

#134 Learning To Celebrate Your Wins

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SPEAKERS

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You're listening to the mice simplified life podcast and this is episode number 134. Welcome to the my simplified life podcast, a place where you will learn that your past and even your present. Don't define your future. Regardless of what stage of life you're in, I want you to feel inspired and encouraged to pursue your dreams, simplify your life and start taking action today. I'm your host, Michelle Glogovac, and I'm excited to share my stories and life lessons with you while taking you on my own journey. This is my simplified life. Hey, friends, welcome back to another episode. I'm your host, Michelle Glogovac. And if you notice, I do have my sexy podcast voice on today because I've got some bronchitis. So excuse the deeper voice of this week. Hopefully, it'll be back next week, I'm feeling a little bit better. But this week, I wanted to talk about what it's like to celebrate our wins. Because I think that as we grow older, and as you become an entrepreneur, if that's what you're doing, you often forget to celebrate your wins to celebrate yourself, your achievements, everything that you've accomplished, to get to the moment that you're in right now. I think back to grade school, middle school, high school days, I was on the basketball team. And I can tell you that we would celebrate a win, there was always a pizza party to be had. There was always cheering, patting each other on the back and celebrating a win. But as an entrepreneur, I don't do that, you know, you're a solo person who is making goals for yourself, and who's going to pat you on the back except yourself. So for me, that's something that's completely new and difficult to do, really. When I was in the corporate world, the reward I would get for reaching my sales goals was the monetary bonus, which was fantastic. And that was their way of celebrating me. And then in turn, I would celebrate myself by buying something I would allow myself to spend one item, I would do something big each year. And I remember my very first year of getting a bonus, I was living in Chicago. And I wanted to work out but I wasn't a gym fan. So I bought myself an elliptical. And it came with the whole shebang where people would come into your place and they've set it up for you. And there it was. And then next year, I bought myself my first pair of diamond stud earrings. And I was so proud. I still am proud. I still have the earrings and don't have the elliptical anymore. Too many moves. I have a different one, actually. And these were ways that I celebrated myself I would get allow myself to splurge. And yet now as an entrepreneur, I don't. This came up the other day with my therapist, as I was saying that I was really proud of myself for making sure that I only work during the hours that my kids are in school, that I shut it down, you know when 30 Go pick them up. And it's very rare that I have a phone call, or I'm at my desk in my office

once they're at home. And there were two things that came up, she reminded me that yes, I stopped my job at 130. But that's just so I can switch jobs. And I'm still working after 130. Because motherhood is a job. And to me, that's something that I forget, because it's ingrained in me that I simply do it. It's not that I look at it as a job. This is my role in life. And it is a job. It's, you know, things a taxi driver, it's being a chef, it's being the shopper. It's being the activity coordinator. It's all of these things, and that's a job in and of itself. So although I'm proud of myself for not, quote unquote, working once they come home from school, I am still working a second job. And that's to be celebrated, that I'm able to really hold down these two jobs, and to do them well. I am exceeding in both of these areas. That's my personal belief because I'm crushing it in my work life and motherhood. I'm fully present when my kids are at home. I'm able to make every practice every activity. We go to extracurriculars, you know, we're doing extra events at school that we don't have to that we haven't committed to. But we're able to do that because I've committed to being fully present with them. But one of the things that I do enough of is to celebrate the milestones that are in my business. I last month celebrated 20,000 downloads on the podcast, I average 1000 downloads a month. And yet the month of April, I'm hitting 4000 downloads, which is huge. When you look at I just celebrated 20,000. And now I'm hitting another four in a month. But I don't celebrate it. I posted on Instagram, and I told my husband and that was it. That was the extent of my celebration. Financially, my business is rocking, I am freaking crushing it this year. And I forget that I have worked for four years to get to this point. I said four years ago to other people that I'm starting small so that I can scale once my kids are in school. And this is the year that everybody's in school all day long, full time, five days a week. And I'm scaling. I'm getting to that point that I wanted to. And I need to be celebrating this. How do I celebrate it though? I think this is where it comes down for me is figuring out how do I celebrate it? You know, do you treat yourself to a bottle of champagne? Do you take an afternoon off to get a mani pedi? Do you have a Lacroix in the sunroom and read a good book or just savor the moments? Should I be writing down in a journal? How I feel that I've been able to accomplish this stuff? Do we take a vacation? Yeah, we aren't taking a vacation in the fall because in part, I've done this, you know, there's no financial struggles, because I'm working so hard to ensure that I've gotten to this point that I'm contributing to my family in such a way that it's not just being able to pay the mortgage, it's having a surplus. And that's a big, big deal. I come from a childhood experience where my father passed away at a young age, and my mom was left to raise us financially. You know, not just as a single parent, but as a woman who didn't even have a job at the time. And I saw that I saw the struggles, I experienced the struggles firsthand. And now looking back, I know what I don't want to ever go through, I know what I don't want my children to go through. And I know that subconsciously, that's why I keep pushing myself. That's why I want to make sure that I am not just contributing, but that I can have a savings that I have a retirement fund of my own. And these are all things that need to be celebrated. So then the question comes, how do we celebrate them? Well, first, we have to recognize the wins. I don't know about you, but I have goals, I have them in my head. I've verbalize them to various people. I've written them down, I have my hundreds chart for crossing off every \$1,000 that I make every single month. And these are ways that I track my goals, I look at my numbers, because to me, I'm very number goal oriented. I have a certain financial amount that I want to hit. I you know, want to make sure that I'm booking so many podcasts every month. These are parts of my goals. But I also look at my bank account, what's in that checking account? What's in my 401k, what's in my SEP IRA, I want to make sure that all of those numbers are hitting marks, because ultimately, those are going to help me provide help provide me with the wins to celebrate. Because then I can buy that beach house. And yes, I will eventually buy a beach house. It's going to allow me to retire at some point. Even though I love what I do, I would love nothing more than to be relaxing on a beach and reading and writing and not worrying about finances. And it's not even that I worry about them per se. But of course, we all have money on our

