

If you have been doing the mindset, work, doing the journaling, but you feel like it's just not working for you. Definitely stick around for today's episode. I'm going to be diving into the reasons why the mindset work may not be working for you. There's a whole world out there of people that need you to serve them. You are now investing your time and your energy, and you are stepping up to be that person and that woman who makes investments like this, who takes her business seriously, who's willing to go all in, who is driven, who is ambitious, who is going to make happen no matter what this is meant for millions. Here's your host, Jennifer. Hello and welcome to met familial the podcast for online entrepreneurs who want to create wealth and freedom with their business. You're in the right place. If you're looking for the mindset and strategy to get seen, known and paid online, I'm your host.

Jennifer fade, formerly known as Jen Scalia at success and mindset strategist for entrepreneurs who want to leave a legacy, make sure that you join us each and every week where you'll get a short 15 to 20 minute training on how to build wealth from the inside out. There is absolutely no fluff here. Get a little bit of strategy, a whole lot of mindset and a healthy dose of tough love with 100% authentic, raw and real advice on how to navigate this crazy world of entrepreneurship. So in today's episode, I'm going to be sharing some reasons why mindset or inner work or journaling may not have been working for you. So I get a lot of people who come to me and they're like, Jen, I understand the concept of journaling, but it's just not working for me in today's episode. I'm going to be sharing with you why that may be.

So let's go ahead and get started. So if you've been listening to me for any amount of time that you've heard me talk about journaling, you've heard me talk about doing the inner work. You've heard me talk about mindset and how important this really is in creating the business, the money, the life, the things that you desire. And it's unfortunate because a lot of people just really dismiss it because they may have tried it before, but it didn't work for them previously have an open-minded open perspective. So if you're feeling like I've just been doing the mindset work, I've been doing the journaling. I do it every day, or I do it maybe sometimes, you know, that's actually one of the big problems, but you know, you're just like, I don't see any changes. I don't see any big things that are happening. I don't experience the quantum leaps.

I'm not getting the things that I desire. I'm still struggling. If that's you, then you definitely want to understand why it's not working so that you can approach it differently. If you're somebody that hasn't been journaling and maybe you've had some results and maybe it's like little things here and there, but you want to really figure out like, how do I actually leverage this? Like how do I actually experience those quantum leaps? How do I actually make it so that everything that I want just instantly happens this episode is also going to help you understand how you can do that as well. So the very first thing is that mindset is so much more than just your thoughts, right? So when you hear me talk about mindset, I really talk about it in more of a broader sense in terms of what's included in that.

So it's not just the way that you're thinking, it's not just your attitude. It really is all of the things beneath their surface as well. This includes your feelings, your beliefs, your stories, your expectations. So if you are someone who maybe is journaling about the things that you want, maybe you want to have a 10 K a month or a 20 K month or a million dollar year, but deep down inside, you're just like, eh, I really don't think that that can happen, or I really don't expect for that to happen. If this is you, this is precisely the problem. The things that you're writing, the things that you're thinking, the things that you're maybe even visioning need to all match up in terms of what you're also feeling, believing and expecting. And so if those things are out of alignment, if you're saying one thing or writing one thing, but you're expecting something totally different, this is where the manifestations come to a complete halt.

It's just not going to work because you're basically sending out mixed signals. You're saying, yes, I want this, but I don't actually believe that I can get it. Or yes, I believe that I can have this thing, but I don't really know how. So that makes me unsure. That makes me doubtful. That makes me fearful. So we

really have to make sure that all of these things are in alignment. That what you're saying, what you're desiring and your life matches up to what you actually believe about yourself, what you're actually believe about what you can achieve, what you actually believe about the situation and more importantly, the expectations, right? So the reason why I feel like we don't know, get the majority of the things that we don't think we're going to get it's because we don't think we're going to get them seems pretty simple, right?

It seems like a simple concept. Like, Hey, if I don't actually believe this thing is going to happen, of course it's not going to happen, or we're going to unconsciously sabotage to prove ourselves, right? Our brains are very, very tricky, right? Like if we can figure you're out, how to leverage our brains, leverage the powers that we have, we can literally have in creativity, everything that we want. But if we're kind of just passively letting life happen up into us, if we're passively letting things happen, then what our mind does is it looks for the evidence to support what we actually believe, what we actually expect. So this is the first piece is making sure that all of these things are in alignment, not just the thoughts, not just divisions, not just the dreams, not just the design, but also beneath the surface, your feelings, your beliefs, and your expectations.

