

B2B Writing Success

November Book Club

Speakers: Lisa Christoffel, EG Orren

Transcript

Lisa Christoffel

Hi, everybody. I'm Lisa Christoffel. We are once again talking about the artists way by Julia Cameron. I do not have nearly the post it notes and everything that EG has on hers. But this is a book that we were going to do just for September, and then you know EEG pointed out hey, this is a 12 week kind of activity based book. And so we decided to go with it. So you know as we talked last time, the artists way is a combination of actually three things. One is morning pages every single morning. So handwriting out three agonizingly long morning pages every morning. You can go into that a little bit later. Doing an artist date once a week every week. And then there are like tasks and things for you to do throughout the week each week. Just to continue digging up the things that your morning pages dig up. So that's kind of the artists way in a nutshell. I've got the morning pages journal that I've been using to do. If you can see all the writing there. My hand really hates that morning exercise like literally falls asleep on a rEGular basis. In fact, half of my morning pages are me complaining that my hand is falling asleep again and I shake it up before I keep writing. So what are you doing with the morning pages EG cuz I know you actually started a few weeks before I did I

E.G. Orren

get on. I'm on where am I? I'm on week 11 So I've got two more weeks ago but this is my version of the morning pages. I use a remarkable tablet. And I think I think the challenges they transcend even though this is tech versus old school pen and paper because I find myself complaining that if it's too cold especially if I'm traveling that the pen doesn't make proper contact with the tablet and it's like you can't I can't read and like yeah, so sometimes my complaint involves that yes, like you. My hands gotten a bit better with the writing but yeah, I definitely was thinking I'm going to end up with carpal tunnel at the end of

Lisa Christoffel

I had to get like I don't know if you can tell this is a pretty thick pen. I tried thinner pens. I can't like that's even worse. So I'm praying that this thick pen doesn't run out before the end of the morning pages. I'm gonna have to buy another thick one because that's like the skinniest my thumb can handle or else it really won't. Bone afraid at all. The good thing with the

E.G. Orren

morning pages like it I mean it's three pages, but it's only three pages so I I'm not what am I at 243 pages. Wow. Right so I've got a couple of more weeks to go so I'll hit what about 250 pages. But that's not just the morning pages. I think what is can throw you off is the extra assignments and the tasks like writing those out right like that. They will tax your brain and they will talk to your head.

Lisa Christoffel

Yeah, yeah, but they really dig in like I actually it's funny because what, um, you know, she says it'll sort of free you up and help you figure things out. And my morning pages is full of I don't know why I'm doing this crap. This is ridiculous waste of time. I don't have an extra 45 minutes of time every day. Like my morning pages are filled with that right? But I've really taken significant steps in my business since I started this without even realizing it like I am clear in the rest of the day. It is I am doing better. The morning pages themselves. I literally hate them. Like I literally resent sitting down and doing them every single morning. But it does make things better later on in the day.

E.G. Orren

Right and that's also what she says when you hate them the most is when you actually need to get through them the most right like when you don't want to do it. That's really when you actually should be more focused and doing them right yeah, yeah, I get that. Are you finding that? I know with me I find myself ranting and going off on different tangents and then usually within a day or two like when the next week starts then that becomes the topic of that like that that chapter. That's right. So my the latest one is like procrastination and stuff and I find it a while and then next thing you know, okay, boom, we're back and I'm like, okay, you know, it's just a matter of your it's, it's it's kind of spooky how your mind starts to process it and then all of a sudden here comes the solution. So to speak, or how to deal with it. You're in that next chapter in the book. Yeah, it's almost

Lisa Christoffel

like she's done this with hundreds or 1000s of people and she knows you know what they're going through and what to expect. But it is really funny. It almost feels prescient you know, that process Yeah. And um, some of the tasks are kind of cool, like, I'm the one where you're putting the was it the rough find the rocks and put them in your pocket? I thought what on earth is that going to do? But it actually was kind of cool. It was it was kind of a cool experience.

