren't necessarily more calm now. They're just different now. And so instead of looking at, uh, instead of looking at the perfection that needs to occur, I'm going to look at Day one and say, Um future, me, that I'm looking at the future me as a different person. And so I'm going to set myself up for success by creating momentum for myself, for my future self. Now, the days of this challenge are really intended Thio to help you get over some of the objections to just getting started. That's exactly what they were created for. I created these five days for a reason. It's not just to give you busywork, thes five day challenges, not just to do stuff. It's not just to get stuff done. You already know how to get stuff done. You do stuff every day, right? Many of us are just busy. We have a lot of things to do. This is instead about the intention of each day focusing on something that has oftentimes been an objection to you getting stuff done, right? It's like, "Well, I'm just gonna put this off until tomorrow." thinking that our future self is somehow going to be more motivated than we are right now. No, In fact, she's probably going to be less motivated and probably be more upset that she now has to do something in her past self didn't think of it right? And then the "all or nothing" is holding you back on day two. Well, again, we're focusing on an objection we have, which is "I can't get started until it's perfect. I can't. I couldn't possibly just declutter this coat closet because if I can't do the entire house, so why get started here? I don't know every step along the way. I don't know how to do everything. I don't have the time to do everything. So I'm not going to get started here."

Okay, so that's what we're trying to create here is this momentum in the areas of our life that we've often times neglected because we have an objection to it. Our ego has forced us to believe that our future self is not worthy, that it all has to be perfect, that if you're in a difficult season, nothing can get done and that you're gonna be stuck there right all of these things or what we're trying to work through during the momentum over motivation challenge. It's not just busywork, the activities, they're going to be very simple, but they're going to be different from person to person.

So I wanted to give you this space here to understand that whether you decide during these five days, you're literally just going to do five minutes each day or whether you're someone that's like, I really want to utilize this challenge to get a lot more done. I just wanna I don't know what to work on in my life and I feel like this is the accountability and support that I need to do it, and I wanna work for 20 minutes a day. Both are equally valid and valued here, but I'm giving you the space and the examples so that you have a starting point because I don't know about you, but sometimes it just helps to hear an example of what someone else is doing so that I don't have to look at the large, like, very large, very long list of things I could possibly do in my home or my life and choose from it. So we're going to give you something. This is one example, this page in the workbook of micro habits versus habit building and just giving the space to brainstorm a little bit of the things that you wanna work on just in life. But especially during the challenge of that week, maybe something you've been holding off because you don't feel motivated to do or a habit you want to change that you don't feel motivated to change. Right? Um, but then day to day, during the challenge, you'll also be getting some examples from me so that you again have a starting point.

You have a place to get started. So during the future, you activity, I'll give you some examples. Some sample things to think about and to do so that you're not just pulling it out of nowhere.

Okay, so this is just a really great time before the challenge starts. Whether you're listening to this five days before the challenge starts, or the day of. Maybe you just signed up. Just give yourself five minutes again. As I wrote in the workbook, This is not a test. There's no right or wrong. Give yourself the space to think and choose what's best for you. This challenge is about creating momentum, not waiting for the best time or the best task or the best goal or the best intention. We're all about doing the one thing, not all the things here, in mother like a boss. We are all about just doing the next thing, prioritizing just one small thing that leads to the next that leads to the next. That's why I have the term homemakerish, because the "ish" is your permission not to be perfect issues your permission to not even like homemaking. The ish is your permission to dig deeper and say, "You know what I want. I want my house to feel more organized.. I don't want there to be

cutter all over the place, I want it to be cleaner” or “I don't care anymore if it's clean.” Either way, no matter what you choose, it's okay here.

While you're kind of thinking up a little micro projects or habit building while you're working through the workbook during the week, just remember, there's no right or wrong. This is all about you creating momentum for you. My momentum is going to be different than yours is going to be different than your friends is going to be different than the thousands of other people inside the challenge. All are valid. And that's something that can be so freeing for us to understand is that no matter where you are in your life, no matter what you choose to work on during this week, no matter how much you get done, no matter what distractions come up, you are still valued and you are still valid and you are still worthy. So I just need you to hear that. I need you to understand. And I'm going to keep saying that during the challenge during these podcast episodes.

Okay, so I cannot wait to get started. The next episode that you're going to hear is going to be Day one of the challenge. So that's going to drop on February 15th, Eastern time. So this is in the New York Eastern time zone and will be in the morning and you'll be able to listen to that episode. It'll come right to your phone, right to whatever app you've downloaded. You'll be able to listen to that and then get started. And remember whether you do in the morning, the afternoon, the evening. It's all okay. We have the private pop up Facebook group for you to come in. Share your wins, ask your questions, ask for accountability, get support. Because we are all in this thing together.

Okay. Super excited to see what you guys do with all of this. I can't wait to get started with the challenge. I will catch you soon, guys.

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## **Day 1: Future you**

Hello there, friend. Welcome to Day one of the momentum over Motivation Challenge. Now, this is our first day of the challenge. So I just want to again give you the encouragement and the empowerment that you need to get started. Remember, it doesn't have to be perfect. In fact, we don't want it to be perfect because it's never perfect. So why wait for it to be perfect? This is all about creating momentum, and day one is all about future. You looking at how you can set your future self up for success through momentum. So whether that's in your home, in your day to day routines, for self care, meals, your business, your work, your relationships, whatever it is today is all about setting your future self up for success.

How far in the future is really up to you. It could be tomorrow. Could be next week, next month, 10 years from now, five years from now. Whatever. It is really what I want you to think about, though, if it's difficult for you to like project far into the future, I just want you to think day to day. Okay, so today what could I do that my tomorrow self will thank me for?

What can I do today that will give my tomorrow self a leg up? How am I setting my tomorrow self up for success? Because if you construct really small like that, then again, just like the whole idea of momentum it's going to be a snowball. And what you'll start to do, is, is when you continue this, set your future self up for success in small ways. It will also happen in big ways, and you'll be able to think more clearly about the decisions you make and the priorities that you have, because really setting your future self up for success is all about prioritizing in the moment. And it's all about just doing one small, often one small thing, um, and creating that momentum that will carry her through. But what do we often do when it comes to putting things off procrastinating?

We think that somehow, some way, our future self is going to be more motivated than we are. Okay, so think about how that plays out in your own life. All right, think about how the things that you do day to day. How often do you think you know what? I'm just going to do that later. I'm going to put that off until later. Now is not the right time. I don't have the time. I don't have the energy. I don't have the bandwidth. I can't do it right now because I can't get it all done. It's not perfect. I don't know every step of the way I have to research more. All of these things that we say to ourselves, really, What we're doing is we're putting all of this work on our future self, Assuming she is going to be so much more motivated like tomorrow or next week or next month, she is going to be so much more motivated. Well, why? Why would she be any more motivated than you are right now? What's changed? Nothing.

