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itsjustyou *YOU* sletter

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Exhale. I think I'm going to get that tattooed. The exhale to me is a release. The sigh of breath releasing everything heavy. Because there are always heavy things. I'm listening to Discovering the Inner Moth and have had a lot of ah-ha's that I'm excited to share in therapy tonight. It's kind of eye-opening to realize that most of the behaviors one has - thoughts, fears, worries, too - are coming from childhood. I've known this, but since starting EMDR and this book, I'm realizing just how much. I've always got this internal need, feeling, desire to be working. Could be busy work, could be my businesses, could be dishes & laundry or plant care. I've fought the idea that my value is attached to productivity for years now and it's still something that I have to deal with on a daily basis. Awareness is everything I believe so as quickly as those feelings come in, I can remind myself - the wounded, lied to, manipulated, hurt, and overworked parts of me - that those ideas aren't real. I can remind her that it's okay to slow down, it's okay to rest, it's okay to say no and it's okay to pause as often as you need to - even if that consumes an entire day. There's no rush to grow the businesses, there's no rush to send an email, no rush to load the dishes or wash the bedding. "No rush" is different than procrastination - avoidance. "No rush" doesn't mean I take days or weeks in this slow down, it means that I can take a beat. Those things can still be priorities but I'm allowed to breathe to recenter, to realign. I've created a vision, one so deep that I can see the money in my bank account & feel the weight off my shoulders that it brings. I can see the giant back yard, not filled with wasteful green grass but a chicken coop, a garden, and a horse. I can see the little barn (it's white) and smell the smells as if it's happening right in front of me.

WHAT'S THE RUSH?

I can see my partner, they're staring off into the distance, taking a pause of their own as I come up behind them and wrap my arms around as if their energy melted into mine provides every ounce of love, safety, and security that I need and crave. I've created the vision, I know it's coming, so the constant reminder of "what's the rush?" flows through my head, releasing he worry & anticipation of what's to come, trading it for mindfulness of the present moment, knowing its fleeting.

- Journal Entry: November 13, 2022

November has felt - insane. Insane busy. Insane packed. Insane distracted. Insane emotional.

I've kind of been all over the map.

My dad came into town during the beginning of the month as I was wrapping up preparation for my course launch. I said yes to him coming into town from Missouri while I could have said no and prevented a lot of additional stress (*noted*) but instead, I welcomed him with open arms telling myself that I could take the pause. My to-do list was a mile long as I approached my launch date so during every conversation on that first day, my mind was elsewhere thinking about all of the things I needed to get done.

By the end of day one, I was so emotionally drained by not being fully present and creating false scenarios in my head like: *You're not going to get this course done in time, it's going to bomb, then you're going to have to own up to the fact that you failed and get another job. Your bank account is going to dwindle and you'll never recoup what you've lost.* Sound familiar? All of that because my dad was in town and my work days/hours shifted a bit.

Humans are insane. Our brains... are insane.

The fact that we can feel so confident one day and the next feel like everything we've built and created is one day going to disappear.

While I work towards releasing these fears & worries to heal the trauma that caused them, I've found myself in a constant state of thought-swapping while my body catches up with my mind.

Instead of letting those things takeover while my dad was in town for the week, I traded the negative thoughts for a new strategy that could *hack* Raina's mind so she would chill the fuck out.

There's a term called Radical Acceptance (I talk about this in depth in my course) that I personally, like to cling to. Radical Acceptance is when you stop fighting reality, stop responding with impulsive or destructive behaviors when things aren't going the way you want them to, and let go of bitterness that maybe keeping you trapped in a cycle of suffering.

Did you feel that, in your gut?

Yeah, me too.

I look back, realizing this is the *approach* I took with most of the things, events, disruptions, and pivots in my life. This is the reason why I'm so consistent.

It's not "ignorance is bliss" but instead, seeing the reality in front of you and choosing to approach it in a different way, other than what's wired.

So, dad came to Denver during the first week of November when I had a million and one videos to edit & upload, emails to write up and send out, sales pages to create, product to finalize, and social media to show up for to create value.

