



Episode Transcript – Big Dreams Equals Big Procrastination

Hi, this is Jenn Shallvey and welcome back to the Remembering To Be Me podcast. Today I am introducing the episode as something different, a new direction, a change and it is not what I said I was going to do the last time and you will also notice there's been a long gap in recordings and I'll explain that further in the episode. What is changing is the format. I am now sharing in this episode some reflections and I'm putting them together. They'd been recordings that I've made over the last few months. I'm also going to share as I feel, blog posts or other things that inspire me that I thought would be useful to have in an audio format.

So we will find that on the podcast there might be a long episode like this one, but there might also be little short 10 minute bursts where I bring in something different that you can listen to for inspiration. The main thing is I'm having fun with this and at the same time I want it to be of use for you and a value to you, so stay with me. See if it works for you. If it does, fantastic. I look forward to connecting with you in this way and if it doesn't work for you, that's really okay with me. It is. I encourage you to go find other podcasts that work for you and do the best you can to still be who you are. Let's get into it.

I'm recording for the first time in months, absolute months, and I just decided to finally, I'm going to sit down and actually do this. It is at 2:15 in the morning, I am sitting in a office of a back of a house where we now live. I've got the full moon shining on the backyard. I've got my cats running around crazy. I can hear water fountain going in the fish pond. So maybe all of this will come through. I don't know, but I wanted to share with you the truth and the reality of where I am right now while I'm deciding to record, and that means that there probably will be noises and things that I am not controlling that are behind me and around me.

So why am I back on here? Because I have a lot to share and I have held it back for so many reasons and the reasons that I have held back are likely, actually I'm pretty positively sure, they are reasons why you hold back yourself as well. So I decided to change the direction of this podcast, perhaps even the direction of my work, because for a long time I think what I have put forward is everything's perfect. Let me teach you how to do this perfect and in reality, I don't think anything's ever perfect. So what I decided to do is sit here and share what's actually going on for me. In doing that, I hope that it helps you. So what am I exploring and what do I want to explore? And this is a start and perhaps might come up over a few podcasts, not just this one, but the main thing is why do I stop start?

Why do you stop start? Why do others stop start? What is it about this factor in our lives when we say we're going to go do this thing that we're really passionate about and really excited about and oh my God, when you talk about it with somebody, you practically can't stop. You get excited, you jump up and down. It's enthusiasm on exponential growth. That feeling is amazing. It's like a high and then you go and you burst forward with your idea and you start doing it and then you stop yourself. No one else stops you or me because I'm using myself as the example, but there isn't anything out there that actually stops us. What stops us is ourselves. What I also notice is that I use



Episode Transcript – Big Dreams Equals Big Procrastination

all kinds of excuses to justify the stopping and it's this pattern that has been pervasive in my life for as long as I can remember.

Now some people call it procrastination, but I think that would be different because that's about avoiding something for various reasons. So I think maybe there is an aspect of that, but I think it's actually deeper than that. There's something really profound in here and that is, it's almost like a fear and not a fear of failure, but a fear of success, a fear of actually finally making it, a fear of actually achieving all those things you say you're going to do, a fear of being out there, being seen, being known by other people and for anybody who's got a great idea plus the ability and skills to deliver it, but you go forward and then you stop, I think you know what I'm talking about. I know that what I want to do, I can do. I know from past experience that when I have done it and I have served others through doing that work, it is fantastic.

I know that when I'm on fire, I'm on fire. I also know, and this is the harder thing to actually really deal with, is that when I let that other part of me sabotage and get in the way to stop me, then I also see the failure, not just one failure but repeated failure, and I'm not using that word because it got trendy for a while for everybody to say, I fail and look what I've done because that's not why I'm sharing this. I'm sharing this because I want you to know that I understand what it feels like to be absolutely paralysed with fear so much that you actually don't do what you're here to do and if you feel like me that you have some sort of, I'm going to call it calling or purpose or reason for being here, some higher level purpose that kind of says, get out of bed today and do this.

If you feel even a iota that you'll understand what I'm talking about, that feeling of I'm being pulled towards it and I know what it is, but for some reason I keep stopping myself and that's what I wanted to talk about. So I'm sharing this today as a starting point and then what I'd like to do is go through and maybe talk about some of the experiences that I've had and then I'd like to maybe share some things that would help you find your own way through the stuckness into the unstuckness, so that's going to be the most crude language I can use. My main thing here is I know what it feels like to be crippled by this paralysis of nothing, of doing nothing because you are so afraid to be seen, to be out there, to be known, to be challenged, to be undone.

I can list a mile long. So what I'll do is I'll probably go through some of those things. As you can tell, I haven't sat down and put an agenda together for this podcast. I haven't put an outline. What I do have are notes of longstanding reflection, lots of conversations with people and insights that perhaps will help. So I share this and you'll notice that by putting this podcast in here, I'm not talking about the topic that I was going to talk about in the series I mentioned, and if you look back at the last two episodes, I did two things. One, I introduced a series and then I did the first episode of that series. Well, this will tie into that because what I will do is I'll try and link into the topics of that and then later on I'll come back in another episode to actually complete those topics, if they still feel relevant because that's another thing that I'm going through now is saying, just because you say it's what you're going to do doesn't mean it actually, it's always right and then sometimes it is and so why aren't you doing it?



Episode Transcript – Big Dreams Equals Big Procrastination

That's what I'm working with, so I'm going to share that with you. Now I'll take a break now because this is just a quick recording while I'm motivated, while I'm really in the spirit of it. What I'll do is come back with other recordings. I also might do those on my phone or when I'm out and about in the car because I want to take a collection of insights and bring them to you in a collaborative format that will give you some sort of idea, not a personal journal, but a idea, inspiration, collation that we'll take you to that next level. So thank you for listening so far. Stay tuned and keep going with the podcast to see what comes up next. Thanks.