E.G. Orren

It's you see, I just I went with twigs

Lisa Christoffel

you went with twigs

E.G. Orren

I went with twigs I'm more of a forest and the trees person so I that I took I took some some twigs

Lisa Christoffel

the I have. I do a lot of function way so I have all these little crystals and and like, you know, gemstones and rocks and things like that. So I just picked five of my favorite and put those in my pocket and that was that was a lot of fun. So that was cool. And have you felt like there are a couple things that I really didn't identify within here. So like one of the chapters was on jealousy and I didn't have any like connection to watch. I think that whole chapter I had no connection to what she was writing. And I don't I don't know if you found there were any sections there that really didn't resonate. With you.

E.G. Orren

Um, what was the jealousy section? I mean, it's really a matter of viewpoint, right? Like when you stop to look at it at some of its, you know, well, somebody's getting ahead in their career faster than you are or somebody's getting more accolades or something. So that kind of plays into I wouldn't necessarily say that to the extreme that it's talked about in the book, but sometimes it forces you to think okay, why am I having this reaction? Right, what is it you know, and it works, you have to kind of take a step back, right, okay. So somebody is getting, you know, like, like, I guess in a business said, somebody is getting more clients or somebody is getting more internet views or somebody has more, you know, whatever, then, you know, it's instead of, you know, sitting there counting going

well, it's a matter of, well, maybe they're outreaching a bit more or maybe they're doing outreach, the same as you are but they're doing it in a different way. So find out how right like so take that step back and analyze why and I, I've been doing that for a lot more like for good and bad. Like, why am I reacting the way I'm reacting? It's becoming very, very self aware.

Lisa Christoffel

Okay, that's interesting to me. I always, I don't know I always have looked at it like, huh, wow, look at what she's doing. That is so cool. What is she doing to get there? Like it's never been, why is she getting that? You know, like for me, it's always been curiosity. What is she doing? Like, how does she know so much about social media? Right? Like, like, what, what is going on in her head? How does she think to make those decisions? So for that part, that whole thing kind of didn't really resonate with me because I just don't think that way. Right? Right.

E.G. Orren

That means that in that case, it's not necessarily a jealousy thing, and like you said, it's more of a curiosity thing, but it does still force you to stop and think it right. So like you have this emotional reaction to something that somebody else is doing. And then now you're instead of just kind of going down that rabbit hole, you're taking a step back, like why did I have that reaction? Right, like what's going on with me that is causing that?

Lisa Christoffel

Yeah. And I think you know, the more you do I mean, that's the whole purpose of the industry, though. The more you do that, sort of digging up in that deeper thinking, the more you're able to figure I think yourself out which is I what I think is really, really cool. So are you you, when we talked I think before about the artist dates, you're going because you like to go out into the outdoors and wilderness and stuff like that. So those are really your artist states. Right. And you've been doing those, right is that

E.G. Orren

yeah, actually, I spent like all of last weekend like you know, like, you know, I got back just in time like literally as I finished unpacking the car, it started to snow. And then you know, so within a 24 hour period, we got like over a foot of snow and it was a nice wet sticky stuff. So I ended up pretty much back trying to shovel the driveway. And it's just yeah, but it's that Yeah, going out and disconnecting

from the check and connecting with nature even though I didn't really do much it was cold. It was windy, but it was just me hanging out in the trees, right? You know, and I would literally move my car, you know, following the bison or you know, staying away from the bison depending on you know the circumstances and what time of day and stuff it was but I yeah, for me that's that's kind of my escape, so to speak. Or I might just, you know, if I if I can't travel for whatever reason, then every now and then I do grab my tablet and I will just you know kind of mini binge something on Netflix or Amazon Prime. Right. So just to kind of change the pace. Yeah,

Lisa Christoffel

yeah. So I started I just for some reason I and she says this right? A lot of people have a harder time with the artist dates. And I was full of excuses. I think at our last at our last call. I had done one out of the four weeks, right? I don't have time I can't do this blah, blah, blah. And so I started making a list like I went back to my childhood and back to you know, what did I used to like to do before I got so busy right before everything was just everything was focused on the future and focused on busyness and everything. And so I've got this list now of things that I want to do. Some of them are big girl things like I love spas. So I've got a couple of Spa visits planned you know for some of the weeks and some of them are what I did. My God all the way through my teenage years was lay on a on the couch under blankets and read a fiction novel because that's like one of my very favorite things to do and I never take time to do it anymore. So I do some of those. And then some of them are kind of more artists things because I did do before I had kids, we my friends and I would do things like we took a class on how to make those sprays those eucalyptus sprays. You know, kind of things. We took a class on how to make quilts. We took a class on how to do ceramics we took you know, like we used to do those kinds of things. So I've got some of those on my list as well. So we'll see how I do. But I'm it's it is tough for me. To first of all, spend 45 minutes every morning writing these pages, and then take another two hours every week and say I'm going to go do something that isn't productive.

