

Episode 55 - When We Let Our Future Self Lead the Way Transcript

[00:00:00]

Hey everybody. Welcome back to this life of ours. This is week three of a three week mini series where we are pulling episodes back from Table for Two, a former podcast that I used to host because these conversations still hold a lot of value. I hope that you've been enjoying them. Please feel free to share with a friend.

Give us your feedback. If you want more of the same, let's get into it.

Welcome to this life of ours, A space for real conversations, heartfelt insight, and everyday coaching. I'm your host, coach Emily B, life Coach Storyteller, deep Feeler, and Vermont Hobby Farmer. Around here, we talk through what it means to grow, heal and stay grounded in the life you've got while reaching for the one you want.

I'll teach, I'll coach. I'll talk to myself. No matter the episode, I [00:01:00] hope you leave feeling a little more connected and a little less alone in this life of yours. I'm so glad you're here.

Hello. Hello. Welcome back to Table for Two. Here we are, a week after the announcement that I'm going after some personal goals, you guys, some new personal goals. Let me say, I had mentioned in last week's episode that the past year and a half. Two and a half years. The past while has been focused on different areas of self-healing for myself, and now my focus has shifted.

So last week I shared personal goals. I shared business goals and becoming more transparent, right? And so I wanna update you. I wanna update you. It's been one week, and I also [00:02:00] wanna ask you, have you considered any goals for yourself over the course of this past week? Did you think about what might I get busy working on?

How could it benefit me to set a goal and how could it benefit me to set a goal that's even outside of my mind's eye? How could I do that? Anyway, so we're starting with smaller goals. Then as we get confident in setting a new goal, getting busy on achieving it, setting, creating, generating massive action, then we start to get the ideas flowing of, maybe I could do more than this.

What if I could be a person who did like, you know what if I went from a person who just wanted to activate their weight loss process again to a person who. Activated their weight loss process, motivated other people to do the same along the way, [00:03:00] encouraged other people to do and try things that I'm trying along the way.

Shared points that were struggle points for me so that I could connect with people in a real way along the way. At first, that might seem really overwhelming, like, no, no, no. Let's just see if I can lose some weight. Right? What if you've just set a little goal and then start going on that little goal to give your lovely, primitive brain the evidence that, Hmm, I can actually set and achieve goals.

Look at that. Let me take it up a notch and set a goal, one step more challenging. Can I do it? Probably, probably. And then you get creative and you see, what am I actually capable

of? Maybe I really can do whatever I want. Maybe she's not lying to me. Maybe I'm always telling you the truth. I am, by the way.

Anyway, so update on my personal goals. I had mentioned that. With the growing of my [00:04:00] business, the organization of my home has gone south, right? So this week into my calendar planning went chores. I added vacuuming into the chores I added into my calendar. I mean, so that as I work through my day, I get in the routine of

hey, when you're listening to new material, you can also be moving your body and vacuuming at the same time, and that's not distracting to me. It doesn't feel overwhelming to me. You might be a person who wants to sit and take notes when you listen to something, so that strategy wouldn't work for you, but you figure out new ways to incorporate things that you want to incorporate into your everyday life to reach these goals.

So that's what I'm doing with the cleaning and the chores. I'm calendaring them for right now. I did have a question from a member. The exact question was, do you seriously put vacuuming on your calendar? And I wanna address that here because right now, yes, I do. I do [00:05:00] because I'm not in a routine where that's happening all the time in a way that I feel comfortable with.

And I'm not in a place where I'm just motivated to pick up a vacuum at the end of my workday. Like I don't have that set in a routine, in a way that I'm showing up for it. And I'm satisfied with the result. So onto my calendar, it goes until I can show myself, this is how it feels, this is what it looks like.

These are the urges that come up to avoid vacuuming when it's time to vacuum and listen to a podcast. We're gonna do it anyway. We're gonna notice what happens and then get it done anyway. So it's this whole big learning process. And then once it's routine enough for me, those things will come off my calendar, right?

It won't say. New content and vacuum. It'll say Finish listening to episode 47 of whatever podcast. Because we always wanna schedule our calendar in the form of [00:06:00] results. I don't wanna just say, listen to podcast, because then when I get to that calendar item, I have to then decide what podcast and shoot that could take me 12 minutes to scroll through.

Is like a rabbit hole to me. There are so many topics and podcasts and so, no. I wanna go into that scheduled time knowing this is what I'm expecting to finish by the end of this time block. But for now, I do need that visual reminder that, hey, when you listen to new content, this is also a great time to vacuum,

get up outta your chair, move your body, and at the same time you're accomplishing a household chore. Go you. So this week. That went okay. I didn't put all of the chores on my calendar because I don't wanna overwhelm myself at one time. I did find myself, and be totally honest here. I did find myself a couple of days this week feeling some resentment, and I got curious about that.