Well, this is me again and I'm back recording on the podcast after a very long break and you're probably going, oh, I listen to so many podcasts and it's not unusual to see someone start and get all excited and then give up. Well, I don't want to actually do that, but I also want to make this podcast about the fact that I actually do that and I see this so often and it is driving me insane. I am going crazy because I have so much I want to do to help people. Yet I do even more it seems to stop myself, for various reasons which I will go into in the next bit of time in this podcast. What I'm also doing is, taking a step forward in a whole another direction because for the time I've done things with this podcast so far, I think I've played it pretty safe.

I've said I'm going to come up with a topic and I'm going to share things about it and it almost felt like I was practising, dabbling, instructing, teaching whatever and it just fit into some sort of plan that made sense. Well, I don't want to do that anymore. I want to make sure that what I offer you is relevant, is real, is authentic, is genuine. I want more than anything for it to serve you, to help you. So in saying all this, I have a feeling that my style and the way I do this podcast will probably change and what is changing the most is not trying to do this like anybody else, not trying to copy, follow, listen to some expert's advice or to tell me how I should do this because half the reason why I'm paralysed in inaction is because I keep trying to figure out how I should do this and I wonder if that happens to you where you have a really great idea or you feel inside of yourself that you're really motivated to do something in this world and you just don't know how, but you actually know the why and you actually know that inside of you is this burning desire to help people or a burning desire to create change that's positive and makes a difference.

You stumble when you try and do it. You stumble when the, getting the idea into reality, making it practical, making it real, well that's what this is all about. And so I don't have a fancy word or fancy name. I did think though that I'm not too far off in calling this podcast the Remembering To Be Me podcast. Even if this is a mouthful of a word, I know. I look at it myself and I go okay, I was being really cute on that one too, wasn't I? No, it's more than that because somewhere in that simple little phrase still is this idea that the essence of being who I am, the essence of remembering who I am and why I'm here and how I can help in my own unique way is the answer. Because then when I get it all coordinated and right and make it look perfect, that isn't actually so much the achievement.

It's the having it be aligned, having it be congruent, having it be consistent, making sense for me because then I am free of all those distractions and interruptions and ways of getting to my own way and I can focus on what we're doing here to help. So a few things that I have come up in this



Episode Transcript – Big Dreams Equals Big Procrastination

reflection, it's easier to not do something than it is to do something. The consequence though of not doing something that you really want to do is painful. It's excruciating, it's internally knowing, twisting, divisive. It goes against everything in you and I am a walking, living example of that. I started a business so many years ago with all these great ideas and there have been amazing times in this business when I have had the privilege and the pleasure to serve people that I have been able to connect with.

I have been, and the only word that I can even think of right now is I'm blessed that I have had the opportunities to step in the room or sit in a room or be on a phone call with another person or a group and do the work that I've done so far. There are also so many, so many years and months of missed opportunities of also helping people simply because I hid away. I crawled into my little cave, I got scared or I found an excuse or I create a distraction or I thought I would hide behind a facade of pretending to be something that I'm not. Those are aspects of what happens when you are actually paralysed by this whole experience. Now, some people might label it as lazy or procrastination and I think that's cruel because it's not that and that has a lot of judgement in it.

Then when I think about, then I go, well, actually judgement is what it's all about. It's all about the fact that I judge, not anybody else, though that might come out as some of the excuses. I judge myself. Then when I looked at this even more deeply, I went, oh gosh, well if I judge myself, then I really don't love myself very much, do I? So there's a huge gap in the self love department, which means by default there's also a massive gap in my ability to truly love others. I'm not talking in a romantic way, I'm talking in a philanthro, can't even say it, philanthropic or any other way where it's just me putting myself out there to help people. There's only so much you can give. If you've cut a part of you away or hidden a part of you away, then you can't give that to anybody.

You can't offer that. So I'm in that boat, I'm in that way and you're going to say, oh, well then she must've failed because that's another buzz word that people say, well yeah, in somebodies eyes, in many people's eyes, they would look at me and say, I have failed. I have failed on many levels in the traditional measures, but I haven't because what I have actually achieved, and this is what I'm realising now and I'm why I'm changing this podcast, is I have grown. I have grown so much in my insight, my awareness, my sense of who I am, my sense of why I'm here and what's important in this whole process of hiding and struggling, going back and forth between bursting out with an idea and then crawling back in a hole. I have found that actually do believe what I have to offer is worth something.

Therefore, I trust myself. I trust my own instincts. I trust my intuition and there's also another level to that which is even bigger than me. So I'm trusting something bigger than me and I'm not here to make this a spiritual podcast or to bring in that reference. For me, that is who I am. I am a spiritual person. My spirituality though is very broad and it's gone through so many iterations that you couldn't label it in any way. I'll share some stories with that because I think they're informative and helpful. They are times in my life where I have discerned who I am and helped myself figure out why I'm here but what I have also seen is the labels and in the pursuit of all the labels, we keep forgetting



Episode Transcript – Big Dreams Equals Big Procrastination

who we are. So I'm not going to give myself labels for you right now and say I'm one of these people or I'm part of this group or I do this because instantly what you'll do is you'll say, oh well I know other people with that label and they do that.

So she must be like that because we always or wanting to, compartmentalise our lives or categorise people so we can make sense of it. In the last bit that I wanted to say is, I don't know where this will go, I know this doesn't sound professional and that is so not me because that's one of the things that does actually matter to me, but be more real and authentic matters more these days. I'm therefore taking away a part of who I have been and replacing with something that is really who I am. So I'm going to take a break from this little snippet, but I'll be back with more of these reflections and you will be hearing this as a podcast and I will stitch this together somehow. That's what I'm going to do and this was today's or this moment's reflection I thought I'd share with you. So thank you.

I'm back. I'm back to do some more reflection and sharing. This is a recording number three in my reboot, restart podcast mode. I call it that and you've already heard a couple of other reflections I did recently. So what do I want to share with you today or in this moment? Something a bit different. I went back and actually I listened to the two things that I've already put in this podcast that you're getting patched together and I noticed that it may seem random, off the cuff, that kind of thing, but it's not. It's me working through an offering to you and helping to clarify that with you. So what I really wish was that I was in a conversation with you because I have a feeling that somewhere out there I am speaking to some people now that haven't probably been heard and would like to have their voice heard too.

