

Hello, welcome. I decided to record this podcast episode for a reason. A lot of the times we get to a point where we want to create change in our lives, we want to create some transformation, we feel stuck although we're actually never stuck, but that's probably an episode for another day. Sometimes really big things happen and it sees us create some change, we invest in coaching or we buy the courses or we do bits and pieces. And here's what I've found. I did a lot of growth. I mean, there's a lot of stuff that's happened to me over the past few years.

I think also being a business owner you really have to, especially getting visible as a part of that forces you to really look at a lot of stuff. There's been a lot of moving through a lot. I'm so grateful for all of that because of the difference that all of this stuff makes in my daily life, in the un-extraordinary moments, not when I'm delivering webinars to thousands of people via Zoom or running retreats or dealing with the grief of my former husband. I mean, it's in the little moments that you can actually really literally taste, sense your transformation, how your life has changed from the way it was before. And so in this episode, I'm going to be sharing lessons for any old Sunday.

I'm going to tell you a little bit about a Sunday I had recently and how the way in which I handled stuff just is such a cool reflection and such an invitation to you. If this story sounds familiar to you, that things can be different, you can be different. So let me start by saying the morning was just idyllic. So we had actually all woken up here. So my boyfriend has his kids every second weekend and we had actually had a sleepover. So that was exciting that the kids went down beautifully the night before and, I mean, they spent a lot of time together. He does just live across the road, so it makes it easy for the coming and going. But kids love sleepovers.

Anyway, that was great. Everyone woke up happy days. I had some yogurt and granola. I popped out and I just got some extra sort of fresh fruit, made a big fruit salad, got some pastries from the amazing sourdough bakery. And everyone was having a beautiful breakfast, all seven of us around the table, while I was at that bakery also got just some baguettes. I made up a whole heap of stuff to have a picnic lunch; it was my job for the day because my boyfriend had organised a boat for us to take down the Yarra River here in Melbourne. So the kids didn't know that they were going on, I mean, effectively a party boat, if there were no children and if it was done post lunchtime, the situation would have been very different but the children who all wanted to learn how to drive this boat, that goes very slowly, thank goodness.

But it didn't stop them wanting to learn how to do 360 when the coast was clear. God knows what we would've looked like from the bridges. Anyway, the picnic lunch was made. Everyone was so pumped. It had been drizzling in the morning so we were like, this could really backfire, but the drizzle cleared, we were on the boat having a great time, it was an hour and a half of just fun, music was playing, the vibes were high. And then we had our picnic in a park by the Yarra. It was, I mean, you guys, it's the stuff people really write hallmark cards about, it was a really fabulous day. I mean, my youngest child had just started back at school, all the kids started back at school and she was kind of going from extremes of happiness to tantrums - a lot for her.

So we were dealing with that, but it wasn't too bad. It was all manageable. Everyone was running around having a really good time. I was like, wow, pinching myself that this was my life, one of those sorts of mornings. Then we came home and he had to just go off and get back to his place, get some washing on, do some bits and pieces, prepare a few things for school the next day for his boys. We decided the kids get two hours of screen time. So we decided to give them an hour of screen time. And I was like, I came in and I was just... I looked at the washing and I didn't feel very inspired.

All I thought, yep. ...I should really maybe start thinking about dinner. Didn't really feel inspired by that also, I thought, you know what, in these moments where you can feel yourself just like, oh, like the pin just bursts the balloon, you're sort of slowly deflating because actual real life is also waiting for you, which isn't a problem for me mostly, but I took myself off to my bed and I thought, you know what, they're having some downtime, I think I need some downtime too. It had been an amazing morning, but it also had been nonstop. So off I went to my bed. I watched an episode of Zoe's Extraordinary Playlist. Is anyone else watching that on Stan? Very good, very sad near the end of season one there, but definitely a super great show.

So anyway, it's my happy place. I'm just watching a little bit of that, but I felt myself starting to slip, you know that feeling where there was actually something that had happened the day before that had nothing to do with anything that was happening in that present moment and I started ruminating on it. I started getting a little bit catastrophizing about it. I started to have that weight of the world on my shoulders kind of vibe, when you're like, oh, it's just all on me...rah, rah, rah. We know that. And I think the thing is, is that when you're aware of that kind of thing, when you're aware that that's what's happening and you observe yourself doing it then even though that's the case, sometimes it's not easy to pull yourself out of it straight away.