Why am I [00:07:00] feeling resentment for accomplishing the things that I put on my calendar? And what I noticed was that resentment was coming from a thought that I had. That this isn't fair. This isn't fair. Why should I have to do all of these household chores when my husband can have his day off and not carry the same mental load of making sure the dog hair is vacuumed out of all of the corners?

We have four dogs. There's hair everywhere. If we don't vacuum right? So I found myself in resentment, and when I was in resentment, I noticed I was much more apt to dig my heels in when those items came up on my calendar. I'll tell you, this is not my husband's fault. This is not because he doesn't do anything around the house.

He does a lot around the house. But when I don't wanna do something, my brain, just like yours, will offer me a bunch of reasons to support not doing it. And guess [00:08:00] what. This not being fair is a real great reason to not do it. Let's protest it because then we'll have a sink full of dishes and everybody will be happy.

No, it makes no sense. So that was my experience with week one. Resentment came up. It was unjustified. I sat with it. I didn't try to get rid of it right away, which I think is important to mention. Sometimes we fall into an emotion that feels negative to us, and the first thing we wanna do is fix it.

Feel better. We're not feeling happy. Something's wrong. No, something needs investigation. Why do I feel resentment about doing what's on my list? I'm accomplishing what's on my list. I should feel pride. What's going on here? Oh, this is what's going on, and then I can get clear about what's true and what am I making up to convince myself I shouldn't do what's on my calendar.

Okay. I, my other personal goal was to [00:09:00] reactivate weight loss mode. I have been in maintenance mode and I'm ready to reactivate weight loss mode, and it was a great week. It was a really great week. I feel that I showed up for myself. I planned all of my food, which I do always plan my food, and I do always follow through on what I've planned for my food.

What I don't always do is stop when I'm satisfied. How many can relate? We have a great plan. We follow our plan, and then something happens. Either it's habit, it's routine. You feel bored, you feel lonely, you feel sad, you feel frustrated, you feel something. And then you're triggered and you're sent messages of, let's get this.

That'll feel good. Last time you were sad you did that. That felt good. Let's do that. So this week was more about sitting with that emotion. So I planned out all of my food. I followed my plan, [00:10:00] and I also followed my hunger scale each and every time I ate, which has not been my focus in maintenance mode because I know I can gauge my hunger scale pretty well in maintenance mode without really tuning in.

I just know not to stuff myself, and I will maintain my body weight. But to lose weight, I really need to dial into, "Am I still physically hungry or has my reason for eating switched? Am I now eating for emotional hunger instead of physical hunger?" So that takes slowing down, paying attention, turning off distractions, which means Emily's not standing in the kitchen looking at her phone, eating at the counter.

We're not doing that. We're not getting a quick dinner on the go. That's much harder to slow down and check in with yourself. Right. Okay, so update on that is that all of my update? I got movement in where I wanted to get movement, and [00:11:00] that felt really great. I think what I'm walking away from this week feeling most excited about is

just the, the feeling of being ready and being in a place where I've set up this wonderful community where people can come and get support. I feel very confident in it. I feel fulfilled

by it, and I feel so ready to reactivate my weight loss goal and do it right alongside current members. I think that's my biggest win from this week, is just that appreciation for

the village is built and now let's all come together and let's do this, and here we go. And so being able to lead by example and feel the emotion that comes up when you know it's eight 30 at night and I wanna relax and habitually I might relax with a snack, but I don't wanna do that anymore. [00:12:00] I don't wanna do that anymore.

And how do I know I don't wanna do that? Because I ask my future self. This is another key point. Make sure you check your references when you're telling yourself something. Check where that belief comes from. Are you checking your past self, which you don't want to do. You don't wanna do that. You're not gonna get the best advice there.

You'll get advice, you'll get an earful, probably. You wanna check in with your future self. How did I do today? How am I doing? What should I do next? She is a world of information. She has so much knowledge about how to get where you're going. You just need to ask. The mistake a lot of us make is we ask our former self and then we get really judgmental because we compare who we are now to who we were, good, bad, or indifferent.

That's what we do. [00:13:00] That's what the brain does. Compare despair, right? Where's there a problem? I need a problem to solve. Start checking in with your future self. How am I doing? How am I showing up? What should I do next? Okay. In business, I mentioned transitioning to the self-love project, which will have or does have ditch the diet under it.

It has Monday hour one, which is time management, and then it has a decisions course and goal setting, and it has so many things. There are so many things in the Self-love project monthly membership. And my goal with that is to really just start feeling more connected. I wanna feel connected to the community that I have, and I also wanna feel connected to the community

I don't have yet. Think about that for a second. I know with all of my being that there is a community of people outside of the community that I'm currently serving, and that community outside of my current [00:14:00] community just hasn't come in close enough yet to hear my message, but I know it's coming. I know that it's coming.

So my goal right now is to beef up that connection, to really feel myself that I am connected to my members and I am connected to my strangers. Right. I wanna connect. So with that, I set a goal for myself. I'm gonna show up live in my membership every week, twice a week, actually. I'm gonna show up for every accountability call once a week, and I'm gonna be all in, all focused on them.