So that's just something that I mentioned, the idea that you're not alone, that in this world where everything is put out there perfect and glossy and picture perfect. Everything is portrayed as if the person doing the work or promoting themselves or whatever it is, has it all perfect. That's the last thing I want to have happen now, because I feel that the pressure that we put on ourselves as a society coming down to the individual level means that we are compelled, persuaded, manipulated, driven, scared into fitting in. We're told here's the box and jump in and then we're gonna put the lid on it and we're going to say, good, now you are part of us. I don't want that. That's the last thing I want. So I was thinking, this isn't going to relate to the people that want to stay in that box.

That's really okay. I have no judgement against that. I don't. For those of you out there who feel constrained, don't want to be a clone of something out there that we're all supposed to be like, then listen more. Because I want to talk about ways that we do on, do ourselves. That doesn't sound right, but that's what I'm trying to say is that I want to explore those means that we go through to undo ourselves, to sabotage, but only so that I can help us figure out a way to get past that. So I didn't want to go further into this podcast without thinking of what I do or what I feel are two key ways to get past this. So in the reflection I went, okay, if I'm one of these stop start people and you are too and you're passionate about what you're doing and you really want to get it out there, then there's something in there that is the ultimate key and that is the answer. That's answer number



Episode Transcript – Big Dreams Equals Big Procrastination

one. It's got to be, because when you're fired up with your why or your purpose or your reason for being here, however you wish to call it, then you're motivated.

It doesn't take much to do anything. It just flows, right? You're in alignment. Everything kind of comes together and that focus on the why you're doing what you're doing has to be a driver that is innate. It has to come from within. It's not an external why. So for example, if someone sat down with me and said, let's set some goals and let's put them on a piece of paper and then we're going to measure you in six months time. Does that sound familiar to some people? Yes, because I know I used to do that a lot and I used to teach people how to do that a lot and I used to do that to people a lot. So I know what that feels like and I don't want to dismiss goals because I know they're very powerful, but there's something else there that is about that process that's not working for someone who isn't a stop start.

They're external, they're being held by somebody else. They're like the stick or the carrot of somebody in front of you, rather than coming from within and expressing from within. Now a very skillful person could coach that out of you and mentor you into expressing your goals, but more often than not, we're in groups or environments where it's a top down expression of what we're here to do. So I really wanted to put that out there and say, knowing your why or knowing your purpose or knowing your reason for why you're doing what you're doing is inherently the most important thing. That's when you start having the mismatch with the expression. Because if you actually know exactly why you're doing what you're doing, and then use, try and work with others or do things with others and that just doesn't gel, then that's when it comes back to you and says, okay, this isn't working for me.

Sometimes those are actually good stop starts because you say that isn't right and the brave and courageous person will stop and say, no more. The uncourageous person, we'll probably keep going and persevere until they are so unhappy with it that they are forced to quit because they can't do it anymore. Knowing the why and going back to that, that is actually to me, one of the antidotes to the stop start mode of operating and it takes a while, you have to almost like grab onto this why. Now I'm not saying that I do this because I've already admitted to you that the stop start thing is happening to me a lot and it's happened a lot more lately, which is really strange for me because I found that I do a lot of work on my why.

So I then thought even further about it and I went, okay, if I am a person who spends a lot of time knowing my why, I've been clarifying this, I'm really clear about it, then what's going on? I realised that the stronger I got clear about my why, the greater the fear of me actually delivering on that why became. So this is going back to what I shared earlier about that part of my own self sabotage and perhaps yours, which is why I'm sharing this. It's not here to, hey, I'm going to tell you everything about my life kind of moment. It's really to say if you relate to what I'm saying you'll get it, and that is you've got something.



Episode Transcript – Big Dreams Equals Big Procrastination

It's me again and I thought I'd record a little personal journal entry about the whole stop start thing and give you a real life example of the struggle that I go through and this one's on a personal level, not a work level, because I think that it's one that we can all relate to. Today I went and did a exercise class and if I give you some background, then you'll understand. Well, first of all, think about this at this time of year, what do most people do in January? They make resolutions and they say, I'm going to lose weight. I'm going to get in shape, right? So I've been one of those people who has done that every single year and for as long as I can possibly remember, I have had issues with my weight and I'm not going to go into the details of that as much right now because that's not the relevant point.

Just as a context though, my psychology is that for a very, very, very, very, very long time, as far as I can remember, my identity has been, hey, Jenn's the heavy fat one. Even though when those labels were used on me in the past, I wasn't even fat. I was just a normal person but it sticks with you for a long time. The identity that you're a fat person and that's a bad thing. So I'm sharing this as an example because that struggle is in my stop start, that go out and do something because you should and then you fail because you don't really want to do it that way or you should do it this way and so forth.

So I'm the classic example of the person who goes and joins the gym and then never goes, right. I did that for two years, went for probably a month and was all excited because it was new and then went, nope, I don't want to go because all the people around me already are fit and they know how to do this and they're fine. So why am I here? Which was actually to become fit but yeah, I know. Anyway, I'm just giving you an honest answer on that one. Well, I have had many also periods in my life where I've been very fit and that's the memory that is always in my body of this person who goes, yeah, I used to run every day. I used to swim every day. I had a wind surfer that I used to take with me to work every day and go wind surfing and I've had different bicycles and gone cycling and walking and so in me is this person who also is an active athletic person.

So it's like, there's two parts of me. There's the girl who just gives up and says, ah, stuff it. I'm going to just let it go and then there's a part of me that says, no, I love it when my body is on fire and feels fantastic. So what's happened now in my mid life is that it's kind of catching up on me. Whereas when I was young, I could bounce back really quickly with my fitness and say, oh, I didn't swim for a couple of weeks. Now I'll go back in the pool and I'm back into swimming and going long distance. Now it's like, oh that knee injury from 25 years ago. Well, it's turning a little arthritic and yeah, I got to go to the Osteo again. So it's like I've got niggles and things that are coming with middle age and menopause and all these other things and I'm like, oh shoot, my body isn't working the way it used to work.

