



EPISODE 003 – NAVIGATING OBSTACLES: A TALE OF A MURPHY’S LAW MORNING

You are listening to the Fun & Profit for the Active Entrepreneur podcast, Episode 3 – What to do with Unexpected Obstacles, A Tale of a Murphy’s Law morning.

Welcome to the Fun & Profit for the Active Entrepreneur podcast. I’m your host, Paula G. Join me as we explore what it takes to get you out from behind your desk and endless to-do’s so you’re feeling more vibrant, alive, and engaged in your business and in your life.

Welcome. Welcome, everyone. Welcome to Episode 3. I’m so excited to have launched the podcast out into the world, getting feedback, having people listen, and being able to move along on this journey, this eclectic journey of information helping you create more fun and more profit and more feeling of being alive in your life and in your business. Let’s face it, you could spend a lot of time behind your desk, and I want more than that for you, but not at the expense of making the money that you want and keeping the money that you want.

Today, I couldn’t have planned this topic. Sometimes things happen to you and all you can think in the lunacy of them unfolding is: At least that’s going to make a great podcast. That’s going to make a good blog post. You might as well use what you’ve got. I call today What to do With Unexpected Obstacles – A Tale From a Murphy’s Law

Morning. Indeed, I had one of those mornings, a tough one last week. I'm recording this in late August of 2015.

Last week I had registered to go to Philadelphia to Pam Slim's Community Tour day. I love Pam's work and was totally looking forward to experiencing her magic in a small group in Philadelphia. For those of you not familiar with where I live, getting to Philadelphia seems a lot harder than it should be. Theoretically, I'm an hour from Center City Philadelphia. In reality, it's longer than that. There's no easy way to get there from here. The most cost effective and at least stress normal experience that you can do is to take the train. That involves driving half an hour from my house to the train station, then about an hour on the train to get to Philadelphia. And then, of course, rinse and repeat for the way home.

To get there early, because we were supposed to be there by 7:45 a.m., and I'm one of those people that comes right off the tree of the teachings of my dad that if you're not 15 minutes early, you are late. So off I go. I go to jump in my car at 20 of 6:00 a.m., so that's 5:40 a.m. I'm ready to go, waiting for my partner to drive back out the driveway so that I could get my car out and go. **Alas, her car does not start. It doesn't turn over, doesn't start, nothing. Dead as a doorknob.** I'm like: You've got to be kidding me. I have to make this train or I'm not going to be there on time. It was only a half-day event, so being very late would really disrupt the whole experience. I think: How can I get out of the driveway? How can I get out of here?

First I assess the severity of the situation. Her car is dead. She's not bleeding in the street, so therefore my **"I'm going to do what it takes" mentality** kicks in. How can I get out of the driveway? If I angle my car at just the right angle in this tiny space, I bet I could back onto the grass, make a few little adjustments, back around her car back on the grass and around and curve out onto the street. This was a sight to behold. I really wish someone was videoing this because boy, that would make a great addition, an extra media file to this podcast. It was tricky. It was difficult. I only really lost my cool

twice, once when I felt it was taking longer than it should. Of course, I'm trying to maneuver my car without hitting anything in these small little spaces at 5:40 a.m. in the dark. Secondly, when I tapped the landscaping around the mailbox and instead of tapping it, I thought I really hit something because all of a sudden I heard all this noise and things were rolling underneath my car. Here I just disrupted the landscaping and the edging and blocks that are there. It sounded much worse than it was but I did start yelling a little bit.

Nonetheless, I got out and off I go, rushing to get to the train, park, get on the train, and then attempt to really ground myself. All of this requires, when you hit on unexpected obstacles -- I talked about **assessing the severity** because obviously, if there was a real serious situation happening, a serious obstacle, you might shift from a "do what it takes mentality" to "I just need to let everything go and focus" on an emergency or something. Either way, you need to **take yourself lightly**. As I took many, many deep breaths on the train there, I'm like: I just need to take myself lightly and give myself permission to land in the moment, to enjoy the day knowing that there's been some distraction, disruption, going back and forth on texts about repairing the other car. Just allow that to be okay. As a type A, everything needed to go perfect all the time kind of person, recovering from that, it could be very easy to get derailed by the situation, and not only have the situation but then also lose the gift of the day.