E.G. Orren

What do you find that some days the pages are easier than others like some days I just sometimes like my you're not supposed to stop writing but sometimes like my brain just kind of draws a blank and it's not like I'm you know, I get distracted but I just I can't think of anything and then other mornings. I just kind of it's just

as wow it's like this diarrhea of words and neck and one day I actually accidentally did four pages because I just got so stuck. I just did well.

Lisa Christoffel

You know what's funny is I've had days where I'll it'll be agony to get through like the first two pages, and then my brain will hit on something. And I'll do the third page really, really fast and I'll come to the end of the third page and think, but I'm not done. But I'm but it's three pages and I'm done. But it takes me so long to get into that. And I do. I do a lot of I can't think of what to say I'm not sure what I should say right now I keep my brain is kind of empty. And then suddenly you'll be writing about something and you didn't even realize suddenly you were writing about something.

E.G. Orren

And I've had I've had some days where it's been. So like little point form one or two words. or short phrases and it's just like everything, everything under the sun that just is it pops into my head and nothing is really sticking but my brain is going in a million different directions and then like like you said it just it lands on something. And then you just keep going there and a lot of times it's like, where did that come from? You know, you start going where did that come from?

Lisa Christoffel

And you didn't know I thought that Yeah, absolutely. Yeah, I do have the trouble. Some of the trouble I have is my household still has two other people in it who are sort of up and about in the mornings to and that's when they want to talk and that's when they want to do stuff. So my husband sometimes will turn the TV on, and I'll catch something about something political going on and then I'll start ranting about political thing. And so I have a hard time staying focused when there's any distractions at all

E.G. Orren

right and I I, um, I get up really early in the morning. So that I you know, like my alarm goes off at 530 in the morning and some days I actually wake up before the alarm. So it's literally you know, get up let the dog out to go to the bathroom, make my coffee grab my mountain of medication that I need to take you know and then I just get back into bed and I that's that's what I do so the tech doesn't get turned on the phone isn't anywhere near the bed and so I get the morning pages done. And then I have usually two books running. So then I'll read a

chapter in each book. Then I'll start dealing with what's going on, you know with the technology stuff Yeah, and usually around that time it's a quick check in for me and then my mom's usually starting to get up so let's go upstairs and help her get dressed, make her bed, get her breakfast and stuff like that. Right. So I need that time earlier in the morning because if I get distracted, I find that I never manage to get back to it. Yeah right. So

Lisa Christoffel

yeah, I had to do it didn't happen. Yeah, yeah. And the first four weeks I was doing my meditation first. And that usually was kind of before everybody got up and around. By the time I was doing the morning pages. Everybody was up and around and it got hard because it was all distracting. So and I had said to you I was not I think at the last call. I'd said I wasn't really finding that it was doing anything for me. So I flipped it. I get up and do the morning pages first now and then I do my meditation and I am finding that it has made a difference. It's made a difference to to the morning pages and to my meditation. Both of them I think are better.

E.G. Orren

Are you are you now because you flipped it. Are you now struggling with the meditation?

Lisa Christoffel

No, because my family is well aware when I'm meditating that they don't come anywhere near me. They don't turn on anything. Any any distractions or anything like that I have that I've been doing meditation for about four years they are trained.

E.G. Orren

So you so even though you change the time, then that doesn't matter. It's like I'm meditating, right? You're so then what you maybe you need to do your artist state before you meditate. Your morning pages, then head off. Then that way middle the day you're meditating, but that's something that you know that you're going to do, right? If you're having trouble with the artist date and the pages then do this stuff that you're struggling with first that you're not so it's not as habitual and it's not as ingrained. So, yeah, do that first. Right. And that becomes you got to do that before you can meditate kind of thing.