If we don't do something to change it, she's not going to get any more done. Then we're getting done right now. And so the idea of creating that momentum for ourselves, those small things that then help our future self feel successful is really the crux of what momentum over motivation is all about which is why we're starting with it on day one, because that's exactly what you're doing every time you choose to do one small thing instead of waiting for the entire picture to appear and feel motivated and the willpower to do it, you're setting your future self up for this success, knowing that now she's been handed the baton and she can start running. So here's an example. A very simple example. I don't always want to put the dishes in the dishwasher before I go to bed. Now, this is my daughter's job. My daughter does the dishes, but before she did, this was a great example.

You know, you just get to the end of the day and you're like, I'm tired. I don't wanna do anything more. And sometimes it's not like we're fall down tired. We're not like, Oh, my gosh, if I have to pick up my hand and do one more thing, I'm just gonna fall over And exhaustion? No, we just are like, I've done enough for the day. I don't want to do anything more, so we say, I'm just going to do it in the morning. I'll do it tomorrow even though it only takes five minutes, five minutes or less to do it right now. I convinced myself that I'm just too tired to do it right now. Now what happens the next day? Is next day counter more motivated to put those dishes away? No. Does she have more time? No. She has the same amount of time, right? And often in the morning we even have less time because we're up against a clock. So the next day I wake up and I'm annoyed when I see a sink full of dishes.

My past self has set me up to be behind before the day has even started. So I now ask myself a few times a day, especially when I'm in avoidance or procrastination. How am I setting my future self up for success with this? Am I setting her up for success with this? Because we will get into a cycle. If we keep repeating the procrastination, we will also get into a cycle. If we repeat the momentum, you get to choose which way you do it. When we get into the cycle of procrastination, What ends up happening is we feel a lot of shame and a lot of guilt and a lot of unworthiness. See, I couldn't even get this done last night. Now I'm already behind. Why didn't I do this last night? Why couldn't I just set myself up for success? Why can't I ever get anything done? I'm always behind. Now we've told ourselves a story where we're always behind. We're not good enough. We're not worthy enough. We can't get things done when the truth is. It's not that we're unworthy. It's not that we're lazy. We just made a choice last night, thinking with false information. We just had bad information. We've had bad information up until now, thinking that my future self will be more motivated. That is just incorrect information. And now we can unlearn that and say, My future self deserves to be set up for success, just like you would set your Children not for success or maybe somebody at work or your spouse or another person in your life. If they needed you to just do five minutes of work. Because, man, if you could just get this five minutes done, it will set me up. Most of us are like, Oh, absolutely, What can I do for someone else? We're always putting ourselves out there for others will think of it that way.

Your future self is a person deserving off time. She's deserving of success. She's deserving of having, Ah, leg up, even if it's just something very small. And again, this isn't about going out of your way and scrubbing the entire kitchen clean. This isn't about spending hours, you know, with a Q tip cleaning off the all of the little nooks and crannies in your Cabinet, this is just the five minutes of doing the dishes. Now maybe it's throwing a load of laundry in at night. Maybe it's scheduling an email. Maybe, you know, if it's for a business or something like that, maybe it could be anything, any of those small things, and it doesn't have to be at night. Sometimes it's in the morning. Sometimes it's in the afternoon. It's I've just used the nighttime example because it's a very common one. But what are the things

that we're doing day to day, that air setting our future Selves up for success and showing her that she is completely worthy of that and deserving of it. So rather than waiting to be motivated to do those dishes, I instead use the momentum of saying Just this One thing will help me tomorrow, which means I'll be happier. I'll be less stressed and I'll be more able to get things done. And the more often I do that, the more I build trust with myself. The more I trust that that I can do this, whatever this is, if each night I do that, even when I don't feel like even when they have no desire, even when I don't have this discipline or willful willpower to get the dishes done. I know that by doing that the next morning me is going to say I really I'm trustworthy. I can trust me to take care of me. I can trust myself to get things done even when I don't want to, even if it's only five minutes at a time. Hey, there's still more to do in the morning. It's not like setting myself up for success by doing the dishes means I don't have anything to do. It means I have one less thing to Do and That's what we need to look at, how we need to look at momentum over motivation.

It's not about having nothing to do. It's about having less to do. It's not about having nothing to worry about. It's about having less to worry about. It's about feeling less stressed about the the day to day things that we have in our life. And if we're going to, go further with this and create better routines for ourselves and have a better night time or a better morning routine. Better routines are built on the idea of momentum about getting small things done that lead to another that lead to another.

So having a great nighttime routine is going to set your future self up for success. It's a domino. That's exactly what we're looking at. Momentum as it's a domino. What is the start that's going to knock the other dominoes over So again, it really helps to see our future Selves as this different people. We're so giving and so helpful to others. But you are worthy of that help as well. Okay, so we put what we put off until later because we aren't motivated is just put onto our future Selves. It doesn't just disappear. We just make more work for a person in the future that will wish she'd set herself up for success sooner. And it's how we get into that cycle. And today we want to break that cycle bit by bit. Okay, so your activity for today is to choose one thing to do at some point today that, you know, will set your future self up for success. So remember how momentum works. It doesn't have to be finishing a big project or spending an hour hustling. It could be as simple as a 10 minute task. It could be putting the laundry in and clicking the either the schedule it for later or, you know, a lot of washing machines. Now have that where you can Actually, you can put a timer on it, and you can have it go off at a different time. Um, it could be just throwing the load of laundry in. It could be prepping a meal for later. Um, any small thing that you can do today anything. Like I said, the dishes is a perfect example of that off. What you can do to set your future self up for success. It's as simple as a 10 minute task or a series of small tasks that you know will keep the momentum going for future you and this is something to be celebrated. Okay, this could be setting yourself up for success in a project you're working

on, or just a small habit for yourself to remember that there's a difference. Maybe you really want to achieve a goal by the end of this week. Maybe there's something you've been working on that you really want to achieve. And I'm gonna just use an example and say because we just moved into this house a few months ago and we did a lot of painting and small tasks like these small little projects that we had to do. So if it was like Hey, I want Thio, I want to paint the bathroom. Well, painting the bathroom takes a lot of little steps. So how can I set my future self up for success? Well, I could go in and I can, you know, wipe down all of the baseboards in there because I'm going to need to wipe them down before I can paint. That's setting my future self up for success. It's a part of the project. It's a piece of it that I know I'm not gonna want to do on the day that I actually paint because, like, who wants to sit there and scrub the baseboards? But I know that will only take me 10 minutes to do in our bathroom to clean those off. And it will feel so good tomorrow or the next day, or whenever I want to actually paint. It will feel so good to know that I've created that momentum by not having to stop and clean the baseboards.

