

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 happen no matter what.

This is the million dollar business podcast. Here's your host, Jenna Faith.

Hello, and welcome to the million dollar business podcast for 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, you are absolutely in the right place. I'm your host Jenna, Faith Success and Mindset Strategy. That's for entrepreneurs who want to start a movement, leave a legacy and build a seven figure business and brand. In today's episode, I'm going to be talking about what to do when you lose inspiration. That seems to be a theme for people who have been in the game for many years. Obviously when we first start our business, we have this like crazy hustle. We're super excited, but after you've been doing it for so many years, there comes times when you lose inspiration. And I've been having this conversation with a lot of peers and even some of my clients as well.

So I wanted to dive in and talk about three things that you can actually do if you're feeling a loss of inspiration, whether it's you're uninspired to create an offer, whether you're uninspired to be on social media and fell, whether you maybe have like writer's block or you just feel blocked in some way, and you feel like you've lost some sort of motivation and inspiration. So let's go ahead and dive right into that. I think you're really going to enjoy it and definitely stay till the end of the episode where I have a special announcement for you going forward. All right. So what to do when you lose inspiration at some point in your business, in your career, in your life, you're going to have moments where you feel down or you feel uninspired, or you feel unmotivated, and sometimes that's triggered by something specific.

Maybe it's something specific that happened in your business happened in your life. Maybe you've experienced some sort of trauma or you're just going through it, right? We're all human. And sometimes that just happens sometimes though, that loss of inspiration or that loss of motivation doesn't come from anywhere specific. And that's where it gets tricky. That's where it gets like what's going on because you can't really pinpoint where the loss of inspiration comes from or where the loss of motivation comes from. You just know that something feels off. You just know that something doesn't feel as good as it wants used to. I experienced this multiple times over my business. I usually am able to get out of it pretty quickly. It doesn't, you know, usually for me take more than a few weeks or months, like it doesn't take that long. It's usually just a few days or maybe a few weeks if I'm really in a rut, but I've also seen my clients kind of go through this and it's always like, Hey, like what do I do, Jen?

Like what? I'm just not feeling it. Something's not working for me. I'm totally uninspired. What do I do? So the number one thing that I always tell my clients, and they're always really super surprised to hear this is take a break, take a break, take a break, take a break. There is power in being able to remove yourself from a situation and look at it from a different perspective. And I think that that's what happens when we lose inspiration or when we lose the motivation is we're just so into our zone. We're so into our work we're so into our habits. We're so into our day to day that we don't actually see growth or we don't actually see what's happening from an outsider's perspective. And the only way that we can really do that is to remove ourselves. So take a break, whatever that looks like for you.

Maybe it's just taking a few days off and like literally turning off social media, not interacting and just giving yourself some time, reading a book, going out into nature. Maybe it's taking a vacation, something along those lines. Just really just pull yourself out of where you're at, because where you're currently at in the no inspiration zone is not working for you. So we got to get you out of that and that usually clears space and clears your head to really look at what's going on and how it can be fixed. In that time. I would definitely suggest doing some sort of journaling. Of course, you know that if you listen

to this podcast for some time now, you know that I'm very big advocate of journaling. I think it's a really great place to start. It's a really great place to get clarity and get, you know, just real definition on what's happening and what you can do.

So, number one, take a break. Don't push forward. Don't try to force yourself to do something. Just say, you know what, I'm throwing my hands up right now. I'm going to give myself X amount of days. I'm going to go off and figure this out. Okay. The second thing kind of on the heels of number one, but it's do something that has nothing to do with work. In other words, get a hobby. I know that it's so easy for us to get super enthralled and super into our work that we forget about things outside of work. You know, obviously we, some of us have families and children and things like that. But again, that's kind of like a day to day hustle on a day-to-day just like, this is just how it is just habitual, right? But we forget to actually do something outside, like a hobby.

Maybe it's writing for you. Maybe it's drawing. Maybe it's going to the gym. Maybe it's learning a new craft, learning a new language. Maybe it's music. Maybe there are so many different things that are available to us to spark our creativity and spark our inspiration. But we usually seek that within our business. Even if we are, you know, in certain programs or offers or masterminds, we have an issue. We usually go to those people. And again, we're just putting ourselves right back into that situation. So taking heat on number one, which was take a break, number two is do something that just has nothing to do with work. For me. I actually used to do this digital art, which now the NFTs are blowing up. You can Google NFTs. If you don't know what that means. I'm like, oh crap. I did all of this digital art about two or three years ago because I was feeling uninspired and I wanted to do something different.