Lisa Christoffel

Yeah, yeah, that could be too. That's so I just hear my meditation teacher in the back of my mind because you know, everybody says whatever habit they want you to do. You have to do it very first thing before you do anything else. So Julia Cameron's like you got to do the morning pages before you do anything else. My meditation teachers like you got to do the meditation before you do anything else. You can't have any caffeine. You can't have any technology. You can't have turned anything off. You can't do everything first thing in the morning. So you can't

E.G. Orren

but if you've already been doing meditation for years and you've got your family trained and you know that that's something you're going to do then do the stuff that I mean, for me anyway, do the stuff that I'm more likely not going to get done as soon as the distractions kick in. Right? As long as it's not something entirely frivolous, right? I mean, like there's a point behind doing them. You know, the artist state and the meditations. There's a point even to me, reading in the morning. Yeah, right. Whereas as soon as like now that I'm sitting whether I'm sitting at my desk or whether I'm traveling as soon as I actually start working then all everything else, kind of even though I tell myself yeah, you know what, I'll do it you know, after after dinner or you know, just before bed. It never happens.

Lisa Christoffel

So you're like habit stacking right um, so I think that's James clear, right atomic habits he recommends habit stacking suite for the important things you try to get done. So it's interesting um, I don't know if you ever read any of Robin Sharma. Have you ever read any of his stuff? So he's got this 2020 20 concept, where he recommends that you do something like meditation or journaling or something like that for 20 minutes in the morning. 20 minutes of what he calls it's like light exercise that gets your brain juices flowing, essentially, like a 20 minute walk or some yoga for 20 minutes or whatever, and then reading for 20 minutes, right? And so that's what he recommends sort of as the entrepreneurs way to start your day. There's like 1000 1000 recommendations for what your morning routine should look like and how you should start your day. And mine already takes two hours. So I've got to figure out how to cut that back. And that's why I think the morning pages is pissing me off because I can't write any faster and it's taking 45 minutes.

E.G. Orren

Well, you can't write any faster but you've already said it's helping to clear up your head.

Lisa Christoffel

Do you have a look at it? You have to look at it that way. You're right. It's absolutely it's um, that's just like people will say I don't have time to meditate. And my response is you don't have time not to meditate because meditating is what also helps you clear your head. My morning meditation I don't know if I don't I don't know how effective that is because I always start my day clear headed for the most part anyway. But I know when I do my afternoon meditations, like I know when I don't get my afternoon meditations in that the rest of my day is way less productive than if I had gotten my 20 minute meditation in and then I'm significantly more productive. For the rest of my day

E.G. Orren

in my mom's got a little bit more of a morbid way of looking at but you know, like, people don't you know, that they don't call they don't come to visit, right? They always find excuses. I'm too busy. I'm too busy. Right? And then you know my mom's like, that everybody always find time for funerals. Suddenly, everything stops and there's time for a funeral. I'm like, shouldn't we be seeing people when they're alive instead of when they're dead? So it's not that they don't have the time it's that they're not making the time they're allowing themselves to get distracted right and I mean, my mom's 88 And she's very good at going straight for the morbidity aspect, but it's true, right? I mean, like, all the things that you would have planned when you said you didn't have time for coffee, you still have planned, you know it and having to go to a prayer service or something but one supersedes the other way to do it. Right make time so it's not that there isn't time. It's that you're not, you're prioritizing differently. Right. Yeah,

Lisa Christoffel

that's a that's actually that's a brilliant way to think about it. Right. Um, and, yeah, especially if you haven't seen somebody in a while. In fact, I just had coffee with one of my clients yesterday, who just she happens to be here in in the same city as me, and she likes to meet face to face every once in a while. So we did we met face to face yesterday. And it was nice, right? It was nice to just like take the time to sit down and catch up and have coffee and stuff. And especially since the pandemic doing stuff like that, like seeing people face to face is far less frequent. So I like your mom's philosophy I think might be a morbid way to look at it, but I

do you know, I do think that's true. We want to spend time with other people. So that's interesting, but it's but again,

