

The Blogger Breakthrough Podcast

[00:00:04.300] - Liz

Hey, boss, welcome to the Blogger Breakthrough Podcast, I'm your host, Liz Stapleton, from Elizabethstapleton.com and founder of the Blogger Breakthrough Summit.

[00:00:11.000] - Liz

Today we're talking about mindset with Jennifer Dawn, who is one of our fantastic 2020 Summit speakers. Mindset can make a huge difference when it comes to getting things done and reaching your goals.

[00:00:20.460] - Liz

Remember, if you want to make sure you get notified when registration opens for the 2021 Summit, be sure to join the Blogger Breakthrough Summit newsletter and a link to that is included in the show notes. Or you can go to BloggerBreakthrough.com/newsletter.

[00:00:32.210] - Liz

Now let's hear what Jennifer has to say.

[00:00:34.700] - Jennifer

Let's start at the very beginning. So let's just say that you are just starting and it's probably seems a little overwhelming and you're getting all of this information and maybe you don't have an audience, you don't have a community, you don't have a following. You might even be feeling like everybody else is already so far ahead of me. Like, what's the point of even starting? I'm sure that, you know, I know I've felt that before. Sometimes when I'm starting something new and it's just like, oh, my gosh, you start seeing what everybody else is doing and they're so far ahead that it's just like I just feel like I don't even know where to begin.

[00:01:08.810] - Jennifer

So again, we're going to tie this back to mindset. And so where do you begin? And so one of the places that I like to begin is always with some type... And this is this may or may not be anything you've ever heard of before, but I call it a clearing statement. And so with the clearing statement, it's basically a statement of intention. And the idea behind it is to clear my path of wherever I want to go.

[00:01:31.970] - Jennifer

And so what would I be clearing my path? So in your path could be things like limiting beliefs. You know, everybody else is so far ahead of me, I'm never going to be able to catch up like that. Right. There is a limiting belief. If you're saying to yourself, gosh, I don't really think that I have anything to offer or what do I really know?

[00:01:52.950] - Liz

Imposter syndrome.

[00:01:53.570] - Jennifer

Yeah, I yeah. Who would be listening to me again? All of these things are just limiting beliefs. I don't have... I don't know what to do. I really don't know what the next steps are. That's a little bit of a lie. That's kind of baloney. It's like, yeah, you kind of do know what to do. You may just not know what to do it, what what to do. So we want to clear any limiting beliefs.

[00:02:12.410] - Jennifer

You want to clear any lies that we picked up we want to clear any fears that we might be feeling. I always like to clear anything that's stopping me from changing, because if you want something different to come into your life or you want to get to that next level, you've got to be willing to change.

[00:02:27.890] - Jennifer

Everything can stay the same, right. If it's going to change, you have to be willing to change. And so I like to clear anything that's stopping me from making any change. I like to clear any judgments around it like any of this kind of gunk, OK.

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[00:02:39.020] - Jennifer

And so I always start with a clearing statement. And again, it's just an intention statement that says I release, I clear, you can use whatever word you want. I use clear, release, and let go, a lot. I know why those words work for me. I just clear, release, and let go, anything blocking my progress, anything stopping me, any place where I'm not aware, any information that I'm choosing not to see, any fear around getting to the next level.

[00:03:05.060] - Jennifer

Just want to set my intention to clear, clear, clear release and let all of that go.

[00:03:09.110] - Jennifer

So that's one of the first things that I like to do is just sort of clear the path now if you are really struggling with a lot of negative emotion around it and let's face it, a lot of us have been through some junk.

[00:03:23.030] - Jennifer

The reasons why you're going to start blogging, who knows? So if you're struggling with what a negative emotion. One of the things I do suggest here is that you actually journal it out. And I know, like, people listening is like, uh, gosh, like I don't want to journal it out...

[00:03:36.350] - Jennifer

OK, but I use a different journaling exercise. And so with the journaling exercise and this is actually what sparked me to create my Best Journal Ever was because I found this to be so powerful and so effective. When we talk about shifting your mindset, OK, you've got this huge obstacle you're trying to get through. And so any emotion that you're feeling around it, 15-20 minutes, just journal it out like however you're feeling. You can say whatever you need to say you're scared of, you're angry, whatever it happens to be that you just want to journal all that stuff out.

[00:04:10.520] - Jennifer

But then you take the pages and you rip them up and you throw them away. Right.

[00:04:17.720] - Jennifer

This is not a journal anybody ever comes back to read, including yourself. And that's part of what makes it so powerful is because if you know, nobody's going to come back and read, it is sort of opens the door for you to go wherever you need to go to purge all that junk out.

[00:04:33.050] - Jennifer

And and I'm kind of overlapping a little bit here because the journaling will work for overwhelm, too. It will work for exhaustion and frustration. Any emotion that you're feeling how I'm feeling...

[00:04:46.310] - Liz

It's a brain dump of getting it out.

[00:04:48.630] - Jennifer

Exactly. And that exercise is so good. And what I notice is that if I set the timer for 20 minutes and I just go to town, blah, blah, what will happen is I'll kind of clear through that layer of gunk and I'll notice that I start to get information.

[00:05:04.440] - Jennifer

I'll start to get clarity, I'll start to learn a lesson, I'll start to reconnect with my gratitude, like those good positive mindset things that it's just hard to put ourselves in.

[00:05:16.020] - Jennifer

That journaling exercise will really, really help me do that.

[00:05:19.410] - Jennifer

And so if you're struggling with any sort of negative emotion, oh, my gosh, your bloggers, if you're

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having writer's block, even if you're just, like, so mad because you're just like, I don't know what to write. Ok, just journal that out and just be like, I'm so mad, "I don't know what to write" and then just keep writing and keep writing to push through it and you'll feel it release once you kind of get through that gunk.

[00:05:42.030] - Jennifer

And then it's like the gates of heaven open and you're like, oh, OK, I get it now.

[00:05:47.670] - Jennifer

And then you get to rip it up and throw it away and never look at it again.

[00:05:51.510] - Jennifer

And you don't go to therapy..

[00:05:56.100] - Liz

I'm a big fan of burning in the fire pit outside.

[00:05:58.300] - Jennifer

Burn it in the fire pit. I rip it up and I put it in the dumpster like whatever it is,

[00:06:03.870] - Liz

Shred it if you want.

[00:06:05.790] - Jennifer

And that's the power is knowing nobody's ever going to see it. That's what really gives you that permission to go wherever you need to go. And you can let that stuff out. And then from there, that's where you're going to start to get more clarity and focus and all of those good, positive mindset attributes that you're going to need to be successful.

[00:06:25.230] - Liz

And on that note, I want to say thank you for joining me today. I hope this episode helped you clear some of the mind set junk that maybe holding you back. Be sure to join me next week when I'll be sharing the three bucket content system that bestselling author Jeff Goins shared at the 2020 Summit.

[00:06:38.600] - Liz

I'll catch ya then.