



## Episode 21 - Transcript

Hey friend, you're listening to The Nicole Walters Podcast. I'm a former six-figure corporate executive who woke up every morning feeling stuck in the life that I built for myself but using my corporate skills I took to the Internet and built a multi-seven-figure business, showing others how they can build a life they love. Now on this podcast, I share stories of being an entrepreneur, a mom to my three amazing girls and a wife to my crazy, cooky dancing hubbin. I've had a couple of viral videos too. So you know there's going to be a lot of laughs here. So whether you've seen me on my viral vids or on the Today Show or read about me in Forbes, this is the place where we can meet, share stories, share laughs, and share fun. I'm your best friend in your head. So sit back, listen close, and let's get started.

Hey friend, I'm so excited that we can have this chat and why I'm really excited about this one is because I know it's going to be particularly impactful and the reason that I know this is because it's a lesson that I had to learn and I found has completely changed my life. How many of you have friends on social media that whenever something is happening they like to post what I like to call a vague-book, where they just say, I can't wait till I get through this or this is going to be the last time, or someone just pray for me, I just don't know what to do. And it's these partial posts that can be so overwhelming, so loaded, but with no additional detail, not even a little insight as to when the news is coming that you're kind of like, man, I feel like I was left hanging.

Or even worse, you have those friends that give you the play-by-play-by-play while they're in the moment, so they just get some news and they're sharing that with you, then 10 seconds later they're showing that they don't have any more updates, than a few seconds after that they're sharing even more info. And the thing about it is social media has made us feel like it's appropriate to take everyone on every single step of the journey. Frankly, I'm a little guilty of it. We may have met on social media because you were falling in the journey. Whether it was the journey of me getting my three beautiful girls and you're one of their Internet aunties or uncles, or if it was a journey of me quitting my nine to five job live online in front of 10,000 people in branching off into entrepreneurship. No matter what, there's a journey that we're definitely on and there's a path that we've been sharing and walking together. I'm glad you're here, but understand that I think that from listening and sharing this time in our weekly chats, you're realizing even though I was sharing the journey while I was on it, I wasn't sharing all of the journey while I was on it, and there's a reason for that and that's why we're having this chat.

We know that friend who is all about making you experience things while they're dealing with it in real time. And it's not that we don't want to be there by our friend's side the entire time, but there is some merit to making sure that we are keeping some things to ourselves, that we're internalizing it, processing it, and then choosing to share. Guys, you know me, I'm an extrovert. I speak my mind, say my mind burst into a room and I got tons to say, but one thing I've had to learn as I've grown up as I've become an adult, is that there is some merit to sleeping on it, to stepping back and taking time to process, to not always be the first one to speak, to taking a moment, taking in emotion and allowing yourself to sit with it.

And as a god girl, sometimes it means taking it and praying on it, putting it before Him and getting His perspective. And I say all of this because I don't really see a lot of grownups doing this. I blame a lot of it on social media. Social media says that we have to have answers and we have to have them now. Why? Because if we find something out, guess what? We can go right to Wikipedia and get what they're looking for two quick taps and Google and we have an answer. We're used to that instant gratification, that immediate response. So much so that when we're thinking about our businesses, our parenting, our relationships, we've become almost knee jerk in how we respond to things. Right away we hear something and we kick right back.

Now take a look at text messaging. It's a great example of how we expect instant responses. Now girl, I know I'm not the only one that when I see those three little dots and then they disappear and then I see that they left my message on read, that I'm like, wait a minute, what's wrong with this person? What's their attitude about? Cause I know that they're about to say, they saw my message. Why aren't they responding? Right? Haha. We all have those moments, but if it was real time, if that person was right across from me, what I actually expect them to respond immediately? Would it be inappropriate for them to say, Hey, I just need a minute, let me sit with that? Without me assuming or reacting to an anticipated response that says more about me than it does about them.