E.G. Orren

it's it's you're so overwhelmed with all the little things that you have in front of you that you think have to get done when they don't really have to get done. You just kind of want to try to cross them off your checklist or to do list but really, there's always going to be something that replaces it. So you have to start figuring out what what's more important, right and that you know, like it's not to say that everything has to be life threatening in order to do right away, but it's finding that balance. Right between you know, things that you enjoy versus you know, things that you maybe have to do but you don't necessarily enjoy right so you know make time for your artist state and as much as the morning pages drive me bananas some days to write. Um, they they do they help

Lisa Christoffel

later on in the day. Yeah, it's crazy how much they help. I've made so many decisions over the last few weeks that I've been struggling to make. And I make decisions like I have never been afraid to make decisions. But for some reason, this is all stuff that's been churning, and I'm not sure what I want to do, and I'm not. And suddenly, I'm making all those decisions. So it's really, really cool. And it's interesting, and I think it's really funny. So we're also reading Tools of Titans by Tim Ferriss. And he actually uses this exact book. He does morning pages every morning as part of just his morning routine too. So I thought that was really funny that we had like a dovetail on on the two books that seemed very, very different. That we're reading for the fall. But he he did something that kind of surprised me because she says Don't share your morning pages with anybody. They're really just for you. He actually on his website, if you go up on his website, he's got copies of his morning pages posted up there to show people what they look like and what he writes and everything. I was like, I don't think I would want anybody to see.

E.G. Orren

I'm sure he doesn't share every single day though. Right? Yeah, I mean, it's just just giving samples but that was the same thing. The last time we talked we had writing down the bones, right I was I was reading that at the same time as the artist. Wait, and what's your name? Natalie Goldberg, right? Yeah, she also does the foreword doesn't she in? Yes, yeah. So she's got the word in the artists way

and then Julia is also in her book. So it but it was interesting how as I was reading through the other book, there were things that kind of lined up with the artists way right. And it's just strange. How, what does she call it Synchronicity or what is it?

Lisa Christoffel

Yeah, yeah. Yeah, it is synchronicities. Yeah. And it's funny. Now the chapter that I'm on right now or is it the chapter that I just finished? Well, it is that it is the shells chapter? No, it's the one with no, it's week eight. Recovering a sense of strength is what I'm on. And a lot of the quotes that are in that section of the journal are about let me pull that one of them up. Um after the out, say, How can this last serve me? Where does it point my work? So there's a lot of all a lot of these things about failure in your artists process that I'm that I'm really struggling. So again, it's one of those disconnects for me as long as you are writing and then taking feedback in. I don't. It's hard for me to think of it as failure. Right. Right. Um, and I know she's talking to a different audience when she's talking about this because she's probably talking to literally artists, you know, painters who don't feel like they're recognized and stuff. So I recognize that I'm probably not her audience for that part of it. But I actually like crossed out the quotes that were in the journal because they were just bothering me like they had I don't know, I don't know what it was, but um, I just thought it was a very defeatist way to look at things and I didn't like it.

E.G. Orren

Well, I think what happens with a lot of artists and I see that with people as well, they they want they ask for feedback, but they don't really want feedback. They just want the praise, right? They don't actually want the critique. They just want the pat on the head, so to speak, right? Yeah. And then they'll get very defensive when you try to offer them help and guidance. So that's kind of what I started taking from that right like that one section like there's gate like things like gain disguised as a loss, like even the quotes on the side, but just kind of going through it is trying to figure out how can I make this apply to me? Mm hmm. Right, you know, so a lot of these guys that, you know, like situations that they end up in and it's like, having to reset yourself, right. You know, like, she took what her was at Miami Vice money or something, to write a screenplay and she was there's a lot of self defeating behavior that she was doing, and it's sitting there going, Okay, well, you know, I'm never going to be submitting screenplays somewhere. But what am I doing in my career that yeah, I'm sabotaging myself

essentially, whether I realize it or not, and not taking that next step, either effectively or at all like am I just, you know, half assing it so to speak, and not really giving it my full effort so that I can go back and go, Oh, well, you know, I knew that would happen, right?

