

## Color Your Dreams Podcast - EP68

**Elaine Lou Cartas:** If you had a shitty year, I get it. And like I said, in the intro, this was a wonderful year in business, personally and professionally for me. We got our first home, my profit compared to last year. I just looked at my reports for my bookkeeper of all finance. We have increased by 5, 093%.

**Elaine Lou Cartas:** I took tears off, not working go. Not two years, sorry. Two weeks off at wish. That's a new goal. Two weeks off, not working, going to Tanzania to hike Mount Kilimanjaro and go on a safari. And sure, you're like, oh god, she's bragging. I also want to share. I had my season flinter like you 2022 was a tough, my hardest year.

**Elaine Lou Cartas:** I have shared podcast episodes about this and I'm sharing another one. And I think it's just so easy. Oh my gosh, he's just killing it. yeah, I just did a course on how to switch careers and working on these contracts with corporations and companies, but. It was a tough year. I was burnt out. I couldn't do business the same way anymore.

**Elaine Lou Cartas:** I was just completely overworked. And I remember there were times when I was looking at my bank account and I knew I had to make more money, but I just couldn't. There were times where I just like randomly cried. I knew what I had to do well, quote unquote, in business to make money, but I just couldn't do it the same way.

**Elaine Lou Cartas:** So I went back to EMDR therapy and. I realized I had to heal from doing what other people, the experts told me what I wanted to, what I should be doing. And I realized I needed to ask myself the question, what do I want? And for me, that's not doing all the things. And even before 2022, let's be real and honest.

**Elaine Lou Cartas:** I promise this is not a Debbie Downer episode. So just please stay here with me because I promise I will give you some things to reflect on and not necessarily actions, but like a good perspective, because it's not just all about action taking, but just being present. So please stay with me like, Oh, my gosh, this is a depressing episode.

**Elaine Lou Cartas:** No, I promise. It's not. But let's be honest. You and I were human. And if there are any animals listening, that's cool too, but even before 2022, I've had other horrible years. There was a year I was fired twice, not just once, twice in one year. I quit a job with no savings. I've gone through my share of breakups, just being a human going through shit.

**Elaine Lou Cartas:** And I'm sure you have gone through and whenever I do presentations, I would always ask the question like, how many of you have, are grateful for a breakup from an ex? And I would have everybody raise their hand and not saying that person was horrible, but we just learned so much about ourselves, but we had to learn, evolve, grow to become the best version of ourself.

**Elaine Lou Cartas:** How did I rebound from those tough years? And how can you too? So I'm going to share. Five things to think about that may resonate with you or may not well one pausing and healing I went back to therapy And maybe this is something you need to do too I just want to stop focusing on the doing and focus on the being learning how to really Listen and honor my voice, but I wanted, and as a first gen immigrant, as the only girl, the oldest of my generation, it was really hard.

**Elaine Lou Cartas:** And I went back to EMDR therapy. That is the only therapy that's been able to heal me. And if you want to learn more, you could check out my episode on coaching versus therapy. Shermer about it. I'll put it in the show notes, but EMDR therapy just really helped heal me of how to honor my voice. And maybe you've tried therapy and it didn't work out for you.

**Elaine Lou Cartas:** I hear this from other people, but what I recommend is to date therapists until you find someone you vibe. And you connect with what was important to me, which may not be for you. Cause maybe you identify differently. What was important to me is to find a woman of color therapist. And I found specifically for me an eight, an Asian American woman who was older, who was such a great match.

**Elaine Lou Cartas:** Like I didn't have to share specific challenges as an Asian American woman that I go through and explain things. It was. So wonderful. And she eventually graciously fired me because that's the goal of therapy. So some resources to find a therapist, go check out psychology today. com to find a therapist in your area.

**Elaine Lou Cartas:** Or if you want a woman of color therapist, look at [inclusivetherapist. com](http://inclusivetherapist.com).

**Elaine Lou Cartas:** And the episode, if you are interested in listening, when it comes to the difference between coaching versus therapy is episode 25 coaching versus therapy, which one do you need with my friend, Dr. Nazanin, Dr. Mowalli. So second, if you. Want to rebound from this tough year, look at your, look at how you're spending both your money and time and reedit re audit, what is actually important to you right now in terms of how you want to spend that money and time.

**Elaine Lou Cartas:** I had to be completely radically honest with myself. Did I really need to spend all this? I cut a lot of expenses for my business and realize there were also things. I was spending personally that I didn't need. And for example, in my business, I reduced my retreat cost by 60%. I'm like, why do I need all these fancy things?

**Elaine Lou Cartas:** Like these crazy gifts and, having a photographer and videographer at each retreat, I reduced another line item by 75%. So if you're a business owner listening to this episode, do you really need to spend all that money? I remember when I had a full time job. When I was this hot shot fundraiser in both politics and the nonprofit sector, I used to count how much money I was wearing very different from who I was, who I am now, I used to be wearing like 1, 000 on average, like my shoes be three or 400.

