

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 on, who is driven, who is ambitious, who is going to make shit happen no matter what. This is focused, fierce and financially free. Here's your host Jen Scalia. We are back with another episode and this is your quick bite podcast for online entrepreneurs who want to create wealth and freedom with their business. If you're looking for the mindset and strategy to get seen, known and paid online, this is the place and I am your host Jen Scalia, visibility and mindset strategist. For entrepreneurs who want more each and every choose,

say you will get a 15 to 20 minute training on how to build wealth from the inside out. You'll get a little bit of strategy, a little bit of mindset, and as always a healthy dose of tough love with 100% authentic, raw and real advice on how to navigate this crazy world of entrepreneurship and it is a crazy world. This episode is going to knock your socks off. I'm really excited about this. It's a little bit different pulling away from the strategy and really looking within and really looking at what you desire most, what you want most, the things that really matter to you and the things that don't. So this episode is all about the art of not giving a fuck. So if you have sensitive ears, you may want to skip this episode, but I guarantee you that if you can push through, you will get some major, major value from what I'm sharing in today's lesson.

I'm super excited for this. So let's go ahead and get started today. We start stepping into that next level version of ourselves by choosing. So what we decide to care about and spend our time and energy on it. Oftentimes we are spending just way, way, way too much time, too much energy on other people's stuff, other people's opinions, other people's lives, other people's passions, what other people want. But we're just spending way too much time and energy. So much so that we actually don't have the bandwidth left to pursue the things that we actually want and the things that we actually care about, you know, in order to really bring that in, we have to make room for it. So if we're bogged down with not only our own stuff, but we also have other people's stuff, especially as women are so responsible for everyone else's stuff, you know?

So in order for us to create the life we want to have, the things we want to slowly step into our powerful and step into our being, we have to be very picky and choosy about what we do and what we care about, what we put our energy into. So this lesson isn't necessarily about not giving an F about anything at all. It's more about choosing what to give a fuck about. Okay. There should be a level of caring, but only for the things that you'd love or are passionate about. You want to really choose what you bend your emotion and your energy on. A lot of times we're just reacting right where we're reacting. The other people were reacting to the things that are going on around us. We don't have time to actually create and make the space that we need to start to bring these things in.

So what I want you to do today is to start to think about these things and how you can figure out what to care about and just say, you know what? This isn't my business. This doesn't concern me. This is not something that should be taking up any of my time, energy or space. Caring too much about the wrong things will drain you, that will make you resentful. I want you to think about some examples in your life where maybe this has happened, where you've put a lot of time and energy and focus into something. Not only do you feel tired and drained at the end, but you're also like kind of resentful to either the person or the activity or the program. Maybe it's a program that you're creating for your business that didn't feel in alignment, but you did it anyway. And then people are taking advantage of you and then you're resentful and you're tired and you're just like, why did I do that?

Today? We're going to start to consciously choose what you're going to spend your time and energy on. The second part of this is that you have to rid yourself of any resentment or guilt that may come up as a part of this and you're going to get the guilt trip. You're gonna get the guilt trip, especially if this involves other people. So I am in no way, shape or form saying to get rid of all of your responsibilities, you know, like taking care of your kids or doing, you know, your motherly duties or your wifely duties, whatever that might look like for you. But what I'm saying is that really evaluate how you're spending your time, where you're putting your energy. Who you're giving your focus to, who you're even conversating with, you know you do not have to entertain everyone that comes to you.

You did not have to entertain every email that comes, every Facebook message that you've gotten. You just don't. You want to really make space for the things that you actually need and the things that you actually want. So let's dive into the journaling questions for today because they're going to go really deep and be honest. I want you to be 1000% honest with yourself when it comes to these questions because that's essentially what's going to take you to that next level. That's how you're going to really step into just loving your freaking life and loving everything about it and loving the people that you spend time with and loving the way you're spending your time and just loving the way you feel and really just stepping into this like amazing version of yourself without everybody else's shit. Your first question is what do you actually not give an F about?

What are some things in your life that you're just like, I really don't care. I could give a shit, right? Maybe it's people in your newsfeed, maybe it's watching TV or watching the news. Maybe it's listening to a friend, complain about how much he hates her job but isn't willing to do anything. Maybe it's even just stupid stuff like you know, getting your nails done or feeling like you have to be all done up and made up every day. What are some of the things that you actually just don't care about? Like if there was no stigma, there was no people's opinion. What are some of the things that you could just live your life and be happy? Never having to do again. Never have to having to hear again. Have I going having to be in your space again. So what are the things that you actually do not give a fuck about NASA?