Okay, so it could be, ah, a habit that you get into again putting the dishes away or it could be a small piece of a bigger project. It is completely up to you. You are valued either way. So again today all about setting your future self up for success. Be sure to come into the pop up Facebook group and let me know how all of this is going for you. Ask for support. Celebrate your wins. We are here to support you, Mama

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## Day 2: "All or nothing" is getting in your way

Hello there. It's Day two of the moMentum over Motivation Challenge, and today it's all about all or nothing perfectionism getting in your way, that whole mindset of "If I can't do it all if I can't complete it all, if I don't feel motivated to do it all, I'm just going to do nothing"

And perfectionism is something that most of us, I would say, I'll say the majority of us struggle with in one form or another, even those of you out there that would not consider yourself a perfectionist. That's actually me. So I'm not very type A. You know that the traditional like the way that we think of a perfectionist. And if you want an example of the way that we think of a traditional perfectionist, think Monica Geller from friends.

That's how a lot of people equate perfectionism. They equate with someone that is very obsessive about everything being perfect. But perfectionism shows up in a lot of different ways, too.

Another thing that I want to let you know is that perfectionism does not have to be a personality type. If we think of perfectionism or like a mindset or a tendency or a belief,

then it gives us the agency over changing it. When we start Thio, identify ourselves by words like perfectionist, it causes us to feel like we don't have any control over that. And it can feel like the perfectionism is in control of us versus it being the other way around. And so, while many of us may have tendencies towards perfectionism for a variety of reasons, we have the agency over deciding if we're going to let that take over for us. And here in the momentum over motivation challenge, we're not. We are in control of it.

Okay, so perfection, perfectionism and motivation. They're pretty tight together. They get along pretty well. Motivation is defined as the desire or the willingness or sorry, the desire or the willingness of someone to do something. And often, when we don't have a deep desire to say, I don't know, do the laundry. It causes that perfectionism to tiptoe in. So I want to give you an example of how this happens, because I feel overwhelmed by everything I perceive. I need to get done notice, I said. Perceive I'm lacking motivation to even get started. I then tell myself a story that I have no willpower or discipline. I'm just lazy. If I were perfect, I would see perfect people. They have motivation, perfect. People always want to get things done. They're always achieving their goals because they're perfect and they have the motivation to do it. If I were perfect, I get everything done without complaining. Without that procrastinating, I wouldn't be so lazy. But I'm not perfect, so I can't get started. Do we see how that motivation is very clearly linked to perfectionism? The two are tight, the besties, the buddies.

So I also want to talk about how perfectionism shows up in a lot of different ways for us. Because again, perfectionism doesn't just look like needing everything to be perfect. There are people out there whose lives look very different from the traditional Monica Geller, and it's because of the perfectionism showing up in a different way. So here's a couple of ways that it shows up: procrastination, which we just talked about, that I'm just gonna hold off because it has to be all or nothing. Procrastination is not about laziness, procrastination is about putting something off for a reason. And often it's because of this deeply rooted belief that if I can't do it all or I can't be perfect at it, there's no sense. And even starting needing to know every step along the way is another way that perfectionism shows up. And I know that a lot of my students and beautiful members of my audience, many of you listening, know exactly what I'm talking about because I've heard this one over and over again. I can't get started unless I know every single step along the way, unless I know every step that I'm going to need in order to do this thing in order to achieve my goal in order to get started with a new habit. If I don't know every step, there's no bother. There's no point in even getting started again. That's perfectionism. That's the ego talking. It is the ego trying to keep you safe, trying to keep you comfortable and using this perfectionism to keep you held back so that you don't get started because if you get started and you don't know every step along the way, what could possibly happen. It's like needing to know every single step



on a staircase before you just get started with one. Well, that's not the way that it works. Sometimes we can't even see the top of the staircase.

Another way that it shows up is comparison to others. When we start to compare ourselves to others, we have a very skewed view because we only see what people want us to see. So we compare our lives to other people's, and we start to have this skewed belief that they are more perfect than we are. They are more motivated than we are. And so that comparison all that does is it throws us again into that cycle of "If I were more like that, I could get started. But I can't because I'm me." Uh, the moral of that is that no one is perfect. And that's not just a cliché. Nobody is perfect, we all know that. But the thing about perfectionism that not enough people are talking about is that it's an illusion. It's not real. It's a goalpost that is constantly changing because even if you hit that level of perfection, quote unquote perfection that you think you're after the second you hit it, the goalpost would change, and it would be different because the perfection is not actually about it being perfect. It's the perception that you're not perfect, and I know that that can feel a little bit confusing to some people. But the point is that there is no such thing. It's a subjective term.

If you asked me what my idea of a perfect pizza is, my idea of a perfect pizza is going to be very different than yours. I live in New York, so my idea of a perfect pizza is different than someone that lives in Chicago or someone that lives in Sicily. It's going to look very different. So our ideals of what perfection is is not on Lee dependent on our own life experiences. But it's also dependent on our mood. I feel like there's another thing that's dependent on our mood to motivation. Do we see again how those two things are linked?

Motivation is oftentimes related to our mood, how we feel, the past experiences, how we woke up that morning, how much sleep we got. It's an emotion we can't count on it. And the same goes for perfection so that all or nothing is actually holding us back from even getting the smallest things done. But the antidote to that is momentum. This idea of just doing one small thing that leads to another that leads to another. I also want to mention how insidious this is with procrastination. Okay, we're scared not to be perfect. Were so scared not to be perfect. So we procrastinate as an excuse for why we aren't perfect. I'm going to give you an example of this from, like a very simple example from the school age, like, you know, so we can see how this plays out with a lot of people because I knew people in my life like this so they would wait until the last minute to study or to write a paper.

I don't even say write a paper because that's even better. They would wait until the last minute to write a paper. Now they knew they had to write this paper for three weeks, but they would procrastinate, procrastinate, procrastinate. Now most of us growing up when we do that, we kind of think it's just cause I'm lazy and I just didn't want to do it. Well,

sometimes that's true. But a lot of times there is a deep, more deeply rooted reason for this. And it's this If I spend all three weeks really putting my all into this paper and I get it back and I don't get in a What does that say about me? It says that all of that work was for nothing, and I'm not perfect. But what happens when I procrastinate when I don't do that paper until the last minute when I don't do that paper until you know the very last second or the night before and then But two things gonna happen. I'm gonna talk about both because I know some of you all making excuses for procrastinators. Don't worry, I have. I've been there.