Instead of focusing on all the things I wouldn't be able to get done, I identified the things I

could do and decided where to put my energy. I needed to shift my language & idea of what this week could be. Instead of a week of hustle, it'd be a week of intentional focus. I woke up each morning with this reminder, to let go of the routine that I know works, while shifting into a new and *temporary* one.

I set my alarm for 6, same as always, and snoozed once. Archie and I went downstairs and I started my matcha while the smell of bacon took over my kitchen. That was an adjustment. I fed the boys and traded my morning reading time for conversation. I reminded myself that while my routine is forever, this opportunity to sit at my kitchen table to catch up and connect with my dad, whom I hadn't seen in almost 2 years, wasn't. I let go of the need to be checking off boxes and sat, completely present, while we talked, laughed with the kids, and sent them off to school. Once we got back home, my dad always hopped in the shower to get around for the day so that became my opportunity to journal. He

took (what felt like) like 3 minute showers so I whipped up my pre-workout and got right to it without letting myself scroll social or procrastinate. I got one full page in, every day, which felt amazing (*noted*).

I traded my organized fitness for a long walk with the dogs & my dad each morning. Once my pre-workout kicked in and my journaling was done, we'd get leashes on the dogs and head out the door to show my dad our favorite paths and views, taking as much time as we wanted. Once we got back inside, I took 90 minutes for myself to work. I communicated the need to have 90 minutes each morning/day

to work a little bit and then we could spend the rest of the day exploring and running around the city.

I read in a book that our brains work best in 90 min increments so I decided to create that boundary and stick with it thinking that an hour and a half of focused brain power would be enough to do what I needed if I was intentional. I checked my time-block planner (I've got a module for that) once I sat down and had a crystal clear plan in place that I showed up for no matter what. I did my shit.



Once I turned work *off* I allowed myself to once again, release the growing to-do list running through my mind and trade it for mindfulness.

I brought my dad along as I ran errands, went to the grocery store (we have one of the biggest stores I've ever seen so I gave him a tour), we roamed around Costco, we went to the ranch and I introduced him to all of my favorite people and animals, we took a trip to see baby Joey (my horse), and even spent the day at a car dealership to

purchase a new SUV (my 16-yr old is taking my old car). We'd be back in time for school pick up and spent the next hour listening to the girls stories from the day. Together, we prepped dinner and grilled food outside while the dogs (well, Archie) exploded around the back yard with excitement that another human was in at our house.

Our evenings were slow, just how I like them. We watched a movie or tv show together each night as my dad belly laughed throughout them while playing tug-of-war with Archie. I sat there, half paying attention, completely present & aware to

the fact that those moments were precious.

My dad went back home & a wave of emotion hit me smack dab in the face. There it was - the fear, worry, overwhelm, and lack mindset - right back in my head picking up where it had left off. I had a deadline for my course launch and a hundred things to do so I adjusted - again. Reflecting on what I have control of as I went into the week of my launch.

My morning routine is solid - it feels solid, it feels energizing yet peaceful and has helped me create an amazing rhythm, so it stayed. I'd wake up at 6 am, snooze once, make my matcha, feed the boys, read my book, catch the sunrise, turn on my audio-book, get my workout clothes on, make my bed, and then drop the girls off for school. I'd start my pre-workout, journal my page, and move my body - NO. MATTER. WHAT.

My work day started and this is where I had my focus & intention. I had 4 solid hours of uninterrupted time to work (a pause for lunch) so I created a *new* list of my to-dos and just started.

The work day had to end around 2:30 pm so I could pick the girls up from school so I'd flip my lens from work mode to mom mode on my 3-min drive. We arrived home, caught up on the day, and I'd head out to take Archie on a walk with a focus of completely disconnecting. I left my phone at home or in my pocket and we took our time exploring our neighborhood. I came back inside and started to prep dinner, we'd eat, connect, and this is where my shift happened.