So I was just going there because my mood was getting a little bit manky. So I knew that I had a choice here. So I thought, come on, Lisa, let's get into gear, let's shift this if you don't want to stay in this mood. So I messaged and said, hey, you finished your stuff I need to get to the shops. So I had found these two recipes that I wanted to try for some lunchbox baking that I wanted to get back into. And I found a really great recipe for dinner and I didn't get a response. And I was like, why am I being ignored? Why is this happening to me? And so, I mean, it sounds so ridiculous. And anyway, it turns out he'd actually nodded off to sleep.

This is the boyfriend across the road, just doing his bits and pieces had actually nodded off to sleep, which is not surprising because I was needing to work hard to keep my eyes open as well. It's just that there were five children here. So the noise level was making sure that that didn't happen. And anyway, by the time he came over, which probably, maybe 15 minutes, I was in the zone. I was feeling a little bit like, this is the thing, these moods, these energies, once we're there and we know that we can shift them, but there can be the hangover effect of them. So I'm still a bit grumpy. I'm still like, well, that's great. So I get up to the shops to get the bits and pieces and the butcher is closed, which of course was like by five minutes. You know the vibe.

So I'm messaging, 'you're just going to have to take some spaghetti bolognese out of the freezer'. Okay. No problems, anything else I can do? Like, no. And because I was in a mood, it was then affecting everything else, right? I'm on my way home. I've got the goods for the other things. And as I said before, I knew I had a choice and I knew that there's ways in which I can shift that energy because it wasn't something that needed my full attention. I'd gone there because I'd let myself ruminate. I was playing in the past. I was also catastrophizing the future. I wasn't really there. I had taken myself way out of the present moment, which is where everything was actually really great. Let's be real. It had been a great day. And this is what I'm wondering if you resonate with. They can just be little things that can set you off. And how long do you stay off? And how long are you willing to spend your life like that? I mean, this is why I do the work I do.

This is literally why I created the mood shift, which I'll put a link to in the show notes because you actually don't have to stay in these moods as long as you might think you do, you have a lot more control. So I was on the way home, I pumped up the music, sort of shifting things. Music is a really great reset for me. I get back inside and I've got my bags and I can see the spag bol out on the bench, it was probably about 4:30 in the afternoon. And then I thought, you know what? I'm going to get to work on these things that I want to make, I've got the ingredients for, I had to get a few little different nuts and seeds. There's a new muesli bar thing that I wanted to try to make for the kids school lunches. And what ended up happening was I put on a bit of 'Rhythm of the Night', I put on a little bit of just random music.

I think there was also a bit of 'Rhythm is a Dancer'. I think because Spotify just kept on delivering me those nineties Brit pop dancey, type tracks. And I was all for it. I turned it up really loud. And I just got in my zone in my kitchen. I didn't need to talk to anyone, I didn't really want to talk to anyone. And then something funny started to happen. I started to get busy and then these kids started to sniff around, like what are you doing, mom? And I have a daughter who's really, really into cooking at the moment. She calls it her happy place. And so she wanted to help me do this cooking. Suddenly there were three children in there wanting to help with the cooking and the music was still on. There was a lot of mess being made. My kitchen is the size of a closet. It is really, really small.

There's no Island bench for everyone to sit at. It is literally like just everyone standing around the bench space is, well, I mean, I don't know a foot. It's so small, but we spread out to the kitchen table, covered the stove top with breadboards and people were doing stuff on there. There was measuring happening and I just went with it. Suddenly, there's literally seven people doing some sort of cooking, stirring, mixing, measuring in the kitchen. And I know that that doesn't sound like everyone's cup of tea, but it was the absolute best kind of chaos. And they were feeding off my shifted mood. I decided that I was going to shift. I decided I didn't want to stay in that spot. That the day had been too good to let me go there. And I needed to use my tools. I needed to take full responsibility for the fact that I was there. So I did. And it turned into the absolute best time.

I mean, there were two lots of baked snacks made. An easy dinner was put together, but then there was, we made this beautiful dessert that everybody loved, simple. Everyone had full hearts. We're sitting around the table, just talking about how great the day was. And I could have totally sabotaged that. And it would have been on me. And this is the thing. I don't think that no one puts us in a bad mood. No one, I mean, unless people are deliberately trying to be nasty to you, in which case, I mean, that's their problem, really. Over the years, I've just gotten so much better at just allowing people to have their experience of life. And I don't need to take on their stuff, not my job, their job to fix themselves.