I know two things happen. Number one, you don't get an A but guess what, then you have an excuse. You have an excuse. Listen, I didn't get an A because I waited till the last minute if I had put all my effort in I would have gotten in a But then that becomes your excuse. It's this reason why you never get to achieve things. I know this well. I've done it not so much with the grades, because I always wanted to get the A but in my own business, in my own life all the time.

Well, see, I didn't I didn't quite hit that goal because I didn't put my all in. And then it becomes a self fulfilling prophecy. Now, on the flip side, because I can hear you saying it through this podcast. "But I would do that. Kendra and I still got a A." Yep. And then you proved that you never need to try, because then it's like "Well see, but I still got an A." So then that is how you live the rest of your life.

But most of the time, it doesn't work that way in every part of your life. You've just committed yourself to that way of thinking. So now that procrastination has its place in everything in your life but that procrastination when it comes to your home and the way that you manage things in your life and your routines, and your work doesn't play out always the same way. And it causes more stress because now you have the stress of doing something right beforehand. We also need to note how that gives us a little hit of adrenaline. We need to recognize that. Recognize that that procrastination oftentimes makes us feel worthy. It feels good. It feels like it's this little hit of like we get a dopamine hit from waiting, and that can be very insidious because it causes a stress cycle. It causes a cycle where the only way you're able to feel that feeling of, like, goodness and trying is when you've procrastinated, which then causes this whole cycle of stress on you and this burden of getting things done and of waiting until the last minute and it becomes this cycle. It also becomes a cycle of never having to try. And so this is just again. This is us recognizing it.

There's no judgment. There's no we don't need to blame ourselves or anything. This is just in awakening for most of us of Wow, where do I let this play out my life? Because perfectionism plays out for so many different people. For some of you, you don't wait until

the last minute. That's not how perfectionism, um is showing up for you. Maybe it's showing up for you by over researching. You know, those three weeks when a paper was due over researching and going over and over and typing and erasing and typing and erasing and typing and erasing and going back and having someone read it. Having another person proofread it and not ever letting yourself just put something out there into the world and letting it be it always had to be. I have to go back to it cause it's never perfect. See how it's just shows up for all of us differently.

So today your activity is to choose a simple task or an area of your home that you've been neglecting because you can't get it all done or because you're scared that it won't be perfect or it won't be just right. Or you've told yourself that you're a perfectionist and you're not good enough as you are right now. You are good enough the way you are right now. You are. You are worthy. I'm not even gonna say you're perfect because it doesn't exist. You are worthy and you are valued. You could get started right now, so the task could be part of a project again that you're working on. It could be just building those small habits for yourself. So some examples of this are like, I can't get all the laundry done. But I could do something. I can at least do one, and that one maybe will lead to another and then eventually I'll get caught up. But if I just sit here and wait for it to be perfect, guess what? It's never gonna be the perfect time. I know what it will be. A mess again later, but it feels good to clean up now. Hey, it feels good to clean up the shower today, even though I know it's not perfect, even though I know there's still some soap scum. It just felt good to, like, do a 10 minute cleaning of it. I know it's gonna get dirty again, but that's the way that life is. It feels good to do it now, and that momentum can lead to something else that leads to something else because it gives me the feeling of accomplishment. You know, I don't have the guru morning routine. I don't wake up at 4 a.m. and take a cold shower and meditate for half an hour. I don't have that guru morning routine, but I could do something that makes me feel good for the day.

So maybe I can add in 10 minute journaling, even though I'm not perfect at journaling, even though I know maybe I won't do it every day. And maybe I'm not going to be, um, perfect at meditating or perfect anything. I can at least get started because getting started is going to lead to the next thing. That is how we're going to get rid of the "all or nothing", or at the very least, start to make it not so much of a big thing in our life.

Okay, today not eliminate it altogether, but we can lessen the effects of it because when we start to focus more on momentum when it comes to banishing the all or nothing, we will find that we actually get more done, which is incredible. And that's what I want for you. You are doing amazing. Be sure to come into the Facebook group. Share all of your wins. Share your questions. Ask your questions. Ask for support. We are here for you. I can't wait to see what you do, Mama.

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### Day 3: Working through a difficult season

Hello there, friend. Welcome back to the challenge. It's Day three in the momentum over Motivation Challenge. Guys I'm super excited that you're here and so happy that we've made it halfway through

It's a great time to talk about working through a difficult season. So, to be honest, I wanted to ensure that this was a part of the conversation that we had this week because we've all been in and in many of our cases are still in a difficult season. That has been the last year. Normally, the way that I would talk about difficult seasons is really like some of us are in them, and some of us aren't, and they sort of ebb and flow, and that is still true.

However, collectively, it has been a difficult season for us. The one thing that I do want to acknowledge and I want us all to acknowledge for ourselves as well, is that we've all been in the same storm, but not in the same boat. There are a few memes and graphics and things going around the Interwebs in the last year about that, and some of them have said different things actually. I've actually heard it the opposite way like that. "We're all in the same boat, but not in the same storm." And I thought "I don't agree with that." I actually think we're all in the same storm. The storm is the same for all of us. It's been global, you know, the pandemic. It has globally affected us. But we're not all in the same boat, right? We don't all have the same things to deal with during this time.

And so I fully acknowledge that. And I want us to just all acknowledge that for ourselves and for our fellow moms that are in this challenge with us. Okay, so for me, um, you know, I went through this last year. Uh, and I already worked from home, right? I already had Ah, home based business. My husband owns his own business. So he wasn't going to be laid off or we didn't have any of those worries. Um, our children then had to be at home to be virtually schooling virtually schooled. But again, I already worked from home. We have the privilege of having money being able to afford to keep our lights on and our children fed and all of that kind of stuff.

So I understand that while I went through the same storm and had a lot of difficulties and ah, lot of, um, mental and emotional health issues for sure over the last year, I also know that my difficult season doesn't look like somebody else's. Now with that, I want to ensure. And I'm going to talk about this towards the end of the episode here. This does not mean that you are not allowed to feel your feelings. We can get caught in this trap in motherhood a lot of times of feeling like, "Well, I don't have it as bad as her, So I'm not allowed to feel this way." That's garbage. And anyone that ever says that publicly that ever says, like you're

not allowed to feel your feelings because you should just be grateful that you're, you know, in the situation you're in gratitude is not a punishment. And anyone that's making gratitude of punishment for you, isn't doing it right. They're misguided. I'm not going to say they're wrong. I don't like the wrong and right, but that's very misguided.