Lisa Christoffel

The whether you think about it as art or whether you think about it as some decision or some some way you're putting yourself out there, it still should have some application to say, Okay, you put yourself out there and it didn't work. You know, how you respond to that makes a huge difference as to whether or not you're going to do it again. And or again, and then and we know that you've got to push yourself out of your comfort zone to make progress and grow. You just have to do that. So

E.G. Orren

it's it's to the extent right, it's being honest with yourself to say did I give it my full effort, right? Did you know was that my best? Attempt or do they just kind of do it for the sake of doing it because, you know, I, you're you're sabotaging yourself, you're setting yourself up for failure, right? And then if you do that enough, then now you have an excuse not to do it at all anymore, right? So there's there's a lot of that and a lot of that also comes out I find in the morning pages. Yeah, right. Like like this morning. I chastise myself because I didn't get my step count yesterday. Right and I'm like, I could have easily hit my step count. I just got into bed early and I'm like, yo, like I like yeah, I don't feel like doing and whatever. And then this morning I get up and I'm like smacking myself with the tuner going Why don't you just you just have like a few 100 steps. It wasn't like I was like nowhere near the goal. So yeah, what was it that you know, I guess I get up, go upstairs, come back down and I went to my step count, but I didn't do it. So why did I do

Lisa Christoffel

yeah, like yourself and

E.G. Orren

myself? Pages? Yeah,

Lisa Christoffel

yeah. Yeah, I actually have done that before where I'm like, I tuck myself in a bed and I'm like, 9752 I only have like 250 steps to make my goal. But I don't want to get back out of

E.G. Orren

it like that would have taken what a couple of minutes you know, so and I will I

Lisa Christoffel

will get back out of bed and I'll like start running around the bedroom try to get my steps in and my husband will shake his head is it isn't 9750 To like, roughly 10,000 Why do you have to get to 10,000? Because that was the goal.

E.G. Orren

Right? Because, yeah, because there's like, oh, well close enough. Yes. Right. And so you start doing Oh, well close enough in your steps. And then you start doing Oh, well close enough in your diet and you start doing Oh, well close enough. And it just snowballs

Lisa Christoffel

it? Yes. Yeah. Yeah. So and in fact, one of the tips that I don't always follow but try to remember is like if your goal really is 10,000 steps a day. You actually should put 11,000 steps on your Fitbit or whatever your Apple watch whatever it is you use because then I'm you're you're looking past your goal, you're more likely to hit your goal. Right? Right, because you're looking past it to try to get you know a little bit better. And so I actually I have like a, an hourly step count. And I always try to double that hourly step count, that still doesn't get me to 10,000 I would have to take a walk or do something else to do that. But at least doubling that hourly step count. Makes me get closer to my goal because I'm always exceeding the hour each hour step count. So yeah, that's a that's an interesting concept. And I have yelled at myself too before because I did. And it's around diet. What did I do one time I was like, Yep, I am going to do this. I know how to do this. I'm motivated to do this. And I was all positive in my morning pages, you know, and then that day, I did exactly what I said I wasn't going to do so the next morning. I'm like, What the hell were you thinking? So it is it is an interesting exercise this morning pages.

E.G. Orren

Yeah, I find that I start I start having conversations with myself on this record recording polish. Everybody watching this afterwards you have conversations with them. It's like you know, you're kind of actually start responding to yourself to like through your your writing. Right. And it does get a little

Lisa Christoffel

weird at times get a little weird, but I think that's that head chatter that Julia Cameron is talking about that once you get that out of your way lets you focus on your day. So I think you know, exactly that is why she wants you to be doing the morning pages every morning. That's the exact reason because otherwise, you'd be thinking you know, it would pop up in your head and it would distract you and everything. So, um, you know, I know I've been whining and complaining about writing the morning pages, this whole call. But I do think that, you know, for our members, if you guys haven't started doing this, I would try it. I would seriously I think that it's a really great tool to use. And if both Julia Cameron and Tim Ferriss are saying you know they use this and I tons of people actually because this book is what 20 Some

E.G. Orren

years old Yeah. Yeah, I've got the 25th anniversary, right. And I just got that when I saw your, your list, right. So yeah, this this one's relatively, what's the publication date on this? No idea. 2016 actually, so it's probably 30 years old now.