I wanted to take my mind off the day to day. I wanted to take my mind off the business. And so I learned how to do digital art. And I started doing that every night. So do something, create a hobby that has nothing to do with your work. And I guarantee you that inspiration will come. Finally. Number three is a flow slash integrity check. Again, if you've listened to any of my episodes before you know that I'm heavy on the alignment, right? And usually when we're uninspired or unmotivated, there is something going on. That's out of alignment. Now, again, we tend to look at our business and say, what's out of alignment in our business, right? What can we fix? What can we do differently? And sometimes it's not even about that. A lot of the times it's something within ourselves, something within our personal lives, something the inner work, something in our personal relationships, personal life that is causing us to feel out of integrity with the work that we do, especially those of us who are into personal development, which the majority of us are here.

But when we are into bettering ourselves and evolving and growing, we have to match that energy. The people that are really blowing up right now, the gurus and the people that you see just are crushing it right now. It's because they walk the talk, right? They are in integrity, not only in their business, but in their life and their business in their life, just marry perfectly together because they're walking in integrity with who they are. They're walking in integrity with the lessons that they share with people, but the things that they sell. So this is something that you definitely want to check on. Like, is there anywhere in my life could be in my business, but it could be my personal life where I'm feeling a little bit out of integrity or I'm feeling like maybe it's not an alignment for me to teach this thing because I'm going through something or I'm just not feeling it or I'm uninspired.

Right. So flow and integrity, check again. This will come with journaling of course, and just really going through every area of your life and saying, Hey, what's going on? And where am I not living up to my standards? So we have an episode from way, way, way back when called closing the gap. And we'll make sure that I link it here in the show notes for you. But this is one of those exercises that you want to do often because it's really gives you a reality check. So if you're really feeling in that place where it's just like, ah, I need inspiration. I need to go check in with yourself. You're going to have this reality check.

And when you start to move differently, that inspiration is going to come. There's been, you know, some staleness or some habits that you've had that, you know, just aren't serving you.

So really looking at your own personal integrity and how that's in alignment with the work that you do, what to do when you lose inspiration. Number one is take a break. Number two is get a hobby and do something that is outside of your work. And number three is an integrity check. Are you really in alignment with the work that you do? Are you really in alignment with the messages that you share? Because when you walk the talk, the inspiration is always there. All right. So that wraps it up for today's episode. And I wanted to just share with you a couple things. Obviously you can go head on over to the show notes as [always@jensscalial.com](mailto:always@jensscalial.com) forward slash E 1 22. Over there. We have the transcript for today's episode, as well as the link to some of the podcast episodes that I mentioned in today's show.

Also we are heavy in the mix of the launch for the cashflow queen. So if you're someone who's really looking to crush that 10 to 20 and beyond in 2022, you're definitely going to want to check out the cashflow queen. Again, you can get that [link@jensscalial.com](mailto:link@jensscalial.com) forward slash E 1 22. So following my own advice, I've had a little bit of loss of inspiration when it's come to the podcast. I don't know if you know, you were able to tell or not, but there's just something inside of me that wasn't as excited as when I first started. So I'm going to take my own advice and I'm going to take a little break from the podcast, really just for the holidays as we're coming up against Thanksgiving and Christmas. They're just different things, especially things in my personal life, things with my family and my son that I really want to focus on.

So we're going to be taking a slight hiatus from the podcast and we'll be returning in 2022. So make sure that in this time you are subscribed, make sure that you are also subscribed to my email newsletter and I will be, you know, really just putting out a lot of really valuable content and information through my email. And then you'll also be abreast on when we're going to kick off the new episodes and what is going to happen in terms of how the show is run. We're definitely going to spice it up a little bit in 2022 and make sure that it is the most amazing experience for you. So thank you so much for being an advocate of the show. Thank you so much for being here. Thank you so much for listening, and I hope that you continue to listen. When we come back in 2022,

Let's keep this conversation going. Join us in the private discussion group meant for millions where ambitious driven online entrepreneurs go to get the mindset and strategy to grow and scale. Their online empires joined meant for millions@[jensscalial.com](mailto:jensscalial.com) slash tribe.