

When your week doesn't go as expected

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SPEAKERS

Erin Kelly

Hey, hey, Erin Kelly here. So I think it's pretty funny that I started Monday with a episode about how amped up I was and how I was going to be super productive. And rah, rah rah. And here I am on Thursday checking in with you. So it actually has been a productive week behind the scenes, but unfortunately, it has also been a week where my pregnancy really made itself known. And I just was so tired. So so so, so, so tired on Tuesday and Wednesday. And added to that is some scheduling stuff that had kind of changed our routine on Tuesday.

And what I'm discovering is that if I don't get this podcast recorded, first thing in the morning, it does not happen. So because by the time I have my workspace in the afternoon, there's just too many other things for me to do. I don't have the energy to do the podcast, the house is not quiet, because the kids are running around and they're fully activated. And it's just, if I don't do it in the morning, then it doesn't happen. And so yeah, I was just I was reflecting on I think that that's something that a lot of us are are dealing with right now we're we're sharing our space with other people in our household if you you know whether you have kids or a partner, or roommates or whatever, more people are working from home. And yeah, it feels like there's more compression with routines where it's like, if it does not happen in the slot of time that it needs to happen, that there is not another opportunity.

And I know, back before I had kids, that was not the case, I mean, Mike needed to do a call, and I needed to do a call, it was fine. Whereas now if one of us has a call on the other person, which is

what happened on Tuesday morning, the other person is what the kids so I know that that's we're lucky that we have that a lot of people don't even have that I was reading an article yesterday about that women have really, really suffered. I mean, we all know this, right? But that women have really suffered with the pandemic, because the bulk of childcare does typically fall on women. And so if both parents are working from home, that a lot of women are now having to show up to Zoom calls with their kids on their laps. And that it's really kind of pulling the blinder off of what it looks like to be a stay at home parent. Which what it really looks like is chaos. Right?

So yeah, so that's pretty much what this week was, is that I was still getting stuff done. But that I had to be even more intentional than I than I usually am with my energy because I had so little and that I am realizing that if I don't get the podcast on in the morning, that it doesn't happen. And so if something impacts me being able to do it in the morning, then you know, that is that is the end of the podcast for that day. And so I've actually asked Mike to move so he now has like this recurring call on Tuesday mornings. And so I actually asked him to move the call.

So sharing that because I think that I know, for me, it's boundaries and all that good stuff. And it's very easy for me to be like, well, I can probably do it later or whatever. And instead of really respecting that, like, even though I don't have a call, I do have a standing appointment with you in that I'm recording this podcast. And so I need to I need to protect that space. Because if I don't, then it doesn't happen. So if you have a similar, I had someone tell me that she likes listening to this podcast when she's feeling really overwhelmed. So if you are feeling overwhelmed, and you feel like you don't get everything done, or that you had a different expectation for your week, and now you're sort of judging what you got done. Solidarity. You know, and don't beat yourself up.

I mean, really, it is about focusing on the things that I've talked about this before the most important mission like as long as you get that stuff done. The other stuff while you might be sad, like I am, that I didn't get my I didn't get to do my podcast episodes on Tuesday and Wednesday. It's not the end of the world. And so for you, if that's posting on Instagram, like if that didn't happen this week, and that's fine. And that is just life, and especially life right now. Where we are all juggling so many things. And I know people have read some interesting articles about like COVID brain and stuff, just like the pandemic has changed our energy levels and just that our brains are not being challenged by as many new things because most of us are stuck at home and, or in the same spaces and we're not getting to go and do new things and see people and that it's actually making our brains more sluggish.

So if you are feeling overwhelmed and underwhelmed by what you've gotten done this week, know that you're not alone and that we're all doing our best and you're doing your best and you're probably doing way better than you're actually giving yourself credit for. So there's that. And then also, to check in with your boundaries. And if there's something that's really important to you, and you can ask someone else to support you, and that, I know that as women, it can be very difficult to do that. We are, we are typically the caretakers, and the, the adjusters and you know, will, will, will change to fit the situation. But here's, here's a check in with for you that if there's something that you really care about, that's either your business or your life, and someone else can shift or support you without, you know, a huge issue for them, that it's important to ask for it.

So yeah, so that is, that is basically my message of this week is life happens. And as long as you're getting your your most important things done, the rest, they will happen when you have it right you'll have a maybe you'll have a burst of energy next week, and you'll get a bunch of stuff done. But I am the things that I've been working on this week, I'm really excited about we're, you know, finishing up the podcast resource that I that I shared on this, what like three episodes or two episodes ago, there's going to be talking about all the different podcasts that I've done. And how can I do it in a way that's much less legwork than the traditional how you have to have podcast. And you can get that by going to membervault.co forward slash podcast central and that the main content unlocks on Monday, the 15th. So I'm finishing that stuff up. And as I've been building that out, I have been building out our circle community that we are experimenting with.

And I'm really happy with how it looks, I'm really happy with that it's going to allow us to have more organized actionable information. And I think it's going to be a lot easier for our users to be able to communicate and get help from each other and all that good stuff. And also, embedding the comment threads from circle into our MemberVault product to the podcast resource. And I think it looks really good. So I'm excited to see how it works once it unlocks on the 15th and how people like it. But I'm really liking how it looks as I'm building it out. So that's what I've been doing this week. And it's been, it's been really exciting.

And we're going to be training out people on how we do the transcript to MemberVault to end doing the Circle, embed and everything. So that that's going to also be in the podcast resource. So if you want to know how to do it for yourself, that will be in there. But if you want to hire someone to do it for you, because you don't have enough time, which is basically where we find ourselves even with a team is that Ira, the team member who our team member who has been doing all of our transcripts, we just have too much. Because we have our transcripts and captions for our office hour calls, we have like four to six podcast episodes a week. And there's just, there's

just too many things that she's not been able to really keep up slash hasn't been able to really focus on other projects that are really more in her zone of genius.

And so I was like, you know, we should train up a group of people that we can recommend to MemberVault users, and also hire one or two of them to help us with all of our transcribing and Circle embeds and all that good stuff. And so I've hired a lot of interest from people on that to be trained. So that's really exciting. I love, love, love helping people connect with other people that can help them. And yeah, it's just really exciting. So that's what I've been doing this week, and pretty excited about how it's all coming together.

So yeah, a few, I just wanted to check in and say if you are feeling overwhelmed or underwhelmed, or just like your boundaries are being pushed, you're not alone. And that it is important to advocate for yourself. And to recognize that you're probably doing a better job than you're giving yourself credit for. And to really focus on, make sure that you're focusing on doing, you know, and paying attention to the most important things that are going to have the biggest impact on your business. And when you get those done, celebrate yourself instead of feeling like I have like but I still should have done all these other things. So that is my message to wrap up the week. And I will be checking in tomorrow on the Vault podcast with an episode and then I will be back here on Monday. So I hope you have a wonderful weekend.