minds at some point. We all have bills to pay. We all have vacations we want to take and that all takes money. So it's taking up space in our minds. So once we reach those goals, how do we celebrate them? Do we take that vacation? Do we go and we buy some new clothes? Do we go out for a nice dinner? Do we have a good bottle of wine, however you want to celebrate is completely up to you. I love to be able to celebrate in a way that either gives me something that I can have tangibly for a really long time. Like the pair of diamond stud earrings, that every time I put them on. I know how I got them. I know that I worked my butt off it traveled all over the country for weeks, every single month, in order to maintain goals, and achieve them and exceed them in order to buy these pair of earrings. And to me, that's a big deal, to be able to book a vacation and have memories made with my family to celebrate those wins. That to me is the greatest way that you can celebrate your wins is by making a memory or having something tangible, that reminds you of how far you've come to get to where you are. And I know that I need to celebrate my wins way more than I do. You know, having a podcast is it's a big deal. It's a lot of work. It's consistency, it takes time, it takes money. And here we are in Episode 134. And I have close to 25,000 downloads now. And that means that there's 25,000 People have listened, maybe not 25,000 people, but the podcast is listened to by 25,000. And that's basically the size of my town I grew up in, which is a huge deal. To me, that's such a big deal. It means that I am creating an impact in the way that I want. And that's fulfilling my dreams, my purpose, my passion, what I want to do. So this week, I want you to look at your wins, take a moment and really reflect on what it is that you're proud of. What have you done. And you know, it can be as simple as you made it on time to every single activity, because that's a big deal. Making it on time when you have tiny humans that you have to get ready. And you know, baseball cleats have to be put on and double knotted. And do we have our waters filled, it all takes up a lot of time mindspace and energy. And then sometimes you get hit with bronchitis and you're still doing it all and making sure it gets done. And that's a win. So whether it's a small win, or it's a big win, like you land a client and you now have a contract for the next year, where you're financially set that's amazing. To be able to have a podcast that has listeners and is continuing to grow. It's not stagnant. That's another win. So I encourage you to celebrate yourself. Take that time to reflect on how far you've come. Because these things don't just happen overnight. They take time. They take effort. They take dedication, consistency. And those are all attributes that you should be so proud of. And as much as I say this to you, I'm saying it to myself, because I need that reminder. I need it so bad. Because I'm not sitting down and relishing how far I've come in four years. So take that time this week. Take it with me, check in with me. Let me know what you're proud of because I want to celebrate you. I want you to know that you've worked so hard to get to where you are and I am proud of you. You should be proud of yourself. So celebrate yourself however you want to do it. And let me know what that celebration looks like so I can get some great new ideas too. Until next week, my friends. Have a great one and celebrate yourself