Gratitude is an invitation. It's not a punishment, and you're allowed to feel the way that you feel, even if you maybe have certain privileges or you're maybe it's not as difficult as someone else. And this is actually the thing that stops many people from working on. Their mindset from getting started from progressing in life is because they're always comparing themselves to someone else and thinking, Well, I don't know why I can't just pick up and get things done every day. I mean, it's not like I have twins, like my best friend who don't sleep through the night. I mean, I don't have that. Why can't I do it? Because all of us are different. Seasons are going to look different, and it's okay. It's going to be different for everyone.

For some, it's living life with a baby that doesn't sleep through the night. For another, it might be living through a divorce. For another, it might be managing virtual school while you start, you're starting a business, you know. For some, it's struggling with mental health issues and struggles and challenges, and for some it solo parenting or single parenting the difficult season is going to look different for all of us and the length the severity of the season is going to look different. And I think it's extremely important that we talk this week about how that affects momentum and how a momentum can actually affect this.

Momentum has been my saving grace during difficult seasons because it gives me the grace. That's why it's a saving grace. It gives me the grace to do only what I can give, only what I can and accomplish, only what I can. Okay, so I'm gonna say that again. It gives me the grace to do only what I can to give only what I can and accomplish only what I can.

Momentum again is all about the agency. It's personal agency for yourself. It's making decisions for yourself. It's proactive versus reactive. It saying, Hey, proactively, I know that I'm not myself lately and I'm more exhausted and I'm or burnt out and I'm or overwhelmed. But I also know that I have agency over my choices, and I know that I can choose to do just one thing, and if that's all I do, that's all I do. But I know that that Momentum can lead me because I've done it before. And I know that the momentum of doing one thing leads to another, leads to another versus waiting around to just feel this spark of motivation, which may never happen, especially during a difficult season. So that is where momentum over Motivation is so important during a difficult season because the likelihood that you're going to wake up during a hard season of your life and just feel uber motivated to get stuff done is slim to none. And I get these messages all the time from mom's. I'm burnt out. I'm overwhelmed. My kids aren't sleeping. My spouse is working extra hours. I'm trying to build my business. You know, I'm also trying to homeschool Oh, my kids were going back to

school. They got shut down and quarantined again. And I don't feel motivated to do anything. Of course you don't. Of course you don't, and you're probably not going to And you are not wrong for that. That is okay if you don't feel motivated.

But again, as we're talking about here in this entire challenge you don't have to be. We don't have to wait around for those feelings. We get to create something, and the momentum is something we can create during the difficult season in a way that feels good for us. You don't need to compare that season to someone else's, you know, for better or for worse. So kind of like I talked about in the beginning, because I think that this is really important when we're looking at today's prompt. Okay, there is no measure of difficulty in motherhood, and I know that some people create that, but there doesn't need to be. And this is actually a really detrimental thing that we do to one another. This isn't a game of who has it worse or who has it better. You aren't shallow for wanting what you want out of life, knowing that other people may be struggling in different ways than you are. It's okay to look at your own life and say This is the struggle that I am having right now. This is the difficulty that I am having. How can I deal with this?

Because if you want to help others, you need to start with you first, and if you're burnt out and exhausted, you're never going to be able to help anyone else, either. So that's something that I want you to keep in mind, as some of you may have this feeling of like, Well, I don't know, Kendra, My my season just isn't really isn't as difficult anymore. Well, that's great. That's wonderful. But is it perfect right now? Probably not. And we're all still collectively living through something right now, and in a lot of ways, there's been reverberations. It's like Maybe right now, you know, some places have loosened things up. They've things I don't know. Different regulations and such have loosened up. But there's this reverberation. There's this echo of what's been happening over the last year and us trying to pick back up. Where we left off is not happening. And so it's okay for you to recognize. Like I'm still struggling. I'm still struggling to get things going. I'm still struggling because I feel like I'm playing catch up. That's a difficult season right there, or it can feel like a difficult season. You don't have to label it that, but it can feel that way And so it's OK for you not to compare yourself to someone else. It's okay for you to say this is what I'm going to work on right now. And then on the flip side, there may be people you look at and you're like, Man, I don't know why they can. They're just doing fine during this time. I don't know why I'm not.

A great example of this is when I had my daughter, you know, my daughter was just I don't know, she was one of those unicorn children. She slept through the night at two months. She's pretty easy going. We never had any health issues. She was, you know, two years old, never went through the quote unquote terrible twos. She just kind of as an easy going kid.

And I remember thinking, "I don't know what all these other people are talking about. Motherhood is not that hard, right?"

And then my son came along and he was totally different than my daughter didn't sleep. Lots of health issues, asthma, skin, skin issues that kept him up at night. I mean, just a plethora. He's much more spirited and stubborn, and he's just very different than she is. And then I got it was very humbled, very humbled to know that you know what I was sitting here. Probably other people might have been comparing themselves like I don't know why. Like Kendra just seems to be able to let her kid sleep through the night. Well, I didn't force her to sleep through the night. She just did right? I just It's just what happened to me. It was the privilege that I had of the daughter that I had, and so we don't have to compare ourselves to other people by saying, Well, they seem to be dealing with quarantine much better than me. They're a different person, and you don't know what's going on with them.

It is okay for you to feel the way that you feel and to work through your own emotions and to get going with what you need to get going on. And that's why we celebrate the small winds and the big wins here. And that's what momentum is all about. It's starting small and celebrating that small thing where other people might say Wow, good for you. You started a load of laundry. You know I do laundry every day, and I never have piles of laundry, right? We don't do that here. You did a load of laundry when normally you would have not done it because you would have thought, Well, then, I'm not gonna have to put it away and put it away. I don't have enough time. No, Here we celebrate it. Good. You did that. You're amazing. Good for you. And what did that momentum create for you? And then we're going to celebrate that, too. And that's what working through these difficult seasons it's all about. It's about deciding what you have control over and neglecting the things that you don't have control of forgetting that you don't have control over everything.

Okay, so your activity today comes down to deciding what you could do right now in this season, you're in without waiting. That would help you progress. That's it. So again, it might have to do with the habit that you're building. It might have to do with something you've been putting off. It may just be looking around and saying What is something I can do today that will make me feel like I have control over my life. This is something that I do very often that creates so much momentum for me is I look around at all the things that I could do when I'm feeling super overwhelmed during these seasons and I say, What is something I could do for 10 minutes right now that will make me feel like I have control over my life again because feeling overwhelmed means feeling out of control. It means that there is a perception of obligation that's making you feel like you're not in control. And so we're going to take back that control. What can you control? How can you empower yourself by choosing to start with only what you can control? Waiting until we have full control again is

futile, since much of the world is out of our control anyway. And thanks 2020 for that reminder.

