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[00:00:00] welcome back to the Crush Your Goals with Christie podcast. This is your place for clarity over confusion, community over competition, and the confidence to crush your goals. I'm your host, Christie Johnson. I'm a wedding photographer, a business consultant and online educator for creative entrepreneurs.

[00:00:23] I believe you're to. There's power in community and that you are not alone. [00:00:30] Today we're gonna talk about the top three mistakes that you're making, that are leaving you overwhelmed, insecure, and lonely. I cannot tell you how many times I have gotten on Instagram and I think wow. I'm not as good as so and so.

[00:00:47] I start comparing myself. I compare my photography, my business, my life, my house, the way I look, my style, everything, the way I eat . I get on and I [00:01:00] compare every, you know, myself to people and there's a reason for that. I'm gonna get, I'm gonna talk and talk about it. And what that does is it makes you feel insecure.

[00:01:09] It also makes you feel overwhelmed because you think, Wow, there's so many steps that I need to do to get to where I wanna be, or to be like this person or whatever, and that's not good. And then we start to feel lonely because we think, Oh, I'm missing out. I'm not doing the things that they're doing, or whatever it is that it might be for you if you're feeling over.[00:01:30]

[00:01:30] if you're feeling insecure, if you're not confident in yourself and you're in your business and what you're doing, or if you, maybe you're not there right now, but if you've ever been there, I'm sure we all have all business owners, we have been there if you're feeling lonely. I think that a lot of it comes down to three mistakes that we make, our culture makes, tells us to make these mistakes.

[00:01:52] They feed this to us on a silver platter, so I'm gonna talk about the top three mistake. Before I talk about that, [00:02:00] I want to invite you for a two month free trial of my Mastermind community, Christie's Biz Besties in this community. It's so much fun. We get together every single week and we have mastermind chats.

[00:02:16] Some weeks it's a legit mastermind where we are getting help in our business. We're talking about our, um, new projects or any issues that we have

that we wanna workshop together. Another weeks. We have [00:02:30] goal setting workshops. We have educational workshops. We do CEO task days where it's dedicated time to do those tasks that usually fall through the cracks, like your bookkeeping, your admin work, things like that.

[00:02:42] And then we have regular zoom body doubling sessions. This is where we get on Zoom together. We talk about what we're gonna work. And we keep each other accountable. We cheer each other on, We support each other. We also connect in Voxer. It's a voice messaging app and a text messaging app where we can talk to each other and tell each other what's going on in our [00:03:00] lives.

[00:03:00] It is really, seriously, so much fun, and I'm inviting you in to join for two month, for months for free. You can join@christiejohnsoncreative.com slash biz besties. I would love to see you there. So the top three mistakes that you're making that are leaving you feeling overwhelmed, insecure, and lonely. So let's talk about the first one.

[00:03:22] Number one is packing your schedule full to the. I am guilty of this. Our culture tells us this is [00:03:30] what we have to do. We have to work to live. And so because of that, we feel like we have to just work, work, work, work, work all the time. Not only that, there's so many things that people say we need to go to and we need to do this.

[00:03:44] We, if you have kids, you're probably bringing them because it's necessary for them to have fun taking them. , Soccer practice, ballet practice, piano lessons, everything, swim practice, whatever it is, you're carting them all over. They have to do [00:04:00] homework, all these things. So like it starts when we're young, our culture tells us that we have to pack our schedule full to the brim and we've, And we also fear letting others down because we expect to be super human.

[00:04:14] Like if we put too much into our schedules and we realize. . We don't want to let people down and say, Hey, I need to, I can't come to this. Or when someone invites us to an event, we feel like we need to go [00:04:30] because maybe you wanna, maybe you genuinely wanna be there. I know a lot of times I wanna be there, be at events.

[00:04:35] I get invited to so badly because it is fun, but I have to protect my time because that's important. But a lot of times I'll say yes because I don't wanna let other people down and I don't really wanna miss out. But sometimes I

regret it later because I think I'm spending so much time away from, from home, from my husband, from my family.