Lisa Christoffel

So 30 years old. So the books been around for about 30 years. And based on what I've seen, what I've been doing some research online and everything. There are people from all walks of life who use these morning pages on a rEGular basis and they swear by it. So if you you know if you've been thinking about doing it, and you haven't yet started it, I would give it a try. Right? I know I'm whining and complaining about it. I want to complain in the morning pages. But I'm absolutely firm in the fact that I believe that they have helped me make some decisions that I had been waffling on making

E.G. Orren

and I think you know, you know you complain about writing them and you complain in them but I think that also you know in a woowoo sense it just you release yourself of that nEGativity you just you just let go of it. Right? Yeah. Do you find I've got like these pink tabs up at the top that I actually will go back and I

will read these sections like the basic principles. Yeah, I have basic principles marked off yeah. And then the rules of the road. I read those every morning. Yeah, so I've added that right so before I actually you know, once I've done my reading my morning pages, everything else. I go back and I read those that are sectioned off.

Lisa Christoffel

Yes, I have those I have the workbook. So I have those marked off in the workbook. But yeah,

E.G. Orren

color that's interesting.

Lisa Christoffel

I think we're spending too much time together with this social

E.G. Orren

roadmap. Yeah, I will. Once I've done you know, I've done the morning pages. I've done my reading and everything then that's I read those bits before I actually get over to the tech and start working on sounds great. Yeah, absolutely. Yeah. And before my next like, you know, you start the new chapter every week. So before I start reading the New Chapter, I will always go back and I will read through all these tabs. So I'm like my new my new week start on Sundays. So my Sunday mornings obviously tend to take a lot longer because as the book before he bed and also but I would go back and I will remind myself yeah with different things that I put in, right, because I mean, just the tooth I read every morning, but then once a week, I will go back and I'll read through the stuff that I yeah, I've highlighted and marked

Lisa Christoffel

off. Yeah, so that's interesting. So what I find is I'm doing only like one or two of the tests each week. Not all of the tasks that she's asking you to do. But my thinking is that I'm just when I'm finished with this just going to go back and start again and do some of the tasks that I didn't do the first time through and everything because my guess is this is like an unlearning process. And 12 weeks probably isn't enough for as messed up as, as I've been sometimes. Right, you know, because I think that it requires like continual work, to try to keep doing

that. So my intent was I didn't go to your extremes, but my intent is to go do it over again. Right, sort of pick up new tasks and start and

E.G. Orren

I mean with me and my Teflon, Branson, something six I have to kind of go through it repeatedly. But that applies with everything. I mean, what's the point of buying the book if we're just going to read it once? Why not just get it from the library, right? You want to go back and when you go back? It's going to resonate differently? Yes. Right. Like because you've had different experiences and you know, you learn different things. You're going to read the same words but if you're going to process them

Lisa Christoffel

now you different I am together to something else. Or or make a connection that you didn't make the first time you read through it. Absolutely. Yeah, no question. Okay, so I think that's probably good. A good discussion unless there was something else you wanted to cover or talk about that you've sort of uncovered as you've been going through these? No,

E.G. Orren

I just find that it's just kind of creepy how, as I get towards the end of the week, some of this, you know, weirdness comes out in my morning pages, and then I've just learned to just kind of let it go. Get it down, and it'll somehow magically come up in the next chapter.

Lisa Christoffel

And again, the butcher. Yeah. Yeah. Yeah. So like, I think I said to you last time, like, I think it was chapter three, and I wasn't getting angry and she was saying that you should be getting angry and everything. Well, it took me actually I'm sort of on the opposite. I'm delayed. It took me a couple more weeks. And then I started to get angry. So so I'm a more of a slow learner.