So there are so many things that you can control, and this today is all about making that decision even in a difficult season, even when you're overwhelmed, even when you're burnt out, especially when you're overwhelmed and burnt out. This is about choosing what you can control and feeling that feeling of control again in your own life and saying I'm in control. Even during this season, I have control. Okay? You always have agency and control over your own thoughts. No one can take that from you. No pandemic, no nothing. No, no child that doesn't sleep through the night. Bless their hearts. Uh, no one in the world can take away your agency over your own thoughts and the control that you have over them. Okay? No one can take that away from you, even during these difficult times, so this can feel a little bit heavier, especially for those of us that are working through, like a painfully difficult season. But again, it's all about taking back control. What is something you can do that you have complete control over that you can get started with today and celebrate?

Come into the Facebook group, let us know what it is asked for support. Ask for accountability. Get that support from all of us so that we can do this together. I am so proud of all the work you're doing, and I can't wait to see what you accomplish

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Well, hello there, friend. We are officially on Day four off the Momentum over Motivation Challenge. This is the Day four episode and this is all about worth and feeling worthy.

Now you may be wondering what the purpose of today's focus really is. Like you're worthy. Always. What does that have anything to do with Momentum over motivation? And I'm going to explain it because worth and our feelings of worthiness or unworthiness actually affect pretty much everything we do because it's a mindset. It's a belief that we have about what we deserve, how deserving we are of something and that we deserve it. This actually goes into success and how successful you are today with the things that you say that you want. All right, So why are we talking about worth within the challenge?

Because many of us, I'd even venture to say most of us find our worth in our productivity. Let that land on you a little bit because this is something that in my adulthood, really, I would say probably in my thirties has become so much more evident to me. And it's something I did not realize when I was younger, as someone that was a classic overachiever in school, I never quite realized how much of my worth came from doing. Things came from doing well in those things, came from achievement, came from the Gold Star, the A that someone giving me a pat on the back. The being told that I was smart, feeling that I



was smart. That's where my feeling of worth came from. Instead of it being innate, which all of us have innate worth, It came from productivity. We find our worth in doing, and moms do this so often we feel that we are more lovable as a mom that was a better mom that was a better person, a better woman, a better contributor to our families, our homes, our society. If we get more done, we find our worth in that doing we find in achieving, and this could make the idea of momentum actually seem very unnerving, and that is the reason that we're talking about it today.

“So you're telling me that I don't have to be busy and fill every moment of my day with production? Well, then how will I know I'm successful. “

And that is why so many of us grasp onto the idea of motivation and perfection because it feels like there is an end result that we can measure. It feels like with momentum. And I've know this because I've spoken to many people about this momentum in this idea of just doing five minutes of something can feel like you're not actually achieving anything. Yeah, but I had 20 things on my list and you're telling me to just start with one? I can't, because I'm not gonna be able to do all 20.

So, you know, I'm just gonna hold off and I'll wait until I can do all 20 because if I only do one that I'm not successful and this cycle of believing that we're only worthy when we achieve things is what keeps us from achieving things. It actually it stops us from achieving the things we actually really want, which is usually something as simple as just being less stressed, waking up and feeling ahead before the day even starts feeling accomplished in our lives. But we have all these outside beliefs and outside measures of what success looks like. So today I want you to remember that you're worthy. Always your worst doesn't come from what you achieve. You don't need to be busy or fill your time to be productive, especially in motherhood. You don't need to be highly disciplined or have that ironclad willpower to be worthy of love, compassion, grace or respect from others or from yourself. Because that is really what we're talking about with the worth we're talking about the innate worth that we have and the feelings that we often have that we're not worthy of our own respect and our own love in our own grace. You know, this is why we cling to this idea of getting more done, because we have decided that if we get more done than were worthy of rest, Hey, I can't rest until I've gotten everything done. I'm not worthy of compassion because I'm lazy. I'm not worthy of grace because I always make excuses when really in those moments were more worthy than ever. We need it more than ever to feel that we're worthy of those things like love and compassion and grace and respect for ourselves and for others. And I can say that in my own life, the more I have understood the idea that my worst does not come from how much I do, the more I get done. How interesting is that? How ironic is it that when I let go of my attachment to the things that I get done to the achievement, I'm actually able to get more done? Because I don't I don't think about it as

much, and I also understand that I'm allowed to prioritize. I'm allowed to prioritize the things I want to do, and that simply checking things off a list doesn't mean that I'm actually getting things done that are important to me. It means I'm exhausting myself with things because I think that that's what makes me important. The doing is just part of the equation. Momentum isn't just created through what we do. It's created through what we feel about what we do. It's not just about getting stuff done. It's about stepping back and choosing what is best to do. It's choosing what is a priority for us, so your activity today actually comes in the form of what you tell yourself, so you're still going to choose the one thing you know we're about creating that momentum. So again, it's all about just choosing one thing, and you can choose the thing that is not perfect. You can choose the thing that's becoming a habit for you. You can choose the next step in line. You could just choose off a random list of stuff you have to do today. Um, you're setting your future self up for success, even if it's a difficult season. All of those things we've already talked about, you're still choosing that. But today you're going to add a little affirmation. Okay, you can choose one. You can use them all. It's totally up to you how many you do. But I also want you to feel into the discomfort because for a lot of people, these are not going to feel comfortable. If you have never said affirmations before, it can feel uncomfortable. It can feel like lying, but instead I want you to look at the negative things that you say to yourself as just a big of a lie. We affirm things all day long. We just affirm them in the negative. When you say something like I'm so stupid, I'm so lazy I can't get this done. I'm not worthy. That's an affirmation. You're affirming something in the negative, and we say these things to ourselves all the time. But affirmations are not about lying to yourself there about interrupting a pattern there. They're quite literally a pattern interrupt. Er, it's I feel this thing. And so instead of going down that rabbit hole here, it would be the unworthiness, I am going to say, an affirmation that's going to be able to interrupt that pattern and put me in a different state of mind, even if it's only for a few seconds. And just like Momentum in doing momentum and thinking is the same way. Momentum works the same way with mindset. It starts with something small. It's not about one day waking up and saying, I'm never going to feel bad again. I am going to love myself completely, and I will never have another negative emotion again. No, that's the motivation kind of thing. I am motivated to feel good. Instead, affirmations are a part of momentum. One thing that then can lead to another and lead to another. The great thing is, the more often you say them, the easier they become. And I have written out quite a few of these for you today, and I wanna make them very simple. So you'll notice that each one of them has an affirmation. And then even if at the end, because oftentimes we have caveats and we say, Well, I would be worthy of doing that But and then here's the reason. So this could be really great for you If you feel, that trepidation to say the the affirmation theme, other thing that you can do if it ever feels like you're lying to yourself or you just don't feel is comfortable with affirmations is you can put the words it "It's safe for me to feel" because sometimes that's what it feels like. It feels like it's unsafe to say these things or to feel these things, but when we can say it is safe for