So what's happened is it's become an excuse of my stop start again. I've really wanted to be fit and athletic and out there, but it actually literally does hurt to not do it. I mean to do it and then it hurts even more to not do it because then I get worse. So I look at all these things and sit on the computer and say okay, go join a class. So I finally did that today and I went to a class and I can't even tell you



Episode Transcript – Big Dreams Equals Big Procrastination

how many ways I tried to get out of taking my own self to a class that I actually signed up for and paid for. It wasn't just one class. I've actually signed it for 10 and there's this part of me that said, oh maybe I shouldn't go because this part of me isn't right yet and it might hurt it.

I just had excuse after excuse after excuse and the only person I even told that I was even doing this class was my daughter because I needed to tell somebody. If I told anybody and then didn't go, then I wouldn't be held accountable. So I was like, no, let's just play safe. The reason why I find it hard to go to a class because in my very introverted private self, I don't like to be in a group of people exercising. I like private exercising or I like to be in my own little space doing what I'm doing and without anybody telling me what's right or wrong. I know that because I had a period of time where I did do some yoga and I remember going to that thinking, yep, I'm in the back of the room. No one can see my big bottom because when the back of the room, and I can get away with this because everybody is focusing on their own poses and yes there's a giant mirror in the front, but I can do this, I can do this.

I lasted for probably six months and then gave up but I sat there going, I don't really want to be in this room with all these people, I can't do this. So I just went back to individual exercise because I feel more comfortable doing that. If you've ever read my blog or listen to this before, you might know that I swim and I actually do love swimming and swimming for me over the years has changed from go do the laps and count the laps to just go jump in the pool, let go, kind of do a little bit of a water meditation in a sense and just be away from everything and let it go. It was that, that's what slumming is for me now but even swimming now hurts and I haven't been able to do that lately. So I've just been, oh, even my favourite, favourite, favourite sport. I can't do the way I was doing it before.

So these are all the factors that got me to say, okay, I've got to do something. So unlike you probably I didn't do the resolutions at the beginning of the year, but what I did do is I did a meditation and I often do meditations where I tune in and I ask what's the right thing to do for me and what's in the highest good for me and everybody else and so forth. The one that I tend to not do is my body. I tend to not ask what's right for my body and that's usually because I don't want to do when it tells me to do. So there's this stop start in that sense as well. So here I was, I sat down and I did a really long meditation dialogue with my body for the first time in a long time.

I actually asked my body, what do you need? What do you want? The two words that came back were stretching and strength. That's all it said was that in general, to get my strength back and then to just become more flexible again. I know you could say, oh that's easy, I could totally do that and I go, no, but it's what's going to be the lead that my body will grab onto and then what is the part of me that we'll gently pull me out of the stop mode? What will be the one that gets me past the resistance? It isn't going to be someone telling me what to do because as soon as someone tells me what to do, whether it's some expert on a podcast, whether it's some book, whether it's some other teacher, I will run a million zillion miles away. That's my personality and I know that that is who I am



Episode Transcript – Big Dreams Equals Big Procrastination

and that's my sort of shadow side of me is that rebellious part that says, no, I'm not going to do what you told me to do.

So I have to find that internal motivation to get me out of the rut. So I'm using this as an example because what is the most common rut for some people is that exercise. Now I'm not talking to those of you who are already blessed with that dedicated personality, that exercises every day and does the gym and loves it and sticks with it and all that but think of something else in your life where you stop start and you wish you could just stay with it. So mine is this exercise even though I have done it in the past and done it well and know that it works, I stop and don't do it well. So I went to this class today and I was in a room with say 12 other really lovely ladies and an absolutely gorgeous teacher who I'm really looking forward to learning from over the next 10 weeks.

She did a combination of exercises with different things that were strength oriented and flexibility oriented and she very much cared about the way we all were. So the age range in our group was definitely in the middle age to older age range and the target group was also to help with arthritic movement and things like that, which I went, oh, I'm going to a class for people that have issues in their bones and joints. Well, I have issues in my bones and joints, so I actually need to be here and this is exactly where I need to be. Not at the competitive aerobic session or not at the ballet bar session because I couldn't even probably get my leg up on a bar. So great for the person who can do that. Oh my God, fantastic but here I was going and so just even getting there, it was like, okay, what am I going to wear do I even go there, do I put my shoes on, I didn't even know what to do.

I'm going, I haven't been to a class in so long, I'm like, I don't have gym attire and we're just at a community centre. We're not in anything fancy, we're not in some fancy club or anything like that but God did I put all these expectations on myself of what I could and could not do and these were all done purely because I was trying to find a way to get myself out of doing what I've set out to do. That's how much I was trying to put in the way of my own self and there's a lot of energy in that. So at the same time, the drive inside of me to get past these niggles in my body that are stopping me physically from doing what I really want to do is stronger and I nurtured that part of me and I said to myself this morning, I said, just put your exercise clothes on, get the shoes on, grab the bag and go and just get there and when you get there then just do whatever you need to do and stay. Just even walking into the class was an achievement. Standing around with the rest of the class members who've been doing this for a year together was even an achievement.

Saying hello, that's normally very good for me. I can just say hello to anybody and have a chat with a stranger but saying hello in my fully revealing leggings, showing that I am well and truly not in shape anymore was hard. Again, I chose a safe place to do this where I don't think anybody in that room, even for a second looked at me and said, oh, she shouldn't be here. Or oh, she's not very fit. I didn't feel the judgement than I have felt elsewhere. Then I realised that the only person judging me in this scenario was me. I was the only person in that room judging me. That was really quite profound and so there was somebody who had a shoulder injury who couldn't lift her arm up. No one was in there going, oh, she can't do this. There wasn't any instructor at the front and going, come on, push



Episode Transcript – Big Dreams Equals Big Procrastination

harder. You can do this, because that's the worst for me. No, she was saying, now if you have an issue with your knee, then maybe you could do it this way.