[00:04:56] So I really have to set, set values and, [00:05:00] and set my boundaries and hold to them. How many times have you ever said yes to something just because you thought that the other person wanted you? Or if you need to take time away, how many times have you kept doing something that you know you need to let go of because you didn't wanna let down people that were counting on you?

[00:05:24] How many times have you stayed with a job because you didn't wanna let your boss down by leaving? [00:05:30] Ugh. I know. I can think of specific instances where I've done this, where friends have done this. We fear, you know, there's down, for some reason, instead of being honest and allowing each other to be honest and have the space that they need.

[00:05:42] This is, this is part of the reason that we pack our schedules full to the brim because we think we have to also, we see literally everything on our phones. I talked about it at the, at the top of the. When you get on Instagram, you see what your neighbor's doing. You see what your friends are doing. I know which of my business friends are working on their websites, have new website [00:06:00] launches, coming, have new, bought new cameras, or doing new things for their business.

[00:06:03] Having fall of any sessions, whatever it is, we see everything on our phones and we see what our friends who aren't even in the area near us are doing. They just got back from Disney, from Universal, from Europe. All these things, we see it and we feel like our lives aren't enough because we see the highlight reels on our.

[00:06:23] And that leaves us overwhelmed because we think we have to do everything. So [00:06:30] what's the solution to this problem? It's a big problem. We have to invite space into our schedules. We need space to breathe, to be able to move at ease and, and to be kind to our families. All my word, I cannot tell you how many times I have been short with my husband because I'm too busy.

[00:06:50] And when he asks me like a simple question, like, you know, Hey, what do you think about, you know, I don't know this, or, or something. A simple question I [00:07:00] get, I get irritated for no reason because I'm, I'm working on something and I think that I have to get it done in time for the next thing that's going on, or.

[00:07:09] We need to invite space into our schedule so that we can have those conversations with people, so we can have those interactions and not feel that stress, that anxiety all the time. Invite space into your schedule. Also set boundaries with your phone. Maybe you only get on Instagram for a. [00:07:30] amount of time.

[00:07:31] Maybe you don't have the app on your phone and you only do it on your desktop. Maybe you don't leave your phone in the bedroom or have it in the bedroom and you leave it in another room at night. I know these are hard to do because we're addicted to our phones, but it's important to set those boundaries and then do what you want to do.

[00:07:49] I think so often we do things because we think we should. We think someone is telling us to do it, so we have to do it. But only you get to decide what's important to yourself. And when you choose what's [00:08:00] important, you can ignore what's not important. I think it's really, really important to decide for yourself, I'm going to do this and not that.

[00:08:10] And that's okay. I'm going to market my business on Instagram and not TikTok, and that's okay. Or I'm gonna market my business on Instagram and TikTok, but not Facebook. And that's okay. Choose what you want to do. Do you want to go to that networking? . If you do think great, if it's gonna add time, if it's gonna take up something else in your [00:08:30] schedule, do you have to prioritize?

[00:08:36] It seems like everyone is, you know, we jump on trends. We like to be on the bad bandwagon. We don't wanna fall off of it and, and it's okay to an extent to do that, but there really is no need to add more mental stress to your. That's not important for you. I think a lot of times we feel that overwhelmed that we're not [00:09:00] doing things that other people are doing, it's because we haven't decided I don't need to do that.

[00:09:05] I'm going to do this instead. You can have a very authentic business and market it in a way that feels good to you. So remember, when you choose what's important, you can ignore what's not, so don't pack your schedule full to the brim. Let's stop that. Let's agree that as business owners at the end of 2022 and going into 2023, we are not gonna do that anymore.

[00:09:29] We're [00:09:30] gonna invite space, we're gonna step boundaries, and we're gonna do what we want to do. All right. Who's. The second thing that leave us feeling overwhelmed and secure and lonely is comparing yourself to other people I mentioned already. We see everything on our phones. We see

what they're doing, and then for some reason we think that we can't, that like because we're not doing our lives just like other people that we can't measure up.