Here's the deal. I learned this lesson for my kids and there's nothing that my kids have taught me more than patience. Mamas, you get this. Whether it's our woundings from the way that we've been raised that drives our initial responses and the desire to be better than what we were taught before, but we find ourselves when it comes to our kids, hopefully exercising a softer hand or even a firmer hand, but one that comes with reflection, with thought and not immediate response. It's a sign of love. It's a sign of caring and it's a sign of growth. It's funny because when I was in my twenties I used to get so frustrated when people would take forever to get back with me and I just finished telling how I feel when I'm waiting for a text message response. Listen, God's still working on me. But the reality is, I used to be like, why aren't they getting back to me? I need that thing. I didn't even like pauses that were too long and sentences, gosh, I was impatient. But recognize that there's nothing flattering about the behaviors of a toddler saying I want it now, in an adult.

That's not how you approach your business. Understand that there's a reason why your bank, other businesses, corporations, tell you that you're gonna wait three to five business days. It's called processing time and you're entitled to it and you should also extend it to others. And that's really the lesson and take away from our chat today.

I found that whenever I'm faced with a challenge, whenever I just don't know what to say or if I feel like something creates an immediate emotional response in me, I take my processing time. I give myself three to five business days, sometimes less, and I grant myself the grace to be able to say I want to reflect on it. I think too often, especially if you're a woman or a minority, you might feel like there's pressure for us to do things faster and better and stronger to prove ourselves.

And that means that if we're waiting on something, it must reflect that we're unsure. Or if we're waiting on something must reflect that we don't know what the next step is. But the reality is people who contemplate people who are thinkers come to better solutions, they explain themselves better, they're more confident in the execution. And that's the type of person you want to be. That's the type of mom you want to be. That's the type of business owner and leader and community builder that you want to be. Someone who rather than leads from their immediate emotional response, takes the time to process and reflect and openly communicates, Hey, this is how I do things and I do this because I respect you.

So with my kids, whenever they do something, you know because kids will be kids and I've got a teenager, so what do you expect. Whenever they do something that's a little out of line, instead of just saying, hey, that's it, you're grounded. We stop. We say, Hey, what happened here? And we get clarity around what the situation is. We're on the same page, we say, Hey, you know what? Me and dad are going to have to talk about this. We're going to take some time to reflect, but will you be back to you in a couple hours with an answer on what we think the next steps are? We do this because we find that when we process things this way, we get a lot less backtalk. We get a lot less arguments about consequences and we get kids that understand that we appreciate and care about them in a way that shows that we put thought into the process of their development and do the same thing in my business.

Even if I know what the answer is, at times I'll say, hey, I'll get back to you in three to five business days because I just want to take this back to my team and make sure everything aligns. Listen, that saved me a whole lot of dollars and a whole lot of heartache. It's a classic core for method that translates into life and entrepreneurship and it's something that I want you to apply today.

Now think about this, going forward for the rest of the day. Where are you going to create yourself some grace? Where are you going to steal some space to think, reflect, and process so you can put your best foot forward and make sure that you are delivering on exactly what you say you'll do? You deserve it. The world deserves it and your future deserves it.

Now, I'm so excited that we're spending this time together. I feel like we're growing every single time we get to chat and nothing makes me more excited than when we're on Instagram and you're sharing that we are having these conversations and your favorite part, your favorite quote, it fills me with joy. I love your messages. So keep them coming. You can reach out to me on Instagram at Nicole Walters. You can find out more at [NicoleWalters.com](http://NicoleWalters.com) and of course I'm all over the Internet. I love to hear from you. So this isn't a one-sided chat. Come back and tell me what you're chewing on, what you're processing. And who knows, maybe I can help. Thanks for listening.

Thanks so much for listening. If you enjoyed this podcast, head over to [Nicolewalters.com](http://Nicolewalters.com). I'd love for us to stay in touch, so make sure you drop your email address. I can send you inspiration, business details, and the occasional funny story and because I'm so generous, there might even be a selfie in the mix. Thanks again. Make sure you subscribe and come back soon.