I had to talk to my therapist to rewire some old beliefs that I had. I'd flash back to 2015-16

when I was in the peak of my hustle-mentality as I was pushing for Top 10 in the company I was in. I'd say good night to my girls and pour myself a glass of wine, grabbing my laptop and working in front of the TV till 2 o'clock in the morning just so I could get everything I wanted to get done, done. I did that for a couple of years as I crushed every goal I had set before falling into a severe state of burnout. It took everything in me to allow myself to work for a little bit at night without falling into paralysis or avoidance in the form of procrastination because I fought that image of what "hustle" meant. I worked to redefine what this *season* of hustle needed to

look like and created hard boundaries around it.

I decided to trade my evening episode for a 90 minute work block each evening. I'd start at 7 pm after dinner and connecting with the kids, and end - a hard stop - at 8:30 pm so I could maintain my sleep/bedtime routine.

I had boundaries up.

I focused on what I could do.

I prioritized the things that felt good.

I shifted, riding this wave of *right now* like my life depended on it.

AND my course launched *on* 11/11 at 11 am.

On time.

Completed.

Perfect.

In fact, I had everything done the evening before where I was able to spend the morning of 11/11 working *ahead* a little bit.

Can I just take this bit here to thank all of you that jumped in with me during my launch and are now working through Intentionally Unstuck?

Whoa. xx



*Slow down, you crazy child
You're so ambitious for a juvenile
But then if you're so smart, well, tell me
Why are you still so afraid? Mm
Where's the fire, what's the hurry about?
You'd better cool it off before you burn it out
You've got so much to do
And only so many hours in a day...*

- Billy Joel

These lyrics has been consuming my brain as I've enrolled 50+ members into my course in the last couple of weeks. There's this mix of wanting everyone to hurry and apply the things and change their life like I have and on the

opposite, an internal reminder to me (and them) that these things take time. I had a one on one call this morning and my client literally said:

"Some things still suck but I've learned so much. I have a better idea of how to stay more focused, how to keep things a bit more on track. The last couple of weeks have been stressful but I've been able to pause. Things aren't great but things are wonderful."

It gave me chills.

Mostly because I have been working with this client for about 9 straight months now and I'd never heard him say those words.

There is such power in the slow down, in taking your time. In realizing that where you are is right where you need to be. Radical acceptance to the fact that things may not be perfect but you can sure find the silver lining to cling to.

Things aren't great but things are wonderful stuck. I immediately felt what to my core.



I started to think about Thanksgiving again. My mind wandered to that morning as I forced myself to journal on everything I was thankful for. *Really Raina - you had to force yourself?* Yes. In fact, I was in a pretty negative head space the week leading up to this day. My thoughts kept going back and forth as memories of what used to be were trying to take over.

My daughter had asked me what our plans were and all I could respond with was *I don't know* as tears welled in my eyes. Years prior, we were apart of a large family. I was married, the kids dad was completely in the picture and every single holiday was spent with family and

extended family for dinners & gatherings to celebrate. We'd laugh, play, cook, eat, drink, and enjoy the company of those in our circle.

Once I divorced their dad, we spent the next few years shifting what that looked like, staying in touch with most of them, but making it work. I then started dating and *his* family became ours as we shifted the holiday

celebrations to the East coast. And now, this year, sadness became overwhelming as I felt more alone than ever. I don't talk to my ex's family anymore, mine lives a few states away and I'd rather chop off a pinky finger than spend a week in Missouri (no offense to anyone - family stuff, ya know?), and I am navigating a separation with my boyfriend that just feels... hard. I found myself wanting to fast forward to January 1st so the pain of the holiday season could be skipped. As I made myself write out all the things and people that I was thankful for, it was like sadness started to melt away and gratitude started to seep in. Things may not look

like they used to and that's okay - AND I'm in full control of how they look going forward. I sat down with the girls and cried a bit as I shared my thoughts and asked them what *they* wanted Thanksgiving to look like. As they shared a simple game plan, I watched them realizing that I only had 2-3 more of these holidays with them living here at home. *That* thought forced me out of feeling sorry for myself and into being as in the moment as possible with my two best friends. We planned a meal, shopped, prepped, decorated, invited my (ex) boyfriend and on Thanksgiving Day, enjoyed the people in our bubble.

