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EPIISODE FORTY THREE

How to Know If It's Enough

*THE EASE
of hustle*

You're listening to episode 43, How to Know If It's Enough.

Welcome to The Ease of Hustle! I'm Lauren Cash. I'm a master-certified coach, calendar queen, and multiple six-figure digital business owner. I adore helping you create goals your mind never thought were an option by blending together spirituality, mindset coaching, minimalism, and psychology. If you're looking to go from procrastinating perfectionist to easeful entrepreneur, this is the podcast that is meant for you. Thanks for being here, now let's get to the show.

Hey, how's it going? Hope you're having a great week. Let's just dive right on in today. Not going to talk your ear off about what's going on with me, and let's just talk about how to know if it's enough. This came to me through a question, somebody had asked. They had submitted it. I take questions and invitations to topics for the podcast, so if you want to put yours in, make sure you go to the show notes. You can always go to the show notes at vivere.co/43. We'll have a link there for you to submit your invitation for me to answer your question on the podcast, which is my most fun thing to do. I love to create podcasts for you, just from my own mind, but I think especially as a Human Design projector, having invitations from you for what you want me to talk to you about is the most fun thing ever.

So, one question was, "Do you still feel like you haven't done enough in a day or week?" I had posted a question on Instagram this week about what is coming up for you around time and money, like what about time, what limiting beliefs about time are related to your beliefs around money? And somebody said, "I'm not doing enough with my time to make a lot of money." Now, this is a very layered topic, and I hope that I can do it justice in this podcast episode. I probably won't. I will do the best that I can, but I love this topic so much, so much so that I do have a mug that talks about this because I've coached on it so much with my clients.

So let's dive into tackling how do you know if it is enough? The first issue with "enough" is that it's extremely vague and subjective. So, enough for what? Enough of what? Enough, like what are we comparing that to? How do we know if it's enough? What is it enough of? Usually, the answer is enough to create my goal, enough action usually to create my goal, whether it's number of clients, dollar amount, consults, effort in my business, posts on Instagram, time showing up in Stories, Reels, marketing streams, effort with my clients, whatever it is.

And usually, it's to create the outcome of a certain dollar amount, I'll say, in my coaching. Dollar amount, or some goal. You've some goal, which often is a dollar amount because I coach a lot of procrastinating perfectionists creating easeful entrepreneurship for themselves, so it's usually dollar amount, or amount of time they're working, or amount of time they have off, or something like that.

So they're asking, "How much is enough to create that goal?" And the problem with this kind of thinking is that it inherently attributes our outcomes to our actions, because it's saying, "How much is enough action for me to take to create my goal, my result, my outcome?" But our actions alone do not create our goals, and I'll say that again because our minds really don't believe this. Our actions alone do not create our goals solely by themselves. It's not our actions that create our goals. Wait, what? I know, my mind is still trying to catch up with this. It's so much more nuanced than this.

We create things that we have, we create goals, we create results, we create outcomes, based on what we are thinking and feeling, in combination with what action we take or don't take. So it is flavored, very heavily weighted, what we create based on what we're thinking, what we're believing, because what we're thinking, what we keep thinking over and over again is a belief, according to Abraham. And our beliefs really create our realities by way of what vibration we're in. How we're feeling, then what we do and don't do. Yes, there's still action, we're not just sitting on a couch manifesting, maybe eventually we will get there.

There's some action or inaction that we're doing, but I think as humans, with our minds, we heavily weight those actions and inactions. We really think, we almost think it's almost as if it's not what we're thinking, believing, how we're feeling while we do those things. We kind of negate those things, we're like, "Yeah, yeah." I mean, I know especially if you've been in the coaching industry, if you are a certified life coach, especially from the Life Coach School like me, you're like, "Yeah, yeah, I know it's my thoughts that create my results through the self-coaching model that I coach through."

You're like, "Yeah, I know that, but really it's my actions. My actions create my results. Let's just get rid of that T, the thought and the feeling, it's not really what I'm thinking and feeling." But what if that actually is much more heavily weighted than you've ever imagined before? What if it's more so what you're believing and thinking, and how you're feeling, than what you do and don't do? What if you could really simplify what you're doing and not doing, and just heavily focus on the thinking, believing, feeling work, that then leads into what you're doing and not doing?

I just want you to consider that because if you're not paying attention to what you're thinking and feeling, it can completely change the trajectory of your results. It's almost as if you're like throwing a ball, and you want to hit a certain place, but you're like, "It doesn't really matter where I look and kind of what the speed is that I throw it at, I just need to keep throwing this ball as many times as I can, and eventually I'll hit the target." It's almost like that, like, "I'm not even going to consider that, really being intentional about where I'm looking and the force by which I use my arm." That's actually way more important than us like throwing 100 balls. Like yeah, eventually we'll hit it maybe, but what if it's more about the intentionality of fewer throws because of where we're looking and how we're throwing? What if that were so much more important?

