

If you've ever felt the launch blues, the lockdown blues, or really any kind of woman blues, you know what I'm talking about? You're going to want to stick around for today's episode, where I'm going to be sharing how to remain high vibe, no matter what is going on around you. It's a whole world out there of people that need you to start that 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 happen no matter what this is meant for millions. Here's your host, Jennifer face. Hello, and welcome to meant per million. The podcast for online entrepreneur who want to create wealth and freedom with their business, you are 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 faith, formerly known as Jen Scalia, success and mindset strategies for entrepreneurs who want to leave the legacy and build a sustainable and predictably profitable business. Make sure that you join us each and every week where you'll get a short 15 to 20 minute audio training on how to build wealth from the inside out. There is absolutely no fluff here. You'll 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 I am excited to bring you today's episode because it is getting cold. It is getting gray. There's so many insane and crazy things going on in the world. And I know that it's easy to fall back into your old way.

That's easy to start feeling a little bit sad, feeling a little bit blue, maybe things aren't going well in your business, or maybe it's just personal things. And I want to give you some tools and strategies that you can use and having your back pocket so that you can always remain in a good mood in a good vibe, in a good energy so that you can show up and be the best that you possibly can be for your clients, for your audience and for your business. So let's go ahead and dive right in to today's episode. I live on the East coast. It is dreary. It is gray. It is cold. And I find that when I'm in that space and the sun's not shining that I tend to have these like winter blues. And I don't know if this happens for those of you that live in other countries or for those of you that live where it's sunny or on the West coast.

But I feel like this happens to me every single year. And it's not anything that I can outwardly tell, like, this is the one thing that's bothering me, or this is what's making me sad or depressed or whatever. It really is. Just the way my mood gets with the collective energy. I feel like of, you know, people just being like anxious and stressed out, coming off of the holidays. It's cold, it's gray. Like it's just not a pleasant time of year. I feel like. So I wanted to share with you the ways that I have been able to raise my energy and my vibration in hopes that it'll help you. And maybe you're not suffering from any kind of like seasonal disorder, but perhaps this is just like, if something doesn't go your way, if you know a launch or a program, doesn't seem to be working out the way that you wanted to, something happens in your personal life.

You can also use these strategies to help bring you back up and raise your vibration. Because remember the better we feel, the more we're going to be able to attract the things that we want. So first thing I'm going to do is to think of three to five activities that just make you feel good. Like it doesn't have anything to do with your business more often than not. Maybe it's watching a certain movie, maybe it is going outside and running it. Maybe it's exercising, yoga, maybe it's having sex. Maybe it's going shopping. Maybe it's dancing, singing. I don't really care what it is. You will know, obviously personally like what those activities are that puts you in a high vibration. So I want you to just kind of have, maybe have to write it down. Maybe you don't, if you know the activities and you can just kind of keep them in your memory, but just know like, whenever you're getting into like a funk or you're getting into a mood or whatever's happening for you, you can go to those three to five activities and just do one of them.

Right. Even if it's just like throwing on some music and like dancing, like a crazy person in your living room for five minutes, okay. We had going and bouncing on your rebounder. You know, maybe it's going just for a ride, right? Like for me, that's one of the things I love to do is I just love to drive and have my music blaring. And that always makes me feel really good. So think about what those three to five activities are that make you feel really good and then implement those whenever you're feeling low or things are starting to feel a little bit stuck or low vibe. In addition to those, like kind of just like quick activities that you can do. I want you to think about a creative hobby that you can do. So maybe this is something that you've done in the past.

Maybe it's a pastime from when you were a child or just something that kind of takes your focus off of, you know, the day-to-day stuff takes your focus off of the worries. Take your focus off of, you know, the things that you have to do. So for me, I don't know how many of you guys know this, but I actually create digital art and also photography. I don't do the photography that much anymore just because I didn't like being outside all the time. And like being in these like creepy places. But the digital art was something that like, I could come up with a concept, come up with an idea and spend like three to five hours making this like beautiful creation. So maybe for you, it could be like pottery or painting or singing or dancing or just something that is a creative outlet.

It could even be coloring. There's so many of those like coloring notebooks now where, you know, it's just like, you're so focused on doing this creative activity that you don't have time to worry. You don't have time to think about stuff. You don't time to feel bad about yourself. So come up with a creative hobby, something that you can put your passion into, but also that allows you to take your mind off of certain things for probably more like an extended period of time. Like, you know, where the other activities might be like, you know, five minute activity or 30 minute activity. I feel like the creative hobby and something that can take you, you know, a long time, an hour, two hours, three hours to actually do or complete. The next tip is a social outlet. Like having some kind of social outlet where if you do feel the need to vent that you can do that, you know, in a safe environment and get really vulnerable because sometimes we had these issues or these problems, or we just don't feel good.

Or sometimes we just want to complain because we're just in a bad mood. Right. So finding a social outlet. Now, I don't want this to turn into you being like an energy vampire or people just like not wanting to be around you because you're negative. But just think of like, is there a friend, is there like a small group? Is there like a little mastermind that you can create where you're able to kind of get those feelings out of your head, get those feelings out of your body and just release it, bent and move on. So that could look different for, you know, anybody, like I said, it could just be like one person, friend, a coach, like something like that. Or it could be like, you know, a little group, it could even be maybe an art group where you're just like, ah, I gotta, I just gotta get this out.

But knowing that once you do out and events that you can actually let you move on from that, and you don't need to continue to hold it and Harbor it and let it continue to bring you down. The next thing is self coaching. So I do this a lot with my journaling. So I would typically recommend that you do this outside of your, your normal journaling. Right? Because we want to stay really like high vibe and future pacing in our journaling. But I think in a separate journal or even, you know, in a, just a word document, like self coach yourself, like I pretend like I'm my own client. Right. So if you were your own client, like, what would you say to your client if they were in a specific situation, what would you tell your client to raise their vibration or to get them out of a funk?

