

Ep #137: Switching Off for the Holidays



Full Episode Transcript

With Your Host

Becca Pike

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Hello my CEOs, and welcome to this holiday episode number 137. 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.

Hello friends and happy holidays. Whether you celebrate Christmas or you don't celebrate Christmas, whether you are in America or in another country, whatever it is that you do around this time of year, I want to hold you close right now and give you all of the love.

You guys, the topic that I want to talk about today is near and dear to my heart. If you know anything about me, you know that having a life and loving on my family and being present with my kids and creating a legacy for those around me is my top priority. I love making money. I absolutely love growing my business, but never get it twisted, I do it for my family. I do it so that I can have the time to be with them on holidays, to be present. There is no part of me that wants to ever create a movement of followers who believe that chasing the next dollar is more important than that.

So this holiday season, this is just my reminder to you and my encouragement to you to really take off work and to relax and to be with your kids. A lot of people think that relaxing means laying in a hammock, laying on their couch, eating good food, and it does. But a lot of times relaxing is more uncomfortable than that.

A lot of times it requires being extremely uncomfortable, turning your brain off and telling yourself that you are not going to miss anything at work, denying yourself the ability to check your email when you want to denying yourself the ability to pick up your phone when you want to. Sometimes it can feel very uncomfortable to relax in the way that I'm talking about relaxing.

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This holiday season, I am going to be putting my phone away. This holiday season, I am not going to be working. At this time that you are listening to this episode, I will be deep with my family. I encourage you so much to do the same. Your business is going to be there when you get back. Your business is going to be available to you when you return.

Nothing between now and the time that you get back to your company is going to be problematic. There is no problems that can happen between now and then that can't be fixed when you return. Speaking from someone who lost their closest person this year, my lovely mama who just passed away only a few short months ago, I can tell you right now that your business doesn't mean shit if you're not with your family and loving on them the way that you want to be.

So while it feels like you're in a rat race sometimes of chasing the next highest month and chasing that next metric that you've been looking for, take a second, look around, play Legos with your kids. Make love to your spouse. Enjoy the best meal that you possibly can. Hug your mom, hug her so fucking hard that she doesn't know what is going on.

Say the things that maybe you've been too uncomfortable to say. Tell her, tell your dad, tell your spouse, tell your kids I love you. I cannot imagine where I would be without you. I want to hold you as close as I can for the rest of my life. I appreciate you. I am sorry for any problems I have ever caused. I'm sorry if I have ever offended you. I love you. I cannot wait to be with you for the rest of my life, the rest of your life, whichever comes first. I promise to continue to work on staying present and being here with you.

Guys, happy holidays from my family to yours. I hope you guys are drinking all of the hot cocoa. I hope that you are in the beautiful phase in between Christmas and New Years where you don't really know what day it is or what's going on because you're so detached. I love you guys, and I will see you on the very next episode. Have a great holiday week. Goodbye.

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

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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. See you next week here on *The Hell Yes Entrepreneur* podcast.