I went, oh. So it's all about finding your own way and here I did that today and I found an instructor who also got that. She was working with us in that way. Then the best thing was that I did it and there were definitely parts in the session where I'm like, oh that's, that's a lot more pain and I think I might be sore tomorrow, but gosh, this feels good and I did it. Then there's the end and you get to the end of the hour and we did sound meditation at the end and I cannot tell you how amazing that felt. I lay on the mat and as she gently guided us to relax and let go, the tears just streamed down my face. In fact, I can feel that emotion now being released again. It's just this feeling of letting go of my own self judgement, that I don't have to be this person. It's okay and in that one session I made one step towards my actual real desire which is to be healthier again.

I also made one step forward in letting go of myself judgement, which means that I made another one step forward in expanding and increasing my own self love because that's what it's all about. You're going to say he just went to an exercise class, right? And I'm gonna say no, it's so much more than that. I just wanted to share this story with you because you probably have things like this out there where, you know you want to do it. There's probably somebody out there telling you that you should do it, which makes you not want to do it and you've got to find your own inner reason for doing it. So my suggestion, my tips that I got out of this experience were one, be gentle with yourself, be forgiving of yourself.

Don't listen to anybody else. Take the time to actually tune into your own self and listen to your own self about what's the highest good for you. Then follow through on it in a small way. Not a big way because if you can make that one step forward, then you will feel much better than if you feel like you have to make a giant leap. So today I made a step forward and I wanted to share that with you and let you know that it's real. So I'll be back again later with something else to share with you. Hopefully this little anecdote helps you.

I'm here for another check in and it's been at least a week since I last checked in and it's interesting to reflect on things that have happened and who I've been with and what I've encountered. This reflection is one where it's more about what's around me and not about me and the reason why this comes up and why it's something I wanted to share is that in the context of a lot of the work I am sharing on this podcast, it may be perceived as selfish or introspective or just about me and not about what's around me. What I started to realise is that everything around me is what matters. So it's the immediate circle, it's my family. If it goes beyond that, it's my neighbours and if it's beyond that, it's my community and you keep going. I would imagine that, that would be the way most people would feel, is you have this point of view from you of everything out around you.

It's very challenging and difficult for many of us to even for a second, go into the shoes of somebody else, to have empathy, to relate with another person's situation. We often say that unless you've been there, you don't understand and I would say that's true for a lot of people, but having done



Episode Transcript – Big Dreams Equals Big Procrastination

many years of work or training and being in the practise of stepping in other people's shoes, what I find now is this almost intense sense of other awareness and why I'm sharing that is because is, that other awareness that sometimes scares me because I can see or sense or know or feel so much of what's going on around me, I need to retreat and yet at the same time it stares at me in everything I see. Whether it's reading on social media, looking at news headline, grabbing a glimpse of a newspaper, hearing people's conversations, seeing what gets attention, what doesn't, the events that occur in the world and what you choose to pay attention to and what you choose not to.

I know that there's a lot going on in this world and in order to deal with it, sometimes we need to step away from it because it can affect us. I know a lot of people who are very sensitive yet I wonder sometimes, and this is why I'm sharing is, is this sensitivity a excuse or is it something that we develop and create to get out of the angst or the challenge of having to deal with these uncomfortable situations? I don't know, but I was just thinking about this. I thought I'd share it and add it to this sort of reflective podcast episode. Why this matters is because when I come back to all the things that we're doing in this world, it's ultimately about making this a better place for everybody and deep, deep inside of me, that is so what I want.

I so want people to thrive. I want every individual to thrive and having been through a journey in life myself so far and witnessing many others through the mentoring that I've done and the workshops I have done, I would say that we are all going through our own unique journey and that nobody has the right to judge or label or say anything about another person in that regard. Then you rise above that and you say, okay, so I'm looking at what someone's getting right and what someone is getting wrong and that label of those two words and how that gets out all the time, even in my own language, even in my own self of, oh that's not good, that is good and right away, there is the external coming into the internal. There's like this judgement court walking around with all of us saying, well, where are you at?

So my intention or my practise or my way is to say, how can I look outward without judgement ? How do I practise seeing the world around me in a way that is kind and loving and compassionate and it's a really challenging thing to do because most of the tongue were reinforced to be angry or judging of other people, especially if they aren't doing things that we would like and this is really easy to do. You just have to read social media or dip into a new story and look at what the slugging is that goes back and forth about something or the hate that goes back and forth and you go, yeah, it's out there, but at the same time there are people that stand up against it. There's people that stand up and say, no matter what I encounter, I'm going to go out there and do this work because it matters so much.

So I love paying attention to that and saying, okay, who are these people that no matter what, are out there doing it. They're saying it matters so much more that we are out there creating positive change than it does to sit on my backside and then in saying that I go, well, for those of us who are sitting on our backside, does that mean that we're not very good at what we're doing or are we bad or are we lazy or all these other labels come up and I go, no, we're not ready yet. Yet we probably



Episode Transcript – Big Dreams Equals Big Procrastination

are and so as you can tell from this reflection, I'm going back and forth and back and forth because what I'm trying to demonstrate is the internal is the same as the external. The world around us comes into us just as much as we go out into that world.

When I observed that, I see it in myself. When I observe it, I also seen other people. That collective in and out of ourselves is what creates change. So collectively if we are willing to step together, then we will do something that will make a difference. Then it also comes back to, well, why are you stepping forward? Or why are you going out there? Is it out of anger? Is it out of frustration or is it from a place of love and desire for something better? And that's the question that I want to ask everybody is why are you doing what you're doing the way you're doing it? So I look at myself and I say, why am I doing this the way I'm doing it? I've been reflecting a lot on that and step back and actually ask that question many times.