**Elaine Lou Cartas:** I'd be wearing like a Burberry watch dress. it's so different from even what I'm wearing right now. I am wearing Prada pants, very comfortable, a sports bra, like a sweater on top of this spaghetti t shirt. And in terms of time, I looked at what things I could scale back from my business, what I could delegate or delete all together.

**Elaine Lou Cartas:** I learned to hire coaches that complimented my coaching, including an intuitive guide, marketing strategists and systems expert. I also saw what brought me joy. And I know it was late to my 20, 23 years resolution, but I finally went back to doing Muay Thai, which is Thai kickboxing. I fell in love with Muay Thai when I was 16 and I did it five times a week.

**Elaine Lou Cartas:** I could tell what I haven't been doing Muay Thai lately, and I get high anxiety. I missed one day this past week, oh my gosh, I need to go back. And when it comes to re evaluating both your money and your time, it just helps see, okay, what is important to me? And I remember when my coaches used to tell me, I could tell what is important to someone based off of looking at their bank account, what they're spending money on, when.

**Elaine Lou Cartas:** And then two, looking at their calendar, where's their time? If it's all about work, where's the time personally? some two resources when it comes to re auditing, re editing your money and time. Listen to episode 66, four steps to reduce financial anxiety with Claudia Rucker, and then episode five on time and energy management to get your life back.

**Elaine Lou Cartas:** All right, third tip, being more conscious and mindful of being present. This was huge. I used to just grab my phone to escape from my feelings and anxiety. And instead, now, I would sit with my feelings

and acknowledge it, Hey, anxiety! What up? Why am I feeling this way? Oh. I should probably go to Des Moines Thai because I'm not moving my body.

**Elaine Lou Cartas:** Or, oh, I really don't want to do this work. Why? Maybe because I realize it is too much for me. Okay. So what needs to change? And actually this happened to me last year when it was a tough year for me, like what needs to change? I needed to put more systems. Together, be more organized and see what I could delegate to my team.

**Elaine Lou Cartas:** And that helped me tremendously. I know I'm talking about work, but even personally making sure that when I was with my partner, when I was with my family, I was completely present. I wasn't just taking up my phone and saying, Hey. This might be some great piece of content. I should take a picture and I could make an angle like this.

**Elaine Lou Cartas:** If I was going out to eat, being present just has, Oh, it has been incredible. Even with the feelings of anxiety. Fourth tip. Reach out to people you feel safe with maybe you know a friend or a loved one who went through a similar stage as you Wanting to change careers change their business model or going through something personally like a breakup Reach out we heal in community.

**Elaine Lou Cartas:** Remember one of your kids with the small little problems We used to have in her kids or teenagers. Wasn't it cute? Like I was out with a friend in Santa Barbara And we were around a couple of young 20 year olds and actually in college, there are college students and they were talking about, I can't believe she just doesn't like me or I can't believe he doesn't like me.

**Elaine Lou Cartas:** I'm like, Oh my gosh, your problems are really cute. Not having to worry about paying for bills or property tax. Like it's just adorable. But. Yeah. I remember being their age, how I, it felt so nice to talk to people about my issues, my problems, and knowing that I wasn't alone. So reach out to people that you feel safe with.

**Elaine Lou Cartas:** A friend, a loved one, and if you need an expert, talk to a therapist. I know sometimes we get scared to share a friend or a loved one, maybe a mistake that we made, and we acknowledge the mistake that we've had, and it's affected our life, and we are scared to be judged, it has happened to me multiple times because I am human, I am not perfect.

**Elaine Lou Cartas:** And you know what's so great about a therapist? They legally cannot share information that you tell them. And they don't judge. So like I said, check out episode 25 coaching versus therapy, which one do you need? And in terms of being in a safe space, you could check out episode 28, the importance of trauma informed spaces with AGM Moses.

**Elaine Lou Cartas:** And then fifth tip, remember. We aren't meant to have the best year ever, every single year. We live in seasons. look at our beautiful planet. We currently winter, then spring, then summer, and fall. And just like trees, I don't know if you know this, but obviously in the summer, there's so much.

**Elaine Lou Cartas:** beautiful leaves, green leaves. And during the fall, the leaves have, they turn brown and they have to go down. And that's because when it rains and snows, when the rain and snow comes through the branches, the leaves don't absorb it. Because if the leaves hold the water in the rain, the trees could die. So literally trees have to shed.

**Elaine Lou Cartas:** Their leaves to live a long time. We, as humans, we need a winter. We need times where we pause and get rid of weight to see what we need to do to evolve and change, whether that is personally or professionally. I talk more about this with my client, Brenda Moreno in episode 36 of resting as a revolution, what we can learn from nature and seasons, but.

**Elaine Lou Cartas:** We are meant to be constantly living in summer, constantly having the best years. Circumstances changes, right? Like maybe you are now a parent. Maybe you have an aging parent. We are human and we evolve. So my aligned action step for you, a reflective question is be kind to yourself, honor this season, pause and give yourself time to heal and be radically honest and self aware.

**Elaine Lou Cartas:** What? Do you need to change to be the best version of who you are now?