So what we must really get coached on and coach ourselves on is coming from useful beliefs, intentional thought-feeling combinations, to then choose and decide what we will do. What actions and inactions we will take, because right now, if you're trying to decide what to do and not do from a place of thinking, "I might not do enough," you're going to not be feeling very abundant. You're in scarcity mentality, that there's this reality that I might not do enough. So then you're going to be compensating with that with the actions that you select, and you're going to be flavoring those actions with your scarcity, that then of course will never be enough, because you believe there's some reality where you won't do enough. So then you're always going to be adding things in, you're probably doing more things than you really need to be doing because you believe you need to pack in the actions to create your goal.

So then you really will have a time issue then, right? If you're thinking, "I just need to do more, I just need to add in more actions," but it can't be that, because we know lots of people who are super successful that haven't packed in all the actions. Yet they make a whole lot of money. Yet they have really large companies. They've just focused on specific things, and they also probably have certain beliefs about themselves, about their companies, about their customers, about the people they serve. They've focused on other things, other than just doing a lot of stuff.

So if we come from it believing that it may not be enough, it never will be. It'll never be enough if you believe that it might not be enough because when you think it might not be enough, you don't feel great, then you don't select really intentional actions. The result that you create from that is not going to be enough. You can't create enough from believing there's this place where it couldn't be enough. There's no useful place for ever thinking "This is enough" or "Not enough," or any of that.

What if you just decided instead, whatever you choose is of course going to create your result? If you believe you're going to create your result 100%, it doesn't even matter really what actions you take. It really doesn't, if you are driving it with thoughts and feelings that are really in alignment with what you desire to create, and we know this, looking at all the entrepreneurs out there. So many of them have created very similar results, six, seven-figure businesses, with really different actions. It hasn't really mattered what actions they've taken.

So there's not an "enough" action. There's not a, "Here is the quota," like "You must post three times a day on..." There's no prescription for enough action. That's the wrong question to be asking. You just decide what enough is because you've decided for sure you're creating that result. You know how much money you're going to create. You're going to just design what that is from believing whatever you do is what you're meant to do, and of course, you're creating that goal, when you're in that vibe, choosing what you're going to do, you make the best-educated guess that you can. You set up maybe your scorecard. You test it. You tweak it. You see, "Where is it that I am not in belief? Where's my mindset blocking me?" This is where a coach is super helpful, by the way. And then you create your result.

What if it's actually like this whole action question. I've said this, it's the wrong question, but what if you've so heavily placed it on action, on strategy, when really it's more about belief and thought, and the vibe that you're coming with? Yes, you're going to do some things, but it really doesn't matter which things you do, as long as you believe those are the things that are creating your results. As long as you're wholeheartedly, "Instagram is the way," wholeheartedly "TikTok is my strategy, of course, I create it from this," wholeheartedly "Podcasts, email lists, Instagram, this is how one has a multiple six-figure business like this is the way."

And I'm preaching to myself as much as I'm preaching to you. Like recently, my own mind has been getting into this frenzy of like, "If we're going to cut back our work to 20 hours-ish a week, we better have enough marketing time." It's been so obsessed with this marketing chew toy lately. It's like, "How do we market The Shop enough? How do we drive people to The Shop enough? The Shop is so amazing, like why aren't more people in there?" It gets so flipped out about this, but if I truly believed in my business model, if I truly believed in how I'm helping you all, if I truly believed in what I am offering and who I am investing in, and I knew for sure that was going to create my result, I wouldn't be freaked out about it. Hours have nothing to do with it.

Time has nothing to do with any of this. We think that it's time because we think that it's the action, and we think that actions take time, but all of that is an illusion. It's not even how the world works. It's just the way that our human minds see the thing, so then it breaks it down into all this math, and like completely flips out.

So, I'm going to leave you with how you know it's enough is by deciding there's no enough quota. That you really see that it's more about belief work, getting into the thought-feeling combination, being really on to yourself about that you're really just doubting if you can create that result, and that you can just decide. You can use the folding effect. You can use the scorecard to just decide what the enough is, and you're going to test it, and you're going to see, "Where's my thought-feeling combo really the problem here, not the action? What are the actions that I am going to decide are the way? And I'm just going to choose them for a quarter, and go all-in and coach myself on it, be fully committed to it, and that's that." Alright, so, I hope you have an amazing week, I'll talk to you next week, bye.

Hey there, thanks so much for listening. I wanted to invite you, if you're ready to integrate what you're learning on this podcast and want to dive deeper, you must come check out Cultivate Margin. It's my coaching program that's a hybrid between a self-study course and a coaching program, designed just for you. Join me and the community of others like you at [vivere.co/margin](https://www.vivere.co/margin), and you can get that link in the show notes as well. I can't wait to see you in there. Have an amazing day.

xo, L.

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