me to feel worthy of starting instead of I'm worthy of starting, it can really change things. So it's really up to you. You get to decide and again you're still doing the thing to create the momentum. You're still doing whatever it is, but I also want you to attach some kind of affirmation to it again. Say them all. Write them down in your journal, write them on a post it, put them on your refrigerator, put them on your bathroom mirror, put them in your phone whatever you want. To dio, however, it feels good for you. There's no right or wrong way to do it. Okay, so here are a few that you can choose from and again. These are also written in the transcript. They're written in the email there, written in the e Facebook groups. There's lots of places to find them.

- I'm worthy of starting, even if I don't know that I can finish.
- I'm worthy of following through, even if I haven't in the past.
- I'm worthy of celebrating my wins, even if they feel small in comparison.
- I'm worthy of taking a rest, even if I haven't finished my whole list.
- I'm worthy of doing what needs to get done, even if I don't feel motivated.
- I'm worthy of prioritizing, even if it means I have to say no to someone or something else.

So those are a few for you to choose from. Other things you can do has come up with your own. If you could take this same exact template I'm worthy of blank even if blank and this is a great place to start.

And I would love it if you create your own to come into the Facebook group and if you feel comfortable share them with us, share them under today's post and let us know what. Which one of these worked for you Best? Maybe you feel the comfort you feel afterward. Get the support encouragement you need, um, in that Facebook group, because that's what we're here for. Remember, your momentum activity could be anything. It could be working on a project or building that habit. It could be anything because there's no right or wrong. This is about momentum that moves you forward in your home, and it's going to be different for everyone. Today is a little bit heavier, you know, it's a little we're digging into. These emotions were digging into these mindsets, but this is why momentum is so important because it frees us from feeling like we always have to be doing. It frees us from this attachment to productivity, and it instead says, Let's just do the small things that will give us that push to get more done when we feel like it. Because, well, feel like it. Once we get started, we don't have to wait to feel that motivation in order to get started in anything. Okay? You all are doing amazing. I am so proud of you. I know that we're coming to a close tomorrow, but remember all of this is going to continue moving forward. Um, well, I want you to continue this. I'm gonna be opening up Homemakerish U for you so you can come join if it's the right place for you, and you can continue this in every single area of your home and life. I cannot wait to see what you guys dio in this challenge.

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## Day 5: Celebrate, reflect, repeat

Well, hello there, friends. It is Day five of the momentum over motivation challenge. And as you can hear in my voice, I'm very excited because we made it. It's officially the last day of the challenge, but that doesn't mean that it's over for you. In fact, it really is just the beginning. And that's what's so great about. Day Five is that it's all about celebrating what we've done and how far we've come in just five days and kind of incredible how much you can accomplish in five days. But it's also about analyzing and reflecting without judgment, right? That's what we're going to talk about, doing it without judgment and then repeating the process and repeating it week after week. Obviously doing the same exact thing every week is not sustainable. Um, that's not really how we're going to build a true momentum. This was a starting point, just like any challenge or any workshop or anything that you do you're getting that great value, but there's so much more to it, and my objective when I do these challenges on this was our first momentum over motivation one. But when I do any challenge is to give you a jump start is to start the engines so that you have the trust in yourself and you have a little bit of that month to get you started. But the truth is that there's a lot more that goes into this more than we could do in five days. Because if I shoved it all into five days, it would be so overwhelming. You would piece out after the first day you'd be like by I can't do this. So instead, I have an invitation for you to come join us and Homemaker issue if you're ready to continue this process if you're ready, Thio, learn how to manage your home and your life, no matter what season you're in, right? It's an amazing solution for that that I've created. But really, this was the start and I want you to celebrate that. I want you to celebrate what you got done. This is the part of the process that's often missed. Why? Because we're conditioned to be humble and to minimize our successes. You know what we're also conditioned to do to always be looking at what we didn't do so there are probably those of you out there listening that are already shaking your head or already have your head down or are thinking about? Yeah, I didn't do day, too, though, uh, I missed Yesterday, I listened to the episode, but then I didn't do anything. I got caught up in what I was doing and see. I never get things done. That's not what we're after. We're not here to minimize our successes, and we're also not here to maximize our mistakes. We're just here to celebrate what we did do, even if what you did was listen to the episodes, even if what you did was five minutes each day and you feel like, Well, that's not enough. It is enough. It's enough because you came here, you showed up, you listened, and you did some work, even if the work was quote unquote just mental work and wasn't actually physical work. But we need to recognize what that conditioning actually does to us because it minimizes our ability to really celebrate. And that's what momentum is all about. It's about getting started slowly and in small ways the bite sized ways so that you can continue to move forward But the way that we do that continually day after day is by

