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So does anyone else get sick of hearing, it's part of

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the process.

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I know I get tired of hearing. It's part of the process. But I'm not gonna lie sometimes I do get sick of the process. However, I've learned that there is so much truth to, it's part of the process.

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Why,

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because we learn in the process. So when we try to skip steps. That's when we miss out. We're cheating ourselves, basically, When we try to skip out on steps, or make things easier. And you may not be able to see it right now. But then, looking back, you'll be able to connect those dots, and see how everything work together. So when we try to skip those steps. It may not seem like it's going to work right now. Maybe it will maybe it won't, but more than likely it's just going to add steps down the road, not save them. Hopefully you listen to the introductory podcast episode of the higher life where I shared about half Essen versus full asking. And part of the process of life of any journey is going full ass holding nothing back, But, be willing to do what it takes, without doing too much. So, it just seems to me that everything in life is a process, the way that we grow and develop is a process. It takes place over a course of one's lifetime we're growing and developing. Every single day, every millisecond of every day. We are in this process, relationships are a process work is a process moving up the ladder at work or learning what you need to learn at work or for your career. That's all a process, getting healthy or getting in shape. Once again, yes, it's a process. So what's the really one thing that all of that, all of those things have in common. To me it's time. Everything takes time. And I just look at, for instance building my business. It has taken a lot of time, more time than I ever could have anticipated. And I'm still really far from my end goal, but I'm also much closer than I was 10 years ago. I've been blessed to have some amazing mentors along the way. But one of the things that I did realize after a while was not all of my mentors, understood my circumstances, my situation. And I realized my process my journey was going to look different, then many of the people that I was following at the time because when I first started this pursuit, it was a side business doing coaching and leadership training and those things on the side I was a divorced, single mom with sole custody of my two children. I lived in this tiny town in Oklahoma that had horrible internet service. And on top of all that I have had health issues out

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the wazoo.

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But I listened to my coaches, and when my coaches said push. I pushed. And I don't believe for a second that it was bad for them to tell me to push, but I also had to know that I had my own personal limits and

boundaries and I think that's part of the process in life is getting to know yourself and knowing what your boundaries are, what your limits are what you can handle and what you can't. And I still think that it's okay to, you know, push yourself a little. But within those boundaries, because like I said there's, there was nothing wrong with any of my coaches or mentors, saying to push hard if you want to get anywhere in life, you've got to push beyond the norm. And what is, you know, normal for you it's all about stepping out of your comfort zone, whatever your comfort zone is. So, you know like, yeah, I wanted to have this side business that I eventually plan to be my main business and have, you know, several streams of income. The problem was, I was the single mom, I was working full time, I had health problems, and I was trying to do more than one side gig, all at the same time I drove myself so hard, and I've done this multiple times that I ended up crashing. You know it's like going full speed into a brick wall I be going 110% to zero, and that's happened more times that I can count. I'll have some big project I've been working on. And I just work and work and work and push and push and push until I can do nothing. I can't tell you how many books I have written that aren't published yet. I have courses that I've created that are maybe published but they're not being marketed the way that they should be. And I could go on and on and on about all the things that I create create create until I'm so exhausted and then I crash, and then I don't ever want to look back again. And so, if this sounds familiar to anyone, then hopefully I can give you a little bit of insight into what has helped me because, while your details your situation, your circumstances may differ, I think you'll get the idea that, you know, it's important to step out of the comfort zone, it is important to push and challenge ourselves, but we do also have to know our limits, because if you want this process of life this journey to move forward the way that God intended. We have to be willing to turn to God, make him a part of the process and not try and take the reins because I can tell you right now as a recovering perfectionist, something I've wanted to do is have control of everything everyone all circumstances. And thank God I figured out that that's just too much on one person, and ultimately, God wants to be in control of our lives. He wants us to ask him for help and to be a part of this journey, you do need to know what your boundaries and your limits are, but you also need to know when you're making excuses for yourself. So there are going to be times when you need to be stepping out of your comfort zone and needing to push yourself a little bit and you don't want to and you might be making excuses. Well, I don't want to get too tired I don't want to overdo. That's important. That's why it's important to recognize and know, I know that I have to have at least seven hours of sleep at night, if I go too many days in a row with less than seven hours of sleep. I will be a zombie, I'll lose my voice. I just won't feel and be right. I have vitamins and supplements and different nutritional things that I take and drink and things like that and I know that if I skip those things. My body's going to pay for it and then I will not be able to push myself at all. So that's what I'm talking about. You need to know your limits. It's just like if you're lifting weights or you're starting a new health program.

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You start out doing the bare minimum. You don't want to stress or overdo your muscles in the beginning, that you're going to build on that so that's what I'm talking about whatever it is you're going through in life, whatever it is that you're wanting to change do better, any situation where you need to be stepping out of your comfort zone and challenging yourself. This is what I'm telling you know, your boundaries and your limits first. So basically, what can you bench, what can you bench in relationships

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at work

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with your health. Know what your limits are and start from there. So, you know, part of this process for me was learning to listen to the right people, like I said there were some amazing mentors and coaches out there for me I mean truly amazing. But I just, I realized that part of the process for me was learning to listen to the right people at the right time. And not only that but listening to my intuition LISTENING to the Holy Spirit, and listening to my body because my body talks to me. Just like the Holy Spirit talks to me, and I knew of listening to the right people. There was a person that