Right now I'm thinking about the people around me that I tune into and for those who step back because it's too scary, I understand. For those that hold back because it's too scary, why? Why are you doing that? Why is it happening? Why is it that we are so full of potential and so ready, so ready to go and make a change in this world yet we stop ourselves? Collectively, we become armchair critics or we look at things and say, oh, look what's happening, and we talk about it at a dinner party, but we don't do anything about it. Or we sign a petition and we feel like, oh I signed a petition or gave money to somebody and that's it. I'm done. I don't have to think about it anymore. The action isn't there. So then I thought, okay, well, so what are other things that we do?

There's so many ways to respond to a situation. There's so many ways to support people in their situations. So I started to think about that as, well who were the ones that are on the front line of change? Maybe there's a difference between that person and the person behind them. I go, yeah, that's it because why have I always gravitated towards being the person behind the person? I like to support the change agent, support the person who wants to create change, not necessarily be the one creating change and then I realised, but I want to create change too. So we all have both in us, don't we? That person who has found their way to step forward is now leading other people to do the same thing.

So I know this is a really deep heavy section of this podcast, but it really is sitting with me and niggling at me now, this whole who is the person to go forward and who stands in the background and helps and does everybody have to step forward? If you don't, what happens? So that's what I'm talking about is this kind of like if we go back to the whole idea of stop start or putting things off or avoiding things, then well what pulls us, and I said it should be internal motivation, but if the external motivation is really strong to that, how do we tie that into who we are? So I'd like to change a lot of things in the world. I would love to. God, I sit around and I think about it all the time and I thought about what's the one thing that I always want to change in the world?

It's not the things you are going to expect. Yes, I want the earth to be a better place. Yes, I want our environment to be healthier. Yes, I want us to be kinder and all that. The number one change that I



Episode Transcript – Big Dreams Equals Big Procrastination

want to see in the world is people being kind to themselves. I want to see people saying I'm okay and I am going to do what I want to do in this world. It starts with just one person and then it starts with another person and just even a conversation of hearing that person is a step forward. So I know it's not about changing the world, but if everybody was finding their own sense of self and then coming together in that, we'd be a lot stronger with each other. We'd be less defensive, we'd be less judgemental, we'd be less critical of others.

We'd actually probably work better to find a way because we would actually be strong in who we are. So interestingly, my biggest desire for change in the world comes back to ... self. How do I help you change? How do I help myself change to be more of who we are? Then how does that expand and affect the world around us? So think for example of a news story that grabs you, just pick one that like if you heard the story, you would go to a friend over coffee or someone at work and say, oh my, did you hear this? Can't believe this and you'd complain about it and you'd whinge about it and you'd say, yeah, I can't believe that's happening. Then you come along and you say, okay, well what am I going to do about it? What's your first answer? You say, well, nothing.

Then you say, well, why am I going to do nothing? You say, well, I'm just one person. I can't do anything. Or maybe you're going to say, oh, I'm going to do this and that. Why are you going to do that? My question is to go deeper into why your reaction is the way it is and then to step back and say, okay, I'm going to tune in to me and feel who I am in this. Why is this pushing my buttons? What is happening within me that is making this particular issue so prominent in my awareness. When you sit with that say, and how do I first look at that with objectivity, with compassion, with love, with all those things that I said, wouldn't it be nice if we could all do that and say, okay, so we first look without judgement and say why is it the way it is?

Then you say, well, why is it that I wanted to change? When we get to that place of coming in objective Lee and with an understanding, we're less reactive, we're more responsive and that's what I want is this change to occur in our world where we become more responsive to a situation in a way that actually works with other people. So example is, I will give you an example of one that happened to me just the other day, this is going to sound trite, but it's not. It's very symbolic of some of the bigger issues in the world. I had something delivered to our home and it was more convenient and easier to get this online. So that was how I actually purchased the item. The item was delivered and it's something that we regularly get delivered because we regularly need this item. I'm not going to say what it is because I don't want to label the company or the type of industry.

So this comes to our house in a cardboard box, which I already know is adding to the cardboard boxes that are being used in the world and recycle. I'm very conscious of recycling that box. So that's very clear. The other thing is I know that there's other things involved with this, but I'm not going to the store to buy this and so it's not staying in some store and all that. So my point is, is that this arrives into the house and I opened up the box and to fill the empty spaces in the package between the items, are blown up pieces of plastic bag, and we're not talking just one piece of plastic. We're



Episode Transcript – Big Dreams Equals Big Procrastination

talking like 12, 13 big, bulbous things of plastic all surrounding the items. Now this company has never done this before. I was like, oh my gosh, why did they put all this plastic stuff in here?

So my first reaction in the emotive one is, I can't believe they're putting so much plastic in my box. I just think that's so bad for the environment. So I already went into the, I'm going to judge this because I'm very anti this whole, let's add more plastic to the environment. I'm trying to go the other direction. Then I went, okay, so I've reacted. I went, that's not the way I want to actually deal with this situation. Let's stop for a second. So I go and I take this piece of plastic and it has the brand name of it on it and I go online and I research the company and I look up the company that produces the packaging and I look for its sustainability, for its environmental position. I find that the only thing it says about being environmentally friendly is it takes up less space in the company's warehouse.

Nothing about the fact that they've got a recyclable piece of plastic that they put into someone's box. So I thought, okay, so this is a step forward to using less plastic supposedly, but it's still a new product that's being marketed that actually uses plastic and it's got Peyton marks all over it. So obviously it's a big deal that they were the ones who came up with this and they obviously sell it. So there's this big marketing push online by the company. Ironically, the company also sells eco-friendly recycled packaging to so much like any other company, they've got the range of products, they've got the environmentally friendly ones that are based on recycled and they have the ones that aren't.

