

## Ep #132: When Your Business Takes Over Your Whole Life



### Full Episode Transcript

With Your Host

**Becca Pike**

## **Ep #132: When Your Business Takes Over Your Whole Life**

Hello, my friends. All right, so this episode, I am actually taking a clip from a mini mind session that I did with a very small intimate group of students. What you're about to listen to is my response when I asked them what time of day do you shut down your business? What time do you shut down your laptop, shut down your phone, and really focus on being a mom and a wife and a spouse and whatever it is that you do each day?

So what time is that? Is it six o'clock? Is it seven o'clock? Is it five o'clock? When do you shut it down? When I asked this question, there were a lot of messages of just simply I don't really have a time, or I have a time, but I'm not very committed to it. Or I have an idea of what I want it to look like, but I don't do it very well. I spend a lot of time just being in my personal life, but also just allowing my business life to intrude. So I might be at home, but I'm listening to voice notes from clients, or I'm replying to text messages or emails.

I didn't like that answer. That's the truth. I didn't like that answer. So I went into kind of a rant here that I'm about to show you. This is a private session. So I am careful not to let you know who I'm talking to or what it meant to them, but this is just my words to them. I'm kind of going on a rant about business life and personal life balance, work life balance, and what that looks like for me.

Basically, that hey, we are not immune to our shit going down if we don't focus on it in our personal life. If we are too focused on our business, if we are too focused on growing and success, we can't be too careful. So this is a quick excerpt of that. I encourage you to listen to it and really focus on what your personal life looks like. If I were talking directly to you, what would come up for you?

This is episode number 132. I am excited to have you guys here this week. If you are looking to come to the Miami event, you better be getting your tickets bought soon guys. We are going. We are going, going, going. I am so excited about what is to come. We have multiple 30 More members that are all signed up. We have Hell Yes Live members that are all signed up.

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Please know that you do not have to meet any certain criteria to come to the Hell Yes Live, to come to Miami and hang out with us. You have to meet a certain criteria in order to come into 30 More. If you have any questions, please contact us. We are just a few clicks away at [contact@hellyescoachingonline.com](mailto:contact@hellyescoachingonline.com). Otherwise, I will see you guys on the other side of this episode. This is number 132. I am your host, Becca Pike, and it is time for your weekly dose of Hell Yes Coaching. Let's go.

Hey, guys. I'm Becca Pike and welcome to *The Hell Yes Entrepreneur* podcast, the number one show for entrepreneurs looking to create their first six-figure year. If you've got the drive and you know how to hustle but you're not sure where to channel your energy, we've got the answers. Let's dive into today's show.

You're building your businesses, and you're building your wealth. I know. I know for a fact that it is really easy to get caught up in the yeah, but when I'm making X amount of money, and when I'm making this, and when I'm making that, then I'll be able to slow down. Then I'll be able to like really cherish my kids and my time and my stuff.

I just want you to know that that's never going to happen. That every time you meet that next milestone, you're just going to want the next milestone. You'll be happy that you reached that milestone for about 24 hours. Then you will make a new milestone. It will be the new carrot in front of your nose. While you are chasing this carrot and while you are meeting milestones and while you're creating the next carrot and while you're excited for the next thing, life is happening all around you, and you will never get it back.

So this is what it means to become a CEO in my book. In my book, I don't give a shit if you've made a bazillion dollars if your husband is lonely and your kids are being raised by other people or being tossed around from daycare to daycare to daycare to daycare. I think that there is a time in which that has to happen. I think that there was a time where I spent a solid two years just like nose to the ground exhausted just working my ass off.

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But then I became a CEO. I switched from entrepreneur to CEO. I think of entrepreneur as almost like you're just letting life pass you by because you're fucking all over the place, and you don't have to be. You're exhausted. You're like letting all the balls drop around you. To me, a CEO is grounded. They have their life first. Their life is in order. They have their hobbies. They have their time with their kids. They have staff members that are doing things for them. All three of you are at the level of CEO now.

I just want to scare you a little bit in the sense that like life is happening. No one here is immune to your spouse getting lonely. No one here is immune to your spouse finding solace in someone else. No one here is immune to your kids feeling lonely when they go to bed at night, and they're not telling you. You're not immune to any of that. It can happen to all of us.

It is our job. I'm not sitting here saying it's your job to make sure your husband doesn't cheat on you, but it is your job to make sure that your husband is fulfilled in being married to you. Right? Like we made promises, and we chose to be that partner for them. If we just give them a life of loneliness and I'm busy and I'm checking my email, and I haven't sat down and looked in your eyes and like six days then who knows what can happen, right? Your spouse is only human.

So all of you guys have family members that are not going to be around forever. You have children that are going to remember everything about their childhood and how much they got to see you and how much you were on your phone. You have husbands that have the free will to leave at any time that they want.

So, to me, it is just unbelievably important to be able to create hellacious money while having a strong foundation in your personal life. So I would like to know what time you guys would like to shut your brain off and be with your family every day. You commit to it. It doesn't fucking matter if somebody wants to consult or somebody wants to give you \$20,000. That your brain is off from that, and you are with your family.

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Hey guys, this podcast is the blood sweat and tears of a lot of different people. The planning and the preparation of each episode is extensive. My team and I are really proud to bring you this free and abundant content each week, and we hope that you're loving it. If you are, the very best thank you that we can receive from you is a review and a share.

When you share this episode with a friend or leave us a five star review, it is like pouring a little bit of magic into our podcasting bucket. It is what gets our work recognized. It's what gives us energy and keeps us going, truly. Not one share nor review goes without recognition from our team. As always, we fucking love you here at Hell Yes Coaching. Have a beautiful day.

Hey, thanks for taking the time to listen to today's episode. If you're looking to get more clarity and momentum for your business, visit [hellyescoachingonline.com](http://hellyescoachingonline.com). See you next week here on *The Hell Yes Entrepreneur* podcast.