Just like it's my job to deal with myself and not rely on someone else or some perfect situation or circumstance in order to shift myself out of a bad mood or being triggered or ruminating on something. I see women wasting their lives away, just going over and over, like just being stuck, not knowing that they actually have the ability to shift themselves. And as I said, - so I break this down so clearly in The Mood Shift, which is why I've been told by many people it's one of their favourite trainings that I've ever created. So the link for that will be in the show notes. But because here's the thing, I'm not about, I don't want you to hear me and be like, 'Oh, well, that's fine for her, well done, Lisa, that's a cool story. Or yeah, I'm going to try that'.

I really want to not just listen, but to actually learn and do differently. And that happens when we choose to be something different than what we are. I'm not going to be someone who is a victim of my brain, which will always seek out that whole negativity bias thing, it's always going to seek out things to worry about, seek out things that are wrong and need fixing. It's a normal thing to have happened, but I'm not going to, like that amazing, beautiful day and then for me to end up in a spiral and then grumpy at everyone and short tempered, it's not on anyone else to make me feel better, it's on me to make myself feel better. It's on you. And I called this 'Lessons From Any Other Sunday'. It can literally be like any other hour.

How often are you finding yourself, your days derailed because your brain's just doing what your brain's going to do and then you end up in that state for a really long time? I don't know. I reckon life is just, we lose our power, we literally hand over our power. I don't want to live my life at the whim of my moods. I take full responsibility for how I feel and I will learn and I will practise doing things differently, shifting because we're just energy. We are energy beings, that energy dips, our mood gets lower. I mean, we even call it low moods, like literally your vibration, your frequency dips, and there's ways in which you can increase your frequency and everyone around you will notice they won't use words to describe it, they might just get attracted into that frequency. They might just end up dancing and laughing around you.

It's my job to manage my frequency, which is what I teach in the mood shift. It's all about energy and it's all about personal responsibility and it's very practical. So go grab that training if you struggle with this, if you resonate with this, then it's literally you who I created it for. I mean, I think it's all of us, right? Like I'm not unusual. Sure, I've been using these tools and practising and so I can shift myself faster, but I have countless examples of women who have done that training. And it's been like, what, what have I been doing my whole life? Why have I never understood it like this?

Why didn't I ever think I had the ability to control it. Now I always make a disclaimer when I'm talking about this stuff, because of the number of people around me who have struggled with their mental health, that I am talking from the place of a person who is not dealing with mental illness.

And I encourage anyone who is either triggered by this conversation or who knows that maybe the rules don't... What I'm sharing doesn't apply to them for certain reasons to go and talk to someone about it, make sure that you are supported and nothing that I ever ever offer or put out there is some kind of silver bullet cure all, it's literally the stuff that's worked for me that's completely changed how I show up in my life and completely altered the expectations that I have for myself and how good life can feel. But I know we're not all the same. Okay. So absolutely always seek help and support for whatever it is that you're dealing with via trained professionals. But if you are someone who gets derailed, who wants to learn an extra set of tools, really, that's all I do.

Just sharing the tools to help you. I know that the mood shift will help, but I also hope that me just sharing this story and explaining to you a little bit of what I do, like just literally pumping up some music, doing something that I know is going to give me a feeling of satisfaction at the end of it, getting those lunchbox snacks baked for the week. Those things, honestly, you guys, it's far simpler than you think, but you have to take responsibility, you have to know you can do it, and no one else is going to deliver it to you. I love the feeling of being spoiled or someone taking care of me, or just when you do get that beautiful sequence of events like I had in the morning where everything was just going so well, but that's not all the time.

We're responsible for how we show up in the world and our mood. And so I hope that my story of any other Sunday reflects back to you, and maybe if you find yourself in that same situation that you can think to yourself, what do I need right now? What would change my frequency? What is going to help me shift my attention to things that make me feel good? I don't need to be in the rumination. I don't need to go down this path of thought spirals. I can see myself doing it and I'm choosing not to. Give it a crack. Of course let me know if you give it a try. Let me know if you jump into The Mood Shift, it's a smashing training and it's helped many, many people. I will see you in the next episode. Bye for now.