



## Season 2: Episode 5 - Transcript

(00:00):

Hey friend, you're listening to The Nicole Walters Podcast. I'm a former six-figure corporate executive who woke up every morning feeling stuck in the life that I built for myself but using my corporate skills I took to the Internet and built a multi-seven-figure business, showing others how they can build a life they love. Now on this podcast, I share stories of being an entrepreneur, a mom to my three amazing girls and a wife to my crazy, cooky dancing Hubbin. I've had a couple of viral videos too. So you know there's going to be a lot of laughs here. So whether you've seen me on my viral vids or on the Today Show or read about me in Forbes, this is the place where we can meet, share stories, share laughs, and share fun. I'm your best friend in your head. So sit back, listen close, and let's get started.

(00:50):

Hey friend, I thought we were going to get a break in 2021, am I right? Who would have expected the crazy year that 2021 has been, but you know what? I am still committed, despite it all, to this being the best year ever, a miraculous turnaround, positive things and finishing stronger than ever. But all that to be said, it doesn't mean that the day to day, I'm getting wiped out! I don't know about you, but man, have I ever felt like I am all the things for all the people all the time. I mean, if it isn't handling the dishes, starting a dishwasher, getting on another zoom call, helping the kids get on another zoom call and just all around being a good wife, mom, coworker, business owner, sister, caregiver. Ohh, I am exhausted. And if there was ever a time for me and you to chat about caring for ourselves, this is it.

(01:51):

So this week I got to let you know, I was just about finished with the politics. Now you guys know we don't go about politics back and forth. There are tons of places you can listen to that. Honestly, I don't even know if we can avoid it, but here I want to let you know, I am just kind of exhausted. It's not that I don't have opinions. It's not that I don't care. It's just, I'm kind of wiped out. I don't really have any mental space to keep listening to everyone being angry. Am I right? So with the weight of all the things that have happened in our world recently, I just felt done. I mean, literally done. As in I'm tired of the way my kids smell. I don't like the way the water tastes in my house. I'm over every single aspect, the temperatures too hot!

(02:35):

Okay. And so here's what I did. And I'm hoping that in sharing this truth, one, it frees you. I want to give you permission girl to say, I need my space, literally breathing room, right? Because we got to sustain. So I just decided to step away. We used to take breaks in the parking lot of target after buying tons of ottomans that we didn't need. That was how we spent time together. And if I don't carve out space for myself and I don't mean one of those intentional put it in their journal, new year's resolution situations. I'm talking about going in the pantry, locking the door, grabbing the bag of Fritos, sitting on the floor and watching an episode of Friends, for serious. This is the season where we got to do more of that. I completely forgot that my usual coping mechanisms, you know, whether it's taking a self care sabbatical and booking a hotel room for a couple of days or calling up a girlfriend and saying, let's get away or even sitting outside of Target for an extra 20 minutes and eating a candy bar and having some Starbucks, like these things don't exist the way they did in our previous world. Because of this dang virus, we have to be doubly careful.

(03:45):

So I'm telling you friend, we've got to reinvent the way that we take care of ourselves. And I think it's going to look a little bit more like carving out micro-moments and less like planning big self-care getaway. So for me this week, what that looked like was getting in the car and leaving. Yeah, that's it. I left, I drove and I just kept turning corners and I looked at houses. I don't know if you're like me, but I just love looking at a house. Like, I'm just like, Oh, that's nice. Or I see what they've done with their yard or, Oh, what an interesting landscape. You know, I just, I mean, I just was looking at houses and parking in neighborhoods and watching a good movie on my phone. And then, and I'm going to give you level 100, top to your parenting here.

(04:28):

I mean, honestly, this is premium, luxury, high end parenting tips. It's called glove box snacks. I stash Cheetos, Rits crackers, you name it. And I think I had a Capri Sun in there. I mean truly none of the good stuff stuck in the glove box. And I just sat there and I lived my best life by myself. And after a while I played some music and I sang out loud by myself. And then when I got tired of looking at this cul de sac, I went and drove to a park, overlooking the river. And I stared at the Chattahoochee River for a couple hours. And I just was nobody's anything. I wasn't mom, I wasn't Nicole, I wasn't mentor, I wasn't wife, I wasn't anybody's anything. And yeah, it doesn't actually replace dipping my toes in the sand on the side of a beach in Jamaica.

(05:16):

But you know what? It helped, it helped a lot. **It was like taking a little bit of steam out of the Instapot to make sure that the pressure didn't make the whole thing explode.** So I say this to you because friend, you may be about to explode. It's been a lot and you're not by yourself in thinking or feeling that, but I don't want you to get into the habit. Cause I do this too. You know, raising my hand. Of thinking that if a break can't look exactly how we want it to that we aren't deserving of one anyways. You deserve friend. You are so deserving. So carve out that time, take that breather and nourish yourself because you take care of so many people and I love you

for it. I'm so glad that we took this moment to connect because maybe this is the break and I'm so grateful you would choose to spend it with me.

(06:13):

Friend, I'm getting ready to open up another cycle of 1K1Day Academy. And the reason I'm telling you is because maybe in the back of your head, you're making plans right now. You're saying to yourself, you know, when this world opens up, I really want to be financially positioned to pay for our family to take that vacation that we've put aside for so long. Or finish those extra renovations that I really noticed in the house during this quarantine time. Or maybe you're just saying that there's something on your heart that God's called you to do and you know that now's the season to really dive in. Well, I'm finally accepting new students for the first time in 2021. And I really want you to be one of them. We're going to walk through things side-by-side in a simple way virtually that'll help you build a business that you love. That'll be corporately sound, profitable, sustainable, and hopefully a little bit of fun. If you want to learn more, get on the waitlist. We really do fill up soon because I only work with an exclusive small group. Head over to [1K1Day.com](https://1K1Day.com) and just give yourself the option to say yes, I can't wait to work with you and I'll chat with you next week. This was a good one.

(07:24):

Thanks so much for listening and of course I would love to work with you. I believe that a side hustle is something that everyone needs. A little extra cash can change your life. And it is my joy to work with everyday entrepreneurs in my signature program, 1K1Day Academy. You can start now by heading over to [1K1Day.com](https://1K1Day.com) and joining the community. I can't wait to work with you. Let's get started.