[00:09:57] We believe we have to be the best at everything instead [00:10:00] of being the best at being selves. I'm repeating myself. I think I've talked about this on a recent episode with a podcast, but it's so important. Just be the best at being yourself. Don't compare yourself to someone else. Be you. What do you wanna do?

[00:10:15] What is unique about you? and embrace that. Celebrate that, and have people who remind you of that. That's what I love about my community, Christie's besties is, is we cheer each other on, we celebrate each other. We say, What are you good at? That's [00:10:30] amazing. You do that. It's not about doing what other people are doing.

[00:10:33] We might workshop a lot of solutions to a problem and say, Well, which one feels the best for you? You know, so stop comparing yourself. Just be the best at being yourself and practice self compass. When you feel that insecurity set in that comparison, know that it's okay and reach out to someone and say, Hey, I'm, I'm dealing with this and I, and I wanna stop for me.

[00:10:58] Um, that's really [00:11:00] what helps me. Maybe for you it's journaling. Maybe it's getting outside and exercising, getting out of your head, whatever that practice is for you. Comparing yourself to other people and feeling like you can't measure up. It's leaving you feeling overwhelmed. Insecure and lonely because you feel like I'm not, I'm not like them, so I'm not good.

[00:11:22] But that's not true. You're unique. You are loved, you're valuable, [00:11:30] and you don't have to be like someone else. You don't have to market your business like someone else. You don't have to do the things that other people are doing. Be yourself. I know that's hard. It's easier said than done. It's taken a lot of work for me to get to where I am.

[00:11:43] It's come through. Talking with counselors, with friends, with family, with business coaches, and figuring out what am I good at? What can I do? And when I have those moments in the trenches, I reach out to them again and I say, Hey, I need [00:12:00] help

[00:12:03] So the solution to comparing yourself to others to stop that is getting really, really cleared on your own goals, your own values, and pursuing. And

nothing else. What do you wanna do? What is gonna be best for your business? Setting those goals, making that strategy so mu so often we compare ourselves cuz we haven't made a strategy for ourselves.

[00:12:25] We don't know exactly what we're doing. We're like faking it, which is, you know, fine to [00:12:30] some extent I believe in, fake it to you till you make it. But when you choose your goals, , you don't have to worry. Like, you don't have to feel like you're falling behind because you know exactly what you're doing is what you should be doing, and you can reevaluate.

[00:12:43] I think I talked to you about this last week. I said that in Christie's bi besties, we have a regular practice of reevaluating, reevaluating our goals. We have goal setting workshops. Once a month

[00:12:58] you re [00:13:00] evaluate and say, Am I aligned with my values? Is, is this project that I'm working. gonna be good for me. Is this what I wanna do? So get really, really clear on your own goals, your values, and pursue that and nothing else. The third mistake that's leaving you feeling overwhelmed, insecure, and lonely, is trying to do it all alone.

[00:13:25] Our culture is very individualistic. We don't share with each other. We [00:13:30] don't, We keep each other at arms length. We don't like to be honest about our feelings. When people say, How are you? We just say, Good, and we move on. We fear people's opinions. For some reason there, there's a wall that we put up between each other.

[00:13:47] We fear that if I, if I'm honest, or if I tell them what's going. . Either they're, they're not gonna like what I'm doing, They're gonna think that it's dumb or, or, or they're gonna try to steal my idea. I [00:14:00] can't tell them what I'm working on because they might steal it or they might not think it's okay that I'm doing it.

[00:14:05] They might have a different opinion. We fear people's opinions and so we do things alone. A lot of us are working from home, so, so, so we do, we do things alone that we don't have. But like comparing yourself, not telling people what's going on in your life, not being honest, not living in community, but then there are certain things that that are [00:14:30] alone just just because that's how it is.

[00:14:33] A lot of us are working from home business owners. We work from home because we are. Trying to save money and, and may and maybe don't wanna go work at a co-working space because it's not a priority. Uh, right now,

maybe with more income great. Or maybe you like working from home, but we're doing things alone.