So it's up to the company that's buying this product wholesale to decide where do I want to be in the market? So I sat there and I thought about that and I thought, okay, so this company has decided to change its packaging approach. It used to use bits of folded cardboard and they'd put them in the box and I go, okay. So that's a way, and that worked for me because I could recycle the cardboard. It goes into our curbside collection, that works, but this doesn't work. I have to cut it up. I have to put into a special plastic bag of other plastic bags because there still are things that come with plastic still. Then I have to make a special trip to the local grocery store to put that into a special bin that theoretically goes somewhere and is made into something recycled. That's a lot of effort. I don't mind doing that. I've got us thinking in our household to constantly look for any plastic packaging that we can recycle in that way. I'm one of probably 1% of the community that does that.

I would hazard a guess that the majority of people go, eh, I'm just going to throw this in the bin and it adds to the landfill. So problem for me is that I don't want to be a contributor to that problem. I'm already a contributor that I'm actually getting plastic in other ways too. So then I went, okay, how do I deal with this? I want to write a letter to the company and ask them why they decided to do this. So in my writing of the email, I started think even further and I went, okay, what is the motive of this business? Well, they are positioning themselves in the market as the lowest priced competitor in that particular area. So their whole market position is cost based. I get that. So they hire, every single thing they do is say that we can match your price, we'll give you the lowest.

If you go and search online, they'll always come up as the cheapest. Now to maintain that offer, you have to really cut down on everything in your business to make sure you're lean and mean. So I had



Episode Transcript – Big Dreams Equals Big Procrastination

a feeling that this would be something that's come up of how can we reduce our warehouse space and limit it and come up with better ways of shipping. So it makes sense to me. It probably was a great problem solved in a business where the motive is just minimise cost. For me in the way I see business going in the future is I don't think business can think like that anymore. I don't feel like that. In fact, my values are that every business should think beyond just cost. Every business should think about their impact on the environment in every single thing they do and they may not be able to be perfect, but they in my mind all should have some sort of plan of where they're going and transition.

So what really bugged me, and that's where I got to the essence of this, was it pushed my buttons because my value and my belief system is that I believe we are all working towards becoming better and this business in my view appears to have gone backwards. So then I stopped and I thought again, I said, well, I'm not going to actually send this email because it's a one sided story. I am only getting it from one perspective. I haven't asked anybody at the company, I haven't learned why they made that decision. I haven't had a conversation, I haven't checked. So that in itself says to me, there's so many more layers to a simple situation and if you multiply that by every single day of all of our reactions and all of our judgments, just look at what we carry around. We walk around all day long going, that's not right.

That's not right. That's not right. Look at that, it could be better. We then collude with others to go, oh wouldn't that be better. We read the news and we get more, we get more. So I stopped and I thought, okay, how do I work with this in the way that I see the world is, well it is going to come back to me again, isn't it? It's got to come back to me. I'm the one choosing to respond in this way. I'm the one showing others to respond in this way. So I need to take responsibility for that and I need to stop when I want to jump into these, I don't know what to call them, judgmental reactions, which are very common in our society and say, wait, what is the situation here and how do I assess it? That's how I'm looking at it.

So then I take that back to the sharing that I'm doing today, which is about stop start and self and others and others' awareness. What it does is it says, I'm going to go back into that space of understanding why another might be behaving the way they're behaving before I judge them. That's not easy to do because we have an emotional part of us that wants to jump up and go and I want the other part of me to actually be stronger. So if we turn it back to the being me part of this podcast, well there you go. How am I also going to do the same with me? How am I going to also turn around and not react about me, to not judge me, but also seek to understand myself first? There's the crux because if each of us stopped for time to reflect on why am I doing what I'm doing, what is it that's deeper inside of me that's happening and how can I manage with that and what can I do about it? We'd have a completely different outcome and I have a feeling that if I dig deeper that, that response that I've had about this situation will be mirroring other personal issues that I haven't dealt with.

So, I'll leave you with that little reflection, actually it's a long reflection, but I wanted to try and connect the dots, how I see them between how we interact with the environment around us, the



Episode Transcript – Big Dreams Equals Big Procrastination

world that we want to change and how it also reflects who we are, where we're at and that just a simple reaction. Just one reaction in our day can be a indicator of so much more. So I invite you to maybe take the same approach with something that you're really motivated to think about. Something that gets you going, what pushes your buttons and go, why is that pushing my buttons? What if I tried to understand the other side first? Then once I understand the other side, how is it actually happening within me that I need to understand this as well? Not easy, not at all, but anyway, see how you go and I'll be back later for another check-in. Thanks.

Today I thought I'd do something different. When I first thought that podcasts were fun to do, I did these really long time ago and I put together a few and one of the podcasts I had was simply me reading out my blog posts online. I know, hey, it wasn't this, it's content that existed and easy for me because I had complete absolute petrification over recording online. Then I also did another podcast where it was very much in the woo-hoo space and all about intuition, and that was fun. I really enjoyed that and I interviewed some people, but it didn't really work because it wasn't my podcast, it was for somebody else. I like to own the content that I create and really stand behind that. So what I do have and what I've always had is a blog, and that's been going since, oh gosh, now I'm going to have to guess, I think 2008 or something like that.

I remember if you keep going with this theme of stopping and starting, I remember the first blog post I wrote and how excited I was that I did and I even wrote about that in another post because it was so exciting. For those of you who have this dream of expressing yourself or putting yourself out there, think about that. What would it be that you would love to do, whether it's a podcast yourself, whether it's a blog, whether it's just being on social media and contributing in your own way there. Well, blogs, were still, I think kind of new back then and there were other facilities to post and so I did that and I had a few going. I had one that was for fun. One was the personal one, one was the work one and I kind of had these blog posts all over the place that we're everything, but I still remember that very first one because even though no one probably was going to read it that day and no one was going to even know I posted it, I did.

So I was my own barrier. I was the one who thought, okay, now that I've put myself out there, everybody's going to notice me. It was such a self oriented, misleading way of seeing the world because no one really cares. It's like it's a piece of information amongst, oh so many pieces of information, but what did matter, and that's why I'm going back to it, is it was a threshold for me. It was a no longer sitting on the sidelines. Now I'm in it. So up until that time I kept wanting to say things, but I was afraid to and then I put it on the blog and I've not really made the blog a place that I promote or really put out there. For a while I did and I've made some writing that's inspirational. I'll go through these moments where I'll get really inspired and I'll turn out a few blog posts and then other days I don't anything.