The way that I do it is I just ask myself questions like, Jenny, why do you feel like you're feeling this way? Why are you feeling down what's bothering you? And then I'll just kind of type the answer as Jen. And then once I get the answer, I can kind of dig deeper into that. Oh, it's because of the weather. Well, do you really think it's because of the weather or is there something else that might be bothering you?

What about your launch? How is that going? And then again, I respond as Jen, so just kind of self coach, and it might seem a little bit silly, but it does actually allow you to get to the heart of the issue and not run away and not passively brush it off by making it a surface thing. Right? So self coaching really works. Gratitude also always works when I'm in a funk.

So in addition to your daily journaling practice, I literally just spend 30 minutes. It's like just gratitude, naming all of the things that you're grateful for and why you're grateful for them. Anytime I've ever done gratitude or have had anybody do gratitude. Like you don't walk away feeling like and you don't walk away in a negative vibe. You walk away like, Holy crap. I have so much to be grateful for in my life. Why the heck am I feeling this way? So gratitude is another one that just always will put you in that high vibe energy state. The next thing is, I want to just talk briefly about this, but I'm actually going to link the video to what I call my ice method, which is indulge, create and explore. And it's something that I kind of created when I started doing this mindset stuff.

Like I said, I'll post the video so it can get more in depth, but there's three parts of the ice method. So indulge is really like indulging yourself, being really freaking selfish, like doing the things that make you feel good first before you do anything else. So what most people do is they look at their to-do list or they look at the things that they have to do in their business for the day, or they look at the things they have to do, you know, running around with the kids for the day and they do all that stuff first. And then at the end of the day, there's no room to do anything for yourself. So for me, in order to stay in that high vibe state, I indulged as much as possible. So what actually makes me feel good? Like I'm going to do all that stuff first.

You know, if it's getting a massage, I'm going to go get a massage. If it's spending three hours on mindset work, I'm going to spend three hours on mindset work. If it's going to get a pedicure, like this can be whatever you want. If it's spending two hours in the gym, I want you to indulge in the things that feel really good for you. The next one is to create and serve. Okay. So this is you being in your zone of genius. This is you living in your purpose and playing out your purpose daily. So we're all in this for a reason, right? And most of the time, like we just want to do the thing that lights us up. Like we just want to coach, we just want to serve people. We just want to help people, but we have all of these other things that we have to do because we're business owners, right?

Like we have to do marketing and we have to do sales and we have to do admin stuff and we have to take care of our team and we have to do meetings. And you know, there's so many other hats that we need to wear, but I want you to focus on if you could spend for me, it's 80% for you. It may not, might not be able to be 80% right now, but I want you to spend the majority of your time in creation and service mode. So in doing the thing that most lights you up, that thing that is actually your passion and your purpose spend the most time there. And then the final thing for ice is Explorer. And basically what that is, is to try something new, to test yourself, to kind of go out on a limb, do something outside of the box to do something outside of your comfort zone.

So I'm not going to dive too deep into that because I do explain it more in the video, which I will link here as well. So the final thing is to actually, if you find yourself procrastinating, when you're in these moods or in this vibe is to create trigger events that allow you to be in a better mood. So for example, for me, I know that I always do my journaling before I write my newsletter or before I do like my social media posts, because my journaling sparks that creativity. And I know that by journaling, I get ideas, creativity comes to me and I just kind of get in a zone. So it becomes very easy for me to do the newsletter or to create the social media posts because I'm already in that state. Right? Another one that I actually just started implementing is doing my live streams actually after the mindset mavens called because the mindset mavens call is always so high vibe, like the calls are always really wonderful.

They're always very engaging. And every time I get off the call, I just feel awesome. And for me, live streaming a lot is something that I put off. And it's something that, you know, it's not terrible for me, but for some reason, I just we'll just find the reason why not to do it or find a reason to do something else instead. So I've actually put this trigger event in place where I actually have it now in my schedule planned in advance that after each mindset mavens call, I'm going to do a live stream because I am in such high vibe. I am, you know, just getting off an hour of, you know, performing essentially an answering question and being in my zone of genius and being in my passion. So for me to do a live stream immediately after is actually going to trigger that live stream to be really good because I'm in such a high state vibe.

Those are the things I just really wanted to share with you. You can do them all. You can do some of them, but pick something, pick something that's going to get you, you know, always feeling just really good. Like that's what I want you to feel. I want you to feel really good. I want you to stay in non-resistance. I don't want you to get bogged down with worry. I don't want you to feel crappy because of the weather, because things that are going on. So that wraps it up for today's episode. I really hope that you enjoyed this one. I know that there is so much going on in the world right now, so much going on in our personal lives as well. And it really is up to us to make a commitment, to be in the right frame of mind, to be in the right energy, to tap into the right frequency.

So take these steps, make sure that you understand and master them so that, you know, whenever you're getting into the funk or you're getting a little sad, or you're starting to feel blue, you can just tap into these things, feel better and continue on being the leader that you know, that you are so head on over to the show notes@jenscalia.com forward slash E 78. That is the letter E and the number 78. And over there, I have a couple of goodies for you. I have the bonus audio that I mentioned in today's episode, along with a PDF download of some journaling prompts and the notes from today's episode. So you're not going to want to miss that over@jenscalia.com forward slash E 78.

Let's keep this conversation going to join us in the private discussion group, the ambitious Bay, but where ambitious driven online entrepreneurs go to get the mindset and strategy to grow and scale their online empires. Join the ambitious babe at Jen scalia.com/tribe.

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