Which I have been all along, focused on them, but my focus has been on building them up, getting them ready, preparing their content, and sending them on their way to start taking their classes, and then I can coach them along the way. Now my focus is how do we create connection? How do we create connection?

When [00:15:00] you are online, not in person, that connection can be more tricky. And the way I feel after this week, I will tell you I feel more connected and I'm so happy to report that there's always been a connection, of course, that yes, we're in the same membership. Yes, we're learning the same content, but now there's also a connection of I'm going to keep showing up,

and whether you show up live or not is okay. It's okay. I love that you're gonna show up when it works for you. I love that you're gonna show up in a way that you feel comfortable showing up. And what I'm gonna do is every time I show up, I'm gonna be all in. My whole heart is in it. My whole mind is focused on it, and I am here.

Every time I tune in. I am tuned in. Is my commitment to my membership and to my strangers that I [00:16:00] haven't met yet, that I can't wait to meet. So I end the week feeling more connected. I feel also more connected with my personal goals. Everything has been set into motion. I took massive action this week and I feel amazing for it.

So I'm gonna ask you again, have you considered any goals for yourself in this past week? Have you thought of any goals for the coming week or the coming month, and what's one thing you could do today to set those goals into motion? The other thing I wanna talk about, which will be new this week versus just an update on last week, is how a passion project can kickstart.

Your weight loss, or if you're already in weight loss mode, how adding a passion project can kick your weight loss [00:17:00] into high gear. So passion project, what do I mean? I do not mean. Something else for work. So I don't mean when you're feeling an urge or when you're feeling distraught or whatever, you bury yourself back into work, back into something you know that keeps your brain busy and settles you.

That's not what we're talking about with a passion project. A passion project is something that you work on that is purely meant to bring you joy. That's it. It's something that you can feel passionate about doing. It's something that will bring you pride when you do it and when you have completed it.

It's something that you look forward to. Ideally, it's something that brings a sense of relaxation to your body. So whenever we feel an urge, we have a tenseness to us. And if our passion project [00:18:00] brings about a relaxation, then we're gonna balance out the urge really nicely. Your brain loves to solve problems, and if there are no real problems in the way, then what that sneaky devil will do is create new problems.

Okay, urges are your body creating new problem. Well, here you are all relaxed At night, you're gonna watch an episode on Netflix and everything feels relaxed and good, and then your brain is like, um, let's get a snack. And then you start that whole debate. So it's just created a problem for you. So when you are in an urge, if you have a passion project that you can redirect your attention to, then what you're doing is giving your brain a more productive problem to solve.

Like, all right, I hear you. You're needing something to do. But what you're not gonna do is keep tossing, urges my way, because I have [00:19:00] goals to reach. So I'm gonna give you something else to work on my personal path. Passion project right now is relearning the piano. I learned when I was a kid. I loved it. I remember, I remember going to my piano teacher's house.

I can remember what it smelled like. I can remember what it looked like. It's really bizarre actually to me. 'cause there's a lot of childhood memories. My brain has just completely blocked out. But that I remember. There's always been songs that will come back to me that I'll just be able to play anyway.

Super fascinating. So my passion project is I have restarted learning the piano again, and it has been the most freeing experience for me to get on the computer. I, I meet one-on-one with a piano coach every week. And she coaches me through learning new songs and through how, you know, when you're, [00:20:00] if you've ever played an instrument, there's so many times you hit the wrong note or your hand just won't do the thing, or it gets frustrating, but we persevere and we figure it out if we're passionate about it, right?

So I encourage you. Pick a passion project. Even if you are not ready to set a big goal or even set a small goal to get going on goals and get set yourself into motion, then start with a passion project. What would you really like to start doing? Not just, oh, I'd really like to be able to take naps at night, or I'd No, no, no, no, because if you're doing something idle, what's an idle mind going to do?

That's right. It's going to come up with a problem to solve. So give it something productive to solve. Learn something new. Do something you've always wanted to do. Write out plans. Just write, [00:21:00] do something that brings you joy that you also have to think about. And then let me know how it goes. What do you do?

What's your passion project? I wanna know. Send it to me, Emily, at emily@emilybrower.com. What's your passion project? I would love to share some of them with other listeners and I would do that. So send it my way. As always, thank you for trusting me, to teach you to trust yourself.

All right everybody. Thanks so much for. Allowing me the time to go back down memory lane for these three episodes. I hope you enjoy.

We'll see you next time.

Thank you so much for being here. If something in today's episode resonated with you, we'd love for you to share it with a friend or leave a review. It helps others find this space. You can find [00:22:00] full episode transcripts and learn more about our amazing team of coaches. At www.birchandstonecoaching.com.

Until next time, stay rooted, stay resilient, and keep rising. This life of ours is worth showing up for.