So I get to the city on time. Yay, great. A longer walk than I expected in the dripping, hot, humid, gross weather that we have here in August. I got there early and it was great. The people were wonderful. In terms of just part of why I love going to these sort of events with teachers that I love is that they're real. They're real. A big hug, "sorry you had a hard time getting here," that's real. Not smoke and mirrors, come out on the stage all fancied up kind of theatrics. Real.

When I talk about tools to **ground in the moment**, that was really necessary for me. It could be easy to just get pulled into the drama. It was drama, let's face it. The car is

dead. What the hell do you mean the car is dead? So tools to ground in the moment so I could really enjoy the day. I've been spending – it's been years now that I've been practicing mindfulness and work in just dealing with anxiety and panic. I have quite a lot of tools in my toolbox, and it's very important that I remember to use them. I'll share a couple with you. If you think: My gosh, I could never just let things go and then be present to just engage in the day, yes you could.

One that I love is -- actually, I love the video more than the book, called *One-Moment Meditation* by Martin Boroson. I'll have the link to the video in the show notes. It's worth a couple minutes of your time. It's about how you can really become mindful in one minute. Everybody has one minute. Another really fun tool is the Meditation for Beginners video. It's a six-minute video on Mindful.org -- again, I'll link in the show notes -- with Dan Harris, the newscaster and author of *10% Happier*. It's really approachable and non-woo-woo. It's like here's how this is practical and you can use it. Of course, pretty much anything that Jon Kabat-Zinn has ever done, his books are just fabulous and his meditation study is wonderful. You might think: How do I use this in a real way? Here's an example. You're frazzled. You need to pull your energy back in and be present so that you can be at your best.

When all was said and done, besides getting some great commiseration of people at the conference: Wow, you left early. What a conundrum. Here, have an extra cup of coffee and just settle in. I was able to have a lovingly great day of learning and connecting and just taking a deep breath away from my desk despite the drama of the morning. **It's part "do what it takes" and it's part "be kind to yourself" and part "how can I be mindful"** and ground in the moment and let go of all the other noise that is happening to be here now, to be fully in whatever action I'm taking in my business.

Now, of course, I had a wonderful lunch, hopped on the train, came back home and that's when I realized the other truth of the matter is that there will be distractions, disruptions, and mistakes may happen. When you're stressed, no matter your best

intentions, sometimes mistakes happen. I arrived back to find a lovely parking ticket on my car. I thought: I checked the meter before I went. What the heck? Here I checked the wrong meter. You might think: How dumb can you be? You know which meter is associated with your car when you park in a parking spot. Yes, but sometimes you've just got to forgive yourself and realize that was a boneheaded error in a moment of rushing. **You just let it go and begin again.** That can be a mantra day to day, minute to minute in your business. Just let it go and begin again.

It was quite the day as you can imagine. A colorful day for sure, but one that has taken me many years to get to the point where it didn't derail me. It didn't stress me out to the point that I just end up with a headache and misery and can't be present but just to flow with it, to experience resilience in the face of these crazy obstacles because you're going to have them. They're going to be big; they're going to be small. Murphy is always hiding around the corner with his Murphy's Law. Just expect it to happen, but arm yourself with some mindset, some tools, and the kindness and permission that this is going to happen and here's how you can thrive in spite of it all.

I invite you to take that in. Give yourself permission before the next gotcha happens because it will happen. Goodness knows, I had started that morning last Thursday calm. I got up early, I had meditated, made my smoothie. Everything was going super smooth until the car didn't start. Crickets, nothing. Not turning over. Zip. Just take it in and give it a thought.

With that, check out the show notes. I will have links to the grounding and meditation and mindfulness information. I'll also link up to Pam Slim's com tour. She still has some of that going on. If she's coming to a city near you, I highly recommend the day. As I always say now that we're wrapping this podcast is, if you want more freedom and profit in your business, check out the freedom and profit worksheet. That will help you to have the confidence to know that your systems and your sanity is in place and you

can navigate what happens. That's at ThePaulaGCompany.com/freedom. That link will be in the show notes as well.

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