The second thing is action. This might sound a little counter-intuitive because I really believe that in order to have mindset work, work for you, you don't actually have to do anything different. I'm going to talk about that in the next thing, when we talk about identity, but I feel like you don't actually have to do anything. There's nothing that you should do in order to make it happen. There's nothing that you have to become. There's nothing that you have to prove. However, action does need to be taken. We can't just sit around and journal all day long and kumbaya our way to success. We actually have to take action inspired action. So this action is different. It feels different. It doesn't feel like a, should. It doesn't feel like, Ugh, I have to do this thing in my business, or I have to make this thing happen.

Rather it more feels like this is what I'm guided to do because I'm listening to my truth because I'm falling into alignment with what I truly desire those actions and those moves that you are to make actually just come to you. And it's just like, Hmm, I feel that I should take this action. This is the direction that I'm being pulled into. This is direction that I'm being called to do. So there's a very different dynamic between your to-do list and the things that you think you have to do in order to be successful. And actually following those downloads, actually following the guidance that you're getting, once you're in full alignment with the things you want, and I'm telling you that most of the times we're blocking it. Most of the times we're blocking the things that we actually need to understand or know or learn or people that we need to help us because we're so hell bent on doing it our way.

We're so hell bent on figuring out the how, and trying to put all the things in place and trying to strategize everything that we're really cutting off any and all of the possibilities for other things to happen. So the action to be taken is the guidance, right? So once you're in alignment with all of these things, once those thoughts and those dreams are in alignment with the feelings, beliefs, and expectations, what action are you being called to take, or sometimes being called not to take, right? Maybe it's even taking a break or going on vacation, doing something just completely different in your business. And sometimes that is the case. Sometimes the case is like, Oh, this totally doesn't make any sense, but this is what I'm being called to do. Those are the things I want you to follow. As long as you're trying to micromanage the details and really like strategize your way to success, it's going to feel like an uphill battle.

I'm not saying that strategy doesn't work because I obviously believe that there is a piece of the strategy that is necessary. But if you're just trying to make it happen, if you're trying to micromanage all of the little details and exactly how and exactly when and exactly why, and or if you're doing things, because you feel like you should, you're doing things because you see that somebody else is successful with it.

It's probably not going to be successful for you. So action. The guidance that you're receiving, once you become into alignment, that's where you want to flow. Those are the things that you want to follow. And those are the things that you want to do. It's also going to feel very easy because it's going, going to be in alignment. So it's not going to feel hard. You're not going to have that resistance.

You're going to take the action. And those actions are going to get stellar results. The next thing is your identity. So this is something that I've talked about previously in multiple of our episodes here. This is the part that I feel so many people are really just missing. It's just like the missing link. When it comes to mindset, it's like, okay, I've got the mindset down. I've got the beliefs. I really believe in myself. I really expect this stuff to happen. I'm taking the correct action, but we're still falling back into our old ways. We're still falling back into these old habits. We're still falling back into who we were. If we want to become someone better. If we want to have more things, if we want to dream bigger and go bigger, we have to begin to identify with what would that person do?

How would that person act? How would that person make decisions? Who would that person hire? What would they be like on a day to day? How would they operate? Who would they be surrounded with? Right. Again, you can have the alignment with the feelings and the beliefs. You could be taking the action. But if the things around you support the current identity versus the identity of who you actually want to be or who you're striving to be, it will still feel like you're on this hamster wheel. It will still feel like I'm trying so hard and I'm doing all the right things. What's not working it's that you have not stepped into the identity of that next level version of yourself. And so I know that this is probably difficult for a lot of people to grasp, right? Because let's say you want to become a millionaire.

You want to become a millionaire. So you must act like a millionaire, right? That's kind of what they say, act as if, well, what does a millionaire act like if you actually had a million dollars in the bank, what would you actually be doing? Who would you actually be surrounded with? What decisions would you be making? How would your business be structured? Who would you hire? These are the things that you really want to think about and start to step into really begin to step into. We have a previous episode in this podcast called closing the gap. If you want to understand a little bit more about how to step into the identity, I would definitely go back and listen to that episode. But this is a huge disconnect. So it's just like, you know, if you want to become a six-figure entrepreneur, but your mindset is that of an employee, right?