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I

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had put on a pedestal and I felt very strongly about following and listening to got to this point where I was feeling judged and that's a whole, that's a whole nother podcast but feeling judged by this person because I wasn't meeting the expectations that this person was setting for. I came to realize like everything this person was saying was true, there was nothing being said that was true. However, it did not fit my health, my single mom situation, any of that. That's what I'm talking about finding the right person to listen to if you're listening to this, and you are saying, Oh, this you know this sounds like something I can or should be listening to great, you know, stay here. Listen to me. But if this doesn't hit home for you that's okay. You might know someone else that you're like, oh, this doesn't really speak to me but I think someone's who could really benefit from this message. That's great. That means there's another message for you out there another podcaster another speaker another coach, and that's fine, I can't be a coach, speaker podcaster to everyone, but I do believe if you're listening or watching this right now, then it is for a reason. And if you don't believe the reasons for you. That's okay, share this with someone who could benefit from this. I think another thing with process is that as human beings we don't like to give things time, we want it all and we want it yesterday. And we just live in this world in the society now where we have this expectation, Because we're so used to having, you know everything, the world at our fingertips, basically we want things to happen sooner rather than later, and we've just become this society of. Pardon me, but

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this is,

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I always say I really speak my mind I feel like we've become the Society of a bunch of babies thrown fit when we don't get what we want when we want it. And I think part of that is human nature. But I think part of it is society, and where we're at in this life process

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and what we have

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allowed to happen in the life process, just like creating this podcast itself. This has been a journey. This is something that I've wanted to do for a long time for several years is to do my own podcast. And then I gotten into a situation where two other friends, We got together and we were going to do a podcast together and we spent like at least six months preparing for this podcast and learning all about podcasting and recording, and then it kind of fell through at least temporarily, and I was just determined then though like I'm not going to let that part of my journey, go to waste and so I'm utilizing things that I learned, going through that process of podcasting with my friends, and incorporating it into creating my own podcast. I have learned a lot so far I still have so much more to learn. And I think that's how we need to view our lives is just like with this journey with the podcast is don't let anything that you've been through, go to waste. Because sooner we learn from our circumstances, the better. Too often we keep making the same mistakes going around and around the same mountain over and over again. And we will keep going round and round that mountain, until we actually learn the lesson, I don't even know what a good example would be to give you right now, of something that I've gone around the mountain. So many times about, oh, okay, one of them's cussing. I started cussing, a lot in high school. And I think partly because my parents were going through a divorce, and I think it was kind of like, I can do what I want, partly for attention, you know, some just like independence for whatever reason, I started cussing and then it just became a bad habit. I hear that when people cuss it says it's the condition of your heart and I definitely believe that when I started cussing it was because of the condition of my heart my life where I was at, then it became a habit. So that's something I've gone around and around and around the mountain, trying to stop cussing now

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i cost way less

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way less than God, way less than I used to, but I still definitely have my moments. And that's what I'm talking about is learning. If I could learn what it is that gets me to want to cuss, you know why, the why behind it is usually a big thing with anything. Why are you doing it. That is where it begins. That's the only way you're going to begin something new and end the bad habit or whatever it is you're trying to stop that you don't want to happen again and again. So, if you learn if you make learning is a part of your life process. I promise you, things will be easier. And like I always say no that does not mean that life will be easy. It means that it will be easier, because you have learned a lesson, all of this today, is to just say to embrace, where you're at in your process, your process, your journey, does not look the same as mine. The one thing that always stays and remains the same, is God and the Word of God. It is the same yesterday, today and tomorrow. And so as always I'm going to challenge you

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to

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look at your life at your circumstances where you're at on your journey, and really take a good look at your journey and where you're at in the process and what mountains you keep going around and ask

yourself what do I need to do to stop going around this mountain, repeating the same mistakes, so I can continue to go forward on my journey. Ask yourself that. And remember too that this podcast is about finding joy in everyday life, finding peace, being high on life and life alone, meaning that we don't turn to sex, drugs, rock and roll, food, anything else that is extreme, but that we turn to God for our joy and peace. So in order to do that we need to be fulfilled, and taken care of. The best that we know how so that means, your health, your finances, your emotions, everything that encompasses who you are and why I said earlier that it is so important to recognize what your personal boundaries and limits are is because sometimes we do too much, it creates exhaustion and overwhelm, and that is when we lose our joy. Anytime we're exhausted and overwhelmed. It's harder to deal with life. I was feeling really bummed out yesterday. What am I doing I've got too much on my plate. I am craving the loss of someone, beautiful. And I realized, Kelly you're giving your life over to Satan right now like you're allowing him to get you to focus on all of this bad when there's so much good. We have to be cognizant of that each and every day of your journey

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in life.

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As part of your process. You need to be aware of God and his availability to you at any given moment he is here for you. Right. So I hope that this all makes sense to you, it's kind of just a drop in the bucket as far as talking about being high on life and your journey in life. But that's why I'm doing this podcast, So, each week, we will add to, you know what it means to be high on life and how we get to this place where we can be joyful, of the time, and you know it's possible that we'll never be 100% at peace or 100% Joyful, this side of heaven. We may not have that until we get to eternity. But I truly want us to have the most peace and the most joy that we could possibly have. What we're here on earth, God created this world for us to enjoy and explore to have abundance and prosperity, and love and share his love and that's what I'm here

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for. So,

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thank you once again for being here and listening, I appreciate y'all more than. That's it for this week. I look forward to next time. Until then remember, you can remove the stain from life, and discover true joy.

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