[00:14:51] And so it's easy to get lonely, right? When you're working at from home alone. I remember in 2019, we just moved to California. My [00:15:00] husband was working a full-time job, uh, outside of the. He didn't work from home. Right now he works remotely, but at this time he was going to the office. It was pre pandemic. Um, and I was working at home alone.

[00:15:12] And since we had just moved to California, I didn't have a lot of friends. I didn't have any family near me and I was lonely. Did you know 30% of Americans don't have one friend that they share their inner most thoughts with? That's sad. We need each [00:15:30] other. If you are one of those people, if you don't have a friend or a business bestie that you, that you share your innermost thoughts with, come join us in besties.

[00:15:38] We wanna have you. You are unique and valuable, and we want to hear your voice and let you know that you're not alone. You're not alone. And so we're working from home because that's just a fact. So can we bring community into our lives even when we're working from. . The answer is yes. You can join a community or you can start a [00:16:00] community.

[00:16:00] You can join the Rising Tide Society. You can join local Facebook groups. I'm repeating myself. I talk about this all the time on the podcast, and you can join bi besties. I'm giving away two months for free. We share our goals. We, we, we are in community with each other. We don't do things alone. We share.

[00:16:18] And when we do that, it helps us get to our goals much faster because when we try to do things all alone and all by ourselves, it's gonna take us longer to get there because ma, we won't [00:16:30] course correct as easily because we won't have someone to say, Hey, have you tried this? When we feel really sad and overwhelmed, it's gonna take us longer to pick ourselves back up because we might stay in that, that hole of sadness longer instead of if you are in community, someone can say, Hey.

[00:16:45] You got this. You can do this. Let me help you. You know, and so we're doing these things. We're packing our schedule full to the brim. We're comparing ourselves to other people. We're trying to do everything alone, and it's leaving us feeling overwhelmed, [00:17:00] insecure, lonely, stressed out. But we don't need to do that.

[00:17:04] You don't need to do that, my friend. Invite space into your schedule. It's, I. Get clear on your own goals and your values and pursue that. You don't need to compare yourself to other people. You are, You are unique. You offer so much to the world. And when you make that choice of I'm gonna do this, it enables you to ignore what's not [00:17:30] important.

[00:17:30] Have tunnel vision on yourself and your goal on your goals, and don't do it alone. Bring in other people. Invite community into your life. Join a community. Reach out to your friends. If you don't have a besty message me. I wanna help you find one. You are not alone, my friend. You don't need to feel overwhelmed, insecure, and lonely anymore.

[00:17:55] You can feel confident. You can feel at ease. You can feel excited. You can feel [00:18:00] joy. , you can feel like you're actually making progress on your goals and your dreams every single day. You can get unstuck. You don't have to spread yourself too thin anymore.

[00:18:12] I really would love to see you in Christie's bi besties because we work on all these things all the time. This is, This is what I talk about, and it's free right now, Two months for free. You can join@christiejohnsoncreative.com slash biz besties. Well, I see you. [00:18:30] I hope to see you there. I believe that you can have a life and a business that you love.

[00:18:38] You are the boss of your business. You get to make the choices. You get to decide what's important for you. You, you get to decide. You can create your schedule. You can maximize your profits. You. Start. Um, you can scale. You don't have to trade your time. One for one. The possibilities are endless. There are so many ma ways to make [00:19:00] money in 2022.

[00:19:03] You don't need to carry all that weight on your shoulders. Invite people in with you. Let us carry that for you. Let someone else, if not, if not my community, another community, please. Um, I want that for you so much. Are you making these mistakes? Are you packing your schedule full to the brim? Are you comparing yourself to others?

[00:19:24] Are you trying to do it alone? Let's say no to that, going into 2023, let's say no to [00:19:30] that. All right? All right, my friends, thank you so much for listening. You got this. I believe in you, and I will see you next time on the podcast.