We need to think about whose opinion you're giving way too much of your time and energy to. This is a huge one because this is the type of stuff that we don't really think about and we don't really evaluate or we don't really challenge. We just kind of take it on. And then at the end of the day we're like, why do we feel like crap? Why do I feel like shit? Why do I feel a certain way? Why am I doubting myself? And yes, we are responsible, right, for our own mind and the things that are going on in our head. But a lot of times we're taking on other people's stuff and then we feel like crap. I mean, think about, you know, when you've had a conversation with someone that is maybe complaining about their husband or complaining that they have no money or that they're broke or they're not able to do this, you feel drained, tired and resentful at the end of that conversation.

So how would it feel to no longer have to care about that thing or that person anymore? How would that feel? Would it feel refreshing? Would you feel free? Would you feel happy? Would you feel peaceful? I want you to get into the feeling of this. How would it feel to no longer have to care about that thing or that person anymore? And spoiler alert, you don't have to if you don't want to, right? But again, a process, right? A process of understanding, knowing, challenging, and then repeating and then doing it over again until it becomes normal. So how would it feel to no longer have to care about that thing or that person anymore? Now I want you to dive into the fierce cause. Shit's going to come up. So what are some of the fears that come up around not giving a fuck?

Like I didn't care that so-and-so was posting something in my newsfeed. What are some of the fears do you think? I mean it could be a friend, right? So what are some of the fears that you have that come up around the things that you care about and you deciding to not care about it anymore? Let me give a better example. Maybe you don't give a fuck about getting your nails done, but you just do it cause you want to look professional. You want to look great on camera, you want to look good for your husband, you know? So what are some of the things that come up if you decided I don't care about that anymore. I'm not going to waste my time and energy on that anymore. That doesn't make me happy. That doesn't expand me. So what are some of the fears that come up?

Do you think that you know, you might lose friends, you might lose people, you might lose some kind of support. What are some of the fears that will come up if you chose to not give a fuck about those things? Now I want you to switch it. I want you to think about if you were to make a beeline to your goal, like literally a straight line from here to what you want, what would you need to remove or push out of the way in order to get it? What are some of the things that are roadblocks? What are some of the things that are in your way right now that don't need to be there, that aren't helping you cause that aren't expanding you, that aren't growing you and that are just dumping your growth and making your journey or your path to what you desire.

Take just a little bit longer or have a little bit of hiccups. If you were to make a beeline to your goals, literal straight line from a to B, here's where you are now. Here's where you want to go. What are some of the things that are in your way right now that you need to remove or push out of the way to get it and be honest with yourself here? It could be you. What are the things that you are now choosing to consciously put your time and energy into? Maybe it's reaching a specific type of goal. Maybe it's your health, maybe it's your marriage. Maybe it's spending more time with your kid. What are some of the things that you consciously want to choose to put your time and energy to that maybe have been on the back burner or have been sitting in the back seat waiting for you to have time or waiting for you to have the bandwidth to allow it to happen.

I also want you to think about what you're most passionate about and why. Because I honestly think like giving a fuck means you're really passionate about something and not giving a fuck means who cares? I don't really care. This doesn't affect me. This doesn't make me better. I don't care about it. Right? So what are you most passionate about and why? I of want you to dig into the why and this doesn't have to be super drawn out or anything. I just want you to start to bring some of this stuff up. The next question is, what are some of the things that you want to give a fuck about, but you can't? So maybe you have a passion to give to charities. Maybe you have a passion to travel and help build schools in a third world country. Maybe some of these things that you really actually want and that you're passionate about, you're not able to because you're putting so much of your time, energy, and bandwidth on shit you don't care about.

So what are some of the things that you want to give a fuck about, but you can't because you don't have the time or energy to do so. So be honest with yourself about what's going on here, about what you have kind of created so far in your life, but also take responsibility on the other side that yeah, maybe I've created this stuff and you know this stuff's in my life right now for a reason and maybe didn't have a control at that time. But right now today I want you to make that choice. I want you to take back that control. I want you to decide and to choose what you're going to spend your time and energy on and what's your not.

So that's it for today's episode. I really hope that you would love this and you're able to implement this into your life. As you head into a new year and new things are happening, you know, things are shifting. We are not only entering a new year, but a new decade, so it's really important for you to sustain the things that you [inaudible] and remove and let go of the things that you don't head on over to [Jenn scalia.com](http://Jennscalia.com) forward slash E 32 that is the letter E and the number 32 and over there you'll find all of the journaling prompts that I mentioned in today's episode. You can head on over there and download those journaling prompts that you can take some time today and fill that out and get yourself ready to rock and roll in the new year. Let's keep this conversation going. Join us in the private discussion group, the ambitious babe. We're

driven online entrepreneurs. Go to get the mindset and strategy to grow and scale their online empires. Join the ambitious babe at [Jenn scalia.com/tribe](http://Jennscalia.com/tribe).