learning to celebrate ourselves by learning how to reflect on what didn't work without judgment. And that's a practice. And it's a process, especially those of us that are overachievers or beat ourselves up or people pleasers or, you know, wanna wanna always be the one that did all the things not doing all the things is gonna then cause us to judge ourselves. But the on leeway to create routines and systems and rhythms and habits whatever you wanna call them in your home and in your life that you could actually maintain every day after we're done with this is to check in every now and then. And that is the thing that most people don't do. They get started with something based on that feeling of moment of motivation. Oh, I need to get this done. I've hit a wall. I am so overwhelmed. I just need to find the checklist. I need to find the chart. I need to find the right way to do it. I'm gonna search Pinterest and I'm gonna go all in Monday. I'm gonna change my life. I'm not just going to change one thing. No, no. I am going to change my life and then they get started on Monday. By Tuesday, they realize it's too much and it doesn't work. So what do they do? They just give up altogether. And we don't actually take the time to process what worked and what didn't. And to reflect to take a look and go, what about this? Did or didn't work? I like to look at a lot of the things that I do in my life now as an experiment, the same way that you look at things when you're a scientist. If you're doing a scientific experiment and you don't get the result that you thought you were going to get, you don't just quit. We would never have any of the inventions or any of the scientific breakthroughs that we have. If scientists just went Yeah, well, if inventors went well, didn't turn out the way I thought so. Guess I'm not going to do it. Guess I'm not meant for this. No, we reflect, huh? That's interesting. My hypothesis was wrong. So I'm going to tweak and look at what worked and what didn't work. Now, obviously, you don't have to sit there just like a scientist and spend tons of your time. This is really something you could even do in just a couple of minutes of reflection. It means that you have to check in every now and then on what's working and what's not. That means celebrating what you've done, what you've actually accomplished, reflecting on what worked being honest with yourself about what didn't work and then tweaking and repeating. That's what it's all about. Okay, so I'm going to give an example for you and kind of talk through this example that I've given. So if this week you were able to really gain so momentum with a new habit of waking up earlier for self care time celebrate that like that. We're going to imagine that there's someone out there and her name is Jennifer. I'm just going to throw it out. Jennifer, out there is she really wanted to work on, you know, creating that momentum of waking up early. She never really been able to do it. She always told herself the story that she likes to sleep in. I'm not an early bird, so instead of going, I'm gonna wake up two hours earlier. I'm just gonna wake up 10 minutes earlier, one day at a time, and then maybe I'll increase it to 15. And so for these five days, she really was able to create that momentum through thinking of how her future self is benefiting from this and not worrying about it being perfect and understanding that she's totally worthy of doing this always right. And even in difficult seasons, all of the stuff she worked through. Great. Celebrate it. Then you're gonna reflect on what actually worked. So maybe

it was putting the alarm clock on the other side of the room. That's something that has worked for me or setting herself up for success night before. Maybe she realized, Wow, this thing that I want to do actually starts the night before because what makes it easier for me to get up is knowing that I have things set up and I'm not just starting waking up early, and then I'm going to like, ah, whole sink full of dishes or my laundry is in a pile, and I have to search through it to get what I need in order to even start working out or I can't find my journal or I don't even know what happen when you used to meditate. Whatever the reason is, you're waking up early. Maybe it's just getting your coffee maker all set up. So, you know, when you wake up, you're already set up for success. Well, great. Now you're reflecting on what actually worked. Then you're going to get honest about what didn't work. Like maybe trying to get up way earlier than normal. Maybe you thought, you know what I really need to do is just wake up earlier because that's what successful people dio. And so you went from waking up at seven o'clock to 5. 30. That's a big jump all at once. And maybe you tried doing that and realized that doesn't work for me. Instead of judging and shaming yourself and saying I'm no good, we're instead going to say, Well, that just doesn't work. So what can I dio? How can I tweak that? And then we're going to repeat it next week. We're going to repeat this same that same kind of process in a way next week, not repeat the thing that we didn't do. We're going to repeat, as in, you know, going over what worked. Um and then this is again. This isn't something that you do every single week, Monday through Friday. I do this entire challenge. That's not what we're talking about, because again, that's not sustainable. This is just a starting point. There is more to this. There is more to creating routines and habits and systems and self care and mindset. Then we can talk about in five days. But this is the start. And what I really wanted to do was help you build trust with yourself. Trust that you can do this. Trust that you know what's best for you. Trust that you can get started with momentum and not always feel that willpower to do it. Okay. Hmm, Sorry. Your activity today is to do exactly what's listed above, celebrate, reflect, get honest, tweak, and then you're not really repeating because we're not going to do that same thing today, But celebrating yourself, you can celebrate with a friend and accountability partner in the Facebook group by yourself with your spouse, however you need to celebrate, however, feels good for you. Good for you were in the group for you so you can celebrate till your hearts content there. There is no celebration too big or too small for us in the momentum over motivation group. It is an empowering place to be. Then you're going to reflect, get honest and remember, honesty is not about judgment. We're not saying I'm such a loser because I didn't do X y z. I'm so lazy. C I can never do this. I always let other things get in the way. Or it's also not about blaming outside circumstances. Okay, well, I would have been able to do this, But my kids No, it's just reflection of being an observer. I like to look at it like I'm just an unbiased observer of my life and taking note of that and then tweaking, deciding what you need. Thio Tweak. And then I'm going to say the step after that is to join homemakers you, because that's going to be the next step to kick start all of this so that next week, when you go to start your week on Monday, you're already

ahead because you have a community and a program and a solution to get started with managing your home and uncomplicated your life, no matter what season of motherhood you're in. No matter what season of life you're in, you're going to be in a place where you have the steps and the tools and the community to actually get started. So even though we're wrapping up, you can still listen to this private podcast feed for a few more days. It is going to expire. That's the way that this works. It's just the Facebook group is going to close. It was a pop up Facebook group and these trainings are going to expire because they were meant for this specifically. So this is also just your reminder to listen to them if you haven't listened to them. Okay, so they're going to be open and here for you for about another week or so. Um Yep. About a week to 10 days, I'm leaving them open, um, and on here longer. But they are going to expire now. There are a lot of people who are like I don't understand why you do that. Well, because this was a free challenge, and these trainings were here for you. to do them now. And that's part of the point is that if we just let things linger and we say I'll do it later, I'll do it later. We're never going to do it later. And so one of the reasons that we do a pop up Facebook group and five days together and you know, trainings that maybe expire or trainings that, you know, when I do workshops and after a few days, the replays go away. It's not to be mean. It's because if no one gives incentive to do it, we just won't do it. Now I'm giving plenty of time because technically, there's probably gonna be about 10 days that they're they're still here so this is your time. This is just me reminding you to get in there and listen to these episodes if you haven't already, or if you want to re listen now, if you join us inside homemaker issue, you're going to actually get these trainings in there as a bonus so you can go back and listen anytime you want. If you would like, we're going to throw those in as a bonus for you. Okay, I am so overwhelmingly proud of you and thankful that I was able to host this. I'm thankful that you joined that you brought your friends, that we all did this together. I'm just so grateful for everything that you allowed me to do. You're actually gonna be getting another episode later today. If you're listening to this live as it just came out, there's another episode that's going to come out really speaking into what you can expect from homemaker issue who it's for who? It's not for me getting really honest about it and talking about why joining is really the next step that needs to be taken if you're ready to again manage your home and uncomplicated life, no matter what season you're in. So it's open right now. And if you're like, I don't need to listen to anything else, I just want to join right now. You could go to homemakerishyou.com. That's h o m e m a k e r I s h u. The letter u dot com We're also going to put that link in the show notes area so you can just click it and come and enjoying. But come into the group and let's let's celebrate all together. Let's celebrate what we did this week because that's what it's therefore and we're here to empower you just like we did this entire week. I'm so proud of everything that you did, and I can't wait to celebrate alongside you.