E.G. Orren

And with me on in the angry chapter, I went, I just went full blown. Everything was in caps, and they sounded like a drunken sailor and everything was underlined. And it was exclamation points. And it was just, I, you know, I as I was working through it, I pause it I'm like, where is this coming from? What is going on? And that was literally the day before my next chapter and then I started

reading next chapter and I'm like, oh, yeah, I think the one thing I didn't manage to do is you get to the section where they want you to kind of put stuff at night, write stuff out at night, and then write on it in the morning with chapters that

Lisa Christoffel

oh, the questions so asking yourself questions at night that you write on Yeah,

E.G. Orren

yes, I write again back to that. That whole habit thing if I don't do it in the morning, it doesn't get done at night. So even though I was doing the morning pages and stuff, I would you know, I the book is by my bed, it's not like it goes that far because I read it in bed, and I would see that extra different colored cap knowing that I had to do it but my brain never process to actually okay, do that so that I can write about it in the morning and when I go to do it in the morning, I'm like, I didn't write about it. Right. So

Lisa Christoffel

I did that. Twice. I did two of the evenings I remembered to do that at night. So then I was able to write about it in the morning but I forgot after that. You know had had I've been going back and reviewing I probably would have done more than it but I did do it twice.

E.G. Orren

Did you find that it it helped you like putting the questions at night and then you had the answers in the morning?

Lisa Christoffel

It did but then that was also one of those things because me right now I'm focused on the fact that I'm at like way too high a weight and so most of my issues are around controlling my diet and trying to get back healthier and on track and everything. So the questions I was asking were more about my health and stuff and you know, how can I make better choices and everything and then, you know, the next morning like so one of those questions was about you know, how can I get myself to make these better choices. The next morning, I had this whole plan right I was like writing out this whole huge and then I didn't do it I did the opposite day. So then the next day is what I was yelling at myself. So that sort of, you know, backfired a little bit but yes, I certainly it did help me think better. And

if I were to let myself go back and read the morning pages, I had a great plan. I just need to execute that plan that I came up with. And

E.G. Orren

are you at the point where she tells you to go back to read them? No, there's actually a point where she tells you to go back and read them to see your progress. And I'm like, well, that's not gonna work for me because it's all chicken scratch.

Lisa Christoffel

I can't write she has like songs going numb after I mean most of the stuff you can't even tell what the letter said.

E.G. Orren

She says don't go back and you know don't go back and edit don't go back across out don't go back. I'm like so I'm writing stuff and now I'm you know at that point where she asked to go back I'm like, I can't read this I okay, but I mean, I guess it's just really just for you to sit back and go see where you were and realize your progress right like if that's not cluing in yet kind of like you know like you said you know with your with your your health and your weight and stuff. January 1 is great for the gyms and the memberships and everything but then by January 31 If you haven't lost your 30 pounds and look like Cindy Crawford or something then it's like well, this isn't working right. Like give up. Yeah, yeah, the immediate results and you're right, you're not going to get them right. Yet forcing yourself again, like with everything forcing yourself to get through it even if you don't want to that's when you need it the most.

Lisa Christoffel

Absolutely. That is true. That is absolutely true. So cool, great discussion. I really had fun with this. Alright, so everybody that's the end of this call. We have one more scheduled to talk about the artists way in mid December. And I think what I'm going to do is not that I didn't enjoy talking to EG but I think what I'm going to do is asked you all to kind of sign up ahead of time, and we will not hold the call if we don't have anybody wanting to join because this is for you. This is for the members, right to talk about the things that we're learning and everything and I am happy to jump on calls with you guys and talk about it. But you know, if it's not valuable then then we'll you know, we'll spend our time doing something else because we're all really busy. Or maybe a different time. Maybe a different time.

Well we already talked about that with Dan a little bit earlier to make it a different time so maybe we'll make it an evening like Wednesday evenings we usually have a whole lot of people joining us. I don't know if Ben would want to join us at eight o'clock Wednesday evening. But, you know, so but maybe some of the evening, an evening sometime in December might work a little better. So we'll talk about that. Okay. All right. Well, thank you for joining me EG it was a lot of fun to talk about this. And I will recommit to not being quite so grouchy about doing

E.G. Orren

grouchy is good though, get it?

Lisa Christoffel

That's true. All right. So thanks, everybody. Take care. Hopefully, you'll watch this later. And thanks, Ben for helping us out here all right, cool.

E.G. Orren

All right, since I got you and we're not recording Ah, how how do I get like if I wanted to do that. 30 day challenge the email course.

Lisa Christoffel

You Oh, yeah. Yeah, for the

E.G. Orren

day count. How do I do that? Like, do I just email us a picture of something?

Lisa Christoffel

No, so this that's actually the 30 day challenges for you. Okay, do it for yourself. Okay, um,