Things aren't great but things are wonderful.

Exhale.

I wanted to share a recap of my month so you didn't feel so alone. I know it can feel kind of alienating watching people on social media, seeing the stories of what looks like a completely perfect life while then reflecting on your own and feeling all the emotions flood in around how much better you *could* be doing if you just allowed yourself to do it.

I want you to know that nothing is perfect. No *one* is perfect. We've all got things going on, stressors, events, people, and situations that make our day a little harder than it should be.

That's normal. You hear me?

The good news is that we do have some control over how we feel. There's a quote in my course that I wanna share here that goes:

"It's the small habits: How you spend your mornings, how you talk to yourself, what you read, what you watch, who you share your energy with, who has access to you, that will change your life."

- Michael Tonge

So I release you into December with that.

Be fucking intentional.

How do you want to feel every morning when you wake up?

What thoughts do you allow in your mind, once you notice them, do you hold on to them or do you need to release them and exchange them for new ones? Notice your language.

What books are you reading or listening to? Do you look forward to opening them or are they boring?

What are you watching on TV right now? Is it leaving you feeling a certain way that affects how you show up? I'm watching Yellowstone now - mostly for the horses.

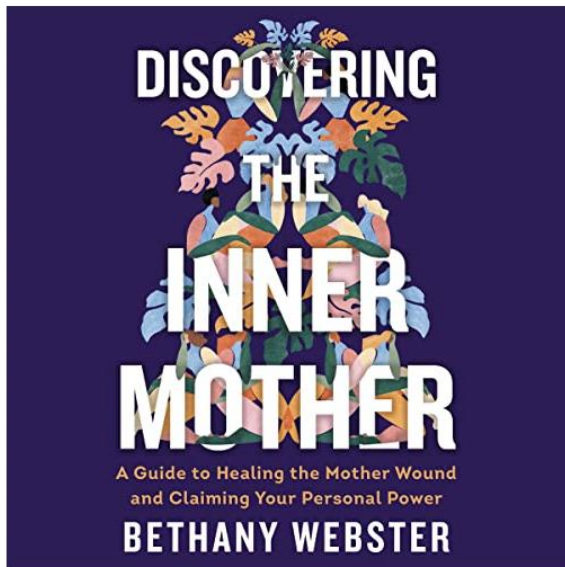
Who do you share your energy with? Who are you allowing in your bubble? Do you receive the energy you give?

Who has access to you, that includes social media? Do you need to put boundaries up?

How do you want your beautiful in between to feel & what do you want it to look like?

BUILD THE IN BETWEEN

MUST READ.



This book was recommended to me by a one on one client who has gone through a lot of inner child/mother work and it peaked my attention. It wasn't until I was about half way through it that I realized it was completely aligned with the EMDR work that I am getting into with my therapist. Already, this book has shifted the way I think about my life, my childhood, and my mother. It's helped me approach my day with more patience and understanding while helping me shift my thoughts quicker. I've journaled like a mad-woman after each section extending myself more grace and opening my eyes a bit more to where my thoughts, ideas, and wired beliefs are coming from. 10/10 recommend.

WORK WITH ME.

WE'VE LAUNCHED! You have no idea how big of a deal this is for me - really. It's more than a course. It's been hundreds of hours of one on one calls, implementation, planning, dissecting, organizing, structuring, recording, editing, and more! I've taken my strategy, my framework, my thought processes, my lessons, and my tools and put them into a self-guided, 15-module course for you to maneuver through. Together, we will create a personalized plan, a blueprint, framework for your day that will allow you to create more consistency in your life while doing a deep dive into where that inconsistency came from in the first place. The thing about this course is that you aren't having to *figure it out on your own*. I will guide you through a deep dive, asking you questions to speed up the process of figuring out what works, doesn't work, and why more quickly than if you were to continue trying to do it yourself. I'm ready when you are. xx Raina

Intentionally Unstuck

*Your blueprint for creating a
routine and maintaining
consistency no matter how much
is on your plate.*

GET UNSTUCK

