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From: **Chelsea I Smart Money Mamas** <chelsea@smartmoneymamas.com>

Date: Tue, Jun 15, 2021 at 9:45 AM

Subject: You don't have to hustle

To: Molly <mollycorbin@gmail.com>

You know what, Molly? Sometimes I don't want to hustle. Yup, that's my truth bomb for today. I'm not sure what you're looking for at Smart Money Mamas, but just in case you're looking for someone to tell you to work your butt off around the clock to build wealth, let me share...

Recently, I picked up a book I heard recommended on a business podcast and I sat down to read it out by the fire pit with my husband. And as worked my way through the first few chapters, I got more and more tense. My shoulders were up in my ears (if you're my chiropractor - Sorry, Jen) and I was repeatedly sighing.

Finally, Jeremiah looked at me and said, "Okay, what's going on with that book. You look like you're going to explode."

I looked up and responded, "It's taking all my energy not to just throw it in the fire pit." You see, the book was all about productivity and reaching your goals faster.

It had ideas about how to do more in less time and make the most of every minute. At one point the author mentioned ways to get your body to adjust to less sleep so you could wake up and work earlier in the day. And how to create micro tasks so whenever you have a moment of downtime you can plug one of those tasks in.

And I'll be honest, there was a time in my life where I would have been nodding along like, "YES! Get it!"

But now?

I have no interest in working myself into the ground. I want to measure my success by how many hours a day I get to relax, read, and enjoy my family. Not by the number of to-do items I check off my list.

That doesn't mean I don't want to hit my money or life goals. It just means that my definition of work boundaries and productivity has changed.

AND THAT'S OKAY!

Hustle culture - this idea that we all need a full-time job and a side hustle and be training for a triathlon - it's not helpful. Especially for mamas like us that already put way too

much pressure on ourselves.

I've realized that the sooner I acknowledge that I need rest and play, the better boundaries I can set with my work *and* the easier it is to determine my priorities. Both with my to-do list and my budget.

Hustle culture results in burned out adults who are trying to do it all instead of doing what's most important. You're worth more than that and your kids deserve to see you treat yourself well and rest.

Oh and you should know that not wanting to hustle all the time doesn't make you lazy and doesn't mean you can't reach your goals. It just means that you're human and you're listening to your body... So, surround yourself with people who believe in your goals - but also celebrate your joy.

Peace & love,

Chelsea

P.S. Do you struggle to make time for rest? What is your favorite thing to do in your free time? Reply to this email and share!

P.P.S. I put that book away (I didn't burn it, my book lover heart would never allow it) and went and got my current fiction read. I had a much more enjoyable evening and you know what? I was much more productive the next day. So maybe the book worked 🙄

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