What I also noticed is that that blog is almost like a barometer of me being exposed and out there and engage versus me being hidden in the world. So if you were to go to my website and you would look at the link I have to archives, I have put a little table at the bottom of that page and on there



Episode Transcript – Big Dreams Equals Big Procrastination

are the years of all the posts and you'll see next to that numbers by the posts. It's even fascinating for my own self to go and say, oh, I did one post a month in those years, but I did want a day in those years. So what you'll see is this trend of engaged writing versus not. So I asked myself what was happening during the times when I wasn't writing. Well, I have a lot more on my computer. What I had was personal writing, not public writing. So it wasn't that I stopped writing, it was I stopped sharing. I've heard a few people in my private world having conversations with me about this saying, well, you're doing a disservice because you are a writer who is not sharing her message.

I thought, well how can I not be inspiring people because that's what I like doing and then I thought of you as well. I thought, well you're probably in the same boat. You probably have something that you are passionate about, that you're creative in and that is easy for you to do. It's a gift for you and you're not sharing it because you're afraid. Well that's what I was like, but then what would happen would be there'd be like, I get all excited about it because it's like inside of me would be welling up this urge, this like I have to say something and what would come out would be a post because I had to say something. It would be either a emotional trigger or an observation or a yearning or something.

So I almost feel like at a soul level, at a deep level inside of me is this part of me that says, you can't shut me up all the time because at some point I'm going to speak and that is what it feels like when I say yes to that voice coming out. So I haven't written for months, absolute months and the other day I sat down and my urge came forth. It was like I was on a 10 out of 10, you better write this down because if you don't, we're all going to be mad. Everything inside of me said write this down. So I did and I thought I would share that on the podcast because okay, for many reasons. One, because to me the message is so amazingly relevant to everybody, two because there's so much going on in this world that really needs this message.

Three because it's a creation that I want to put out there and I know that like me, they might be a lot of people out there that don't read blogs anymore. They only listen to podcasts. So I'm very much like that. I don't read blogs, I just listen to what people say. So here we go. Now I called this, and this is on my website if you want to go look for it, but I called it love wisdom for a modern world and the photo is a gorgeous photo and I have to give credit to my daughter because she actually got a photo, a real life photo, unedited, no photoshopping of a heart shaped cloud and I just think that's so cool. So she gave me permission to use it. I've credited her, so it's nice to have a daughter that likes photography and sees things like that. Anyway, here's my blog post. Here is the recording of the blog post.

Love, wisdom for a modern world. We are all love. We are all the same, uniquely expressed. We are all therefore love and saying in this statement, it is not a fact in the way that the world defines love for there is no study of love. We study science. We study what we can measure without our rulers, our devices. In this way we only get one part of the picture. The story is incomplete. There is so much more. Each of us is so much more. It is a time in our history, world, societies and humanity to see so much more. This is love. We can see more in ourselves just as much as we can see more in



Episode Transcript – Big Dreams Equals Big Procrastination

others. It takes intention, willingness and effort of some description on everyone's part to take this step of seeing love in all. This is the shared destiny of humanity. Let go of your ego. Let go of the filter that stops you. Let go of the barriers, the blocks within you.

Feel. Give yourself permission to feel in your own heart love. It can be so easy and so simple. Yet instead we are surrounded by anger, hate and so many other negative distracting ways and emotions. In the moment these may feel right, in the long term do no service to each other. Now is the time to set our hearts free from the burden of the hatred. Now is our time to allow and invite kindness back in and yes and yes it does start with each of us, not somebody else, not the person with the title that says I am in charge of love. There is no such person. We are each sharing in that responsibility. So here we are in a balancing act, returning society, returning humanity to balance. It is a time to swing the love out into the world, to sweep away the hate, to embrace all that we wished to wash and clean away so that the world can begin a new.

Each day, each moment, each time we consciously remember to do this, is a new opportunity to bring love into this world. Now, many of you may hear or read this and wonder how is it possible so much is happening in this world with so much pain, hurt, hate, angst, misery, and I say, how is it not possible now? How is it not time, for this moment as you read this or listen to this, remember, it is in each and every one's power to choose love in every moment of every day for the rest of your life. From this point forward, you can choose love. In choosing of love, you choose to love yourself. Here is where it gets really amazing because when you choose to love yourself, there's so much more of you then to love others. If you make a mistake, you fall off the love wagon. You can still love yourself before anybody else does.

Now, this is a public service announcement on behalf of humanity. This is a message to those ready to listen and a reminder simply to choose today to bring love into the world whenever you can. There is so much more to you than you consciously know. Some eminent psychiatrists and students of human behaviour will say, this is what is inside of us, but we don't know where it comes from. That is why so many of us do not have a science of love, nor do we measure it nor track it as we do with so many other things in our world. So today you can make your own science of love. You define it, you express it and bring it into this world for all of us to enjoy. These words are meant to be simple message to take in, enjoy, reflect on, feel and know with love.

I hope you enjoyed that. That is a piece of writing that I thought was worth sharing both in audio and in written form. You can go back and look at it on the website if you want on the blog and enjoy the photo as well. I'll top here so that you can take some time out and reflect for yourself on what love means to you and your role in sharing love in this world and how you can actually love yourself so that you can actually love others. Thanks. Thanks for listening to the Remembering To Be Me podcast. This has been a different episode and I hope you enjoyed this and we'll listen more and reflect more. I encourage you to go back to the show notes on my website and that's jennshallvey.com and there you can find some pointers of where in the podcast you will be able to



Episode Transcript – Big Dreams Equals Big Procrastination

reflect on some of the things I said. If you want, you can download the show notes and for now just take away these few words and say to yourself, be me and when I forget, remember to be me.