Your mindset is that of, you know, I got to just force myself to get up. I got to drive to this job that I hate. I've got to punch in work for eight hours for someone else to just bring home a paycheck, pay my bills and, you know, get up the next day and do it again. That is not the same mindset or the same identity that someone who has a thriving six or seven figure business would have. So really have to step into that identity. And it's difficult when we've been who we are for so long, right? When we've had these certain things that are just part of who we are. It's like dismantling that really understanding when I step into that next level version of myself, what does that actually look like? Who do I actually become? What are the decisions that I actually make?

So identity is a huge piece here. It's really probably the missing link when it comes to using or leveraging mindset to get what you want. And then the final thing is consistency. So I just hear so many people who I always ask. It doesn't matter if I'm doing like a free training, a paid training. If I'm even just having a one-on-one talk with someone, I always ask, do you have a mindset practice in place? And the majority of the people who aren't getting the results that they want have kind of, sort of almost sometimes have a daily practice in place. And that always makes me laugh because I'm like, okay, well, no wonder why it's not working for you. Right? So if you're just going back and forth, you're not really consistent with it. You're doing it sometimes, or you'll do it for a little bit and then you stop.

Or then you forget. That's another reason why this work is not going to work for you because in those in-between times, you're falling back into your old ways. You're doing things the way that you've always done them. You're consistently just doing the habits that you always have been doing when really it's like you have to consciously intentionally, purposely step into this new version of yourself. So consistency is key here. Consistency is huge in terms of making sure that the inner work, the mindset work, the journaling work works for you. Let's just take an example of going to the gym. Okay. If I go to the gym once a week, probably not going to see results, right? If I go maybe twice a week, maybe I will see results. If I'm also doing other things, right. If I'm also exercising at home, or if I am going for a walk or drinking more water or fasting, or, you know, eating more healthy, maybe, but if I'm doing it very consistently, if I'm really, really consistent with my habits in terms of my health, I'm going to see the results faster, right?

So the same thing is happening here. Let's say you go to the gym for two weeks in a row and you're starting to feel really amazing. You're like, Oh my God, I'm looking in the mirror. I already feel thinner. I feel amazing. And then you stop because you're like, I feel amazing. So what's the point of going back to the gym and then you start to feel like again. And then you have to work yourself up to starting again. And then it's just becomes the cycle of starting and stopping. And that's typically what I see happen with people who aren't committed to their mindset practice, who aren't committed to really go into that next level. It's something that they're just not really ingraining into their daily practice, right? So with the journaling, with the mindset, work with the inner work, I really believe that it needs to be something so ingrained in who you are and what you do.

Just like taking a shower, taking care of your kids, eating, brushing your teeth. Like I really believe it needs to be something that is just a consistent habit for you. You know, it doesn't only have to be journaling. There's so many different things that people do. Some people do meditation, visualization. Some people just listen to audios, but whatever it is for you in terms of your practice, make it consistent, make it part of who you are. And you're going to see the result much quicker. Those are the four things that really I see are holding people back from really leveraging the work that they're doing. Really leveraging the mindset, really leveraging the work, the real work, right? Not the, I have to go post on social media. I have to build this web page, but the actual work that needs to be done, this is why it also seems like there's some people there who are like not really doing much, like they're not really doing anything, but they're having incredible results.

I can guarantee you that they have some sort of mindset in place. I can guarantee you that they're what they expect and believe about themselves is next level, right? It's next level. And it's in alignment with their thoughts, their feelings, their emotions, their actions, and the identity of who they are. I can guarantee you that. So that wraps it up for today's show. Now that you are aware now that you understand why this may not have worked for you in the past, I want you to approach your practice, your mindset, practice your journaling practice with new eyes, and really understand that that's just a little piece, right? That's just one part of the whole puzzle. So making sure that all of these other things are in alignment, all of these other things are also working for you and really go at it with a new perspective and make it work for you.

Leverage the power that you have, both with your energy and also with your words. So I'm super excited for you to put this into action and I will see you on the next episode, we'll be diving into more things around mindset manifestation, and really how to create the life that you desire. So head on over to the show notes@jenscalia.com forward slash E 77, that is letter E the number 77. Okay. Over there, you'll find this show notes for today's episode and also a link to my brand new intensive up course. So excited for this intensive, where we'll be diving even deeper into these concepts, into these nuances of mindset of manifestation. So if you want to go deeper into this, if you really want to get a good understanding, really want to master your mindset, master your beliefs, master your energy. I would love for you to join

us over there. You can head on over to the show and grab that link@jennscaliam.com forward slash 77. Or you can just head straight to Jenn scaliam.com forward slash of course, let's

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[inaudible].