

## Ep #88: What I've Learned Since Having Kids



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With Your Host

**Brooke Keeling**

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Want to have it all? Well, the best day to get started is TODAY. Welcome to *Love Your Living*, a podcast for ambitious women who want to take their life and business to a WHOLE new level of success. I'm Brooke Keeling, multiple six-figure business owner, passionate entrepreneur and your host.

Hey everyone and welcome to the Love Your Living podcast. I am your host Brooke Keeling and excited as always to be here with you all. And one of the topics that I'm going to talk today on is being a mama because that's my world right now. And I'm incredibly grateful to have brought little humans into this world. And been able to have that gift and gone through that, and not everybody has and I totally understand that and some of you listening are not moms and that's okay. I'm hoping that you can get some magic out of this episode.

Just the other day I was looking at a picture on my desk of my daughter and I, and it's from about three and a half years ago. She was only about six months old at the time. And looking at the picture, it felt like it was a decade ago. It felt like it was 10 years ago, not three years ago.

And sometimes time goes way too fast, especially with kids, if you are a parent, the time just flies by and every year I feel goes by even quicker. And so I feel so grateful that I have really tried to have a perspective with her. Raising my daughter over the last three years of being present and being in the moment and taking it in because you hear these stories all the time, of people saying like, "Oh my gosh. It was just yesterday I brought my baby home and now 25 years later, they're grown and they're off doing their own thing. And wishing that they had that time back or wishing that maybe they would have done something differently or they wouldn't have been so busy in their life. And of course, me leading an incredibly busy life, having multiple businesses and having really big dreams and aspirations, not only for myself but for my family.

It's a constant checks and balance, of being present and not, taking every single moment in, that I possibly can as a mom. So I don't miss out. And

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also having an enough time and space and try not to take the guilt in of, wanting more and working in my business in creating different opportunities. Right? And I think that's something that we all struggle with. Whether you are a parent or not, it's being able to, one, be grateful for the life that you're living right now. Being present and having a perspective of what we do have, while we work towards something bigger. So that when we're 80 years old, I think about this a lot. You're kind of wondering like, "Hm, what does that mean for me?" If you're 80 years old, what is something that you don't ever want to regret? And I think it's so easy if you think of it that way, to get clear on what it is that you want and what it is that you don't want. And start making more moves towards what it is that you want your story to look like.

And I've said this many times before, but having kids has been an eye opener for me in creating my own legacy. It's the tattoo that I have on my wrist is legacy. We all have the opportunity to rewrite our history, to rewrite our future, to create the life that we want, not only for us, but how we want to be remembered in this world. What we want to leave behind, how we want our kids to remember us, how we showed up every day. It's so important to me to set that example. And looking back at this picture, I thought, "Wow, that was only three years ago." It seems like it was 10 years ago and how much we've grown since then. How much I've grown as a person, how much I've grown as a mom, how much love I have for this little girl in this picture. And looking forward to all of the incredible new memories to come as our family continues to grow. And what it will look like in three years. Right.

That's another thing that I think about a lot is, this Tony Robbins quote that says, "Most of us highly overestimate, what we can accomplish in one year, so we feel really defeated because we greatly overestimate what we can do in one year, but we greatly underestimate what we can do in a lifetime, in five years, in 10 years." So thinking that big picture and it takes us back sometimes. And I think being able to understand goal setting and creating a one-year roadmap, a five year, a 10-year, 25 year, to kind of break those

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things down, create so much more momentum and success in your world, and just also this sense of perseverance and growth. And I can tell you in my world the things that I have accomplished, I can go year to year. And year to year I think like, "Oh man, I didn't do that much, or I have so much further to go. Or next year I'm going to do even bigger and better things." Every year I push myself to do more. That's just who I am and that's what it's allowed me to create the success that I have in my world and in my life.

But looking back three years, looking back five years, looking back 10 years, I am blown away at what I have been able to accomplish. And so, so proud. And if you are not in that boat, just know that that can be you, start focusing on the things that you want and getting really clear on goal setting. But also, just really take some time to understand, what you have accomplished because oftentimes we don't look back and give ourself a pat on the back and say like, "You're a rock star." And that's what continues to create the momentum too. And so as I was looking at this picture, I was also thinking about all of the things that I'm also... one, all of the things that I had to go through as a new mom. Understanding how much time going through all of the feelings of, giving to another human being and half of my heart being within her and now a different experience going through it with, another baby just being in a different area and learning from that. Being a new mom, I took time off, I went back to work. I felt incredible guilt around going back to work. I missed her so much.

I had guilt around spending too much time in my workspace versus time with her. I felt guilty around being with her at times and thinking about work or thinking about my to do list or not being present. And it constantly made me try to figure out what worked for me. I had to figure out, how many hours do I want to work? How many hours do I want with my baby? How do I get my mind to turn off? How can I be more present? Who do I need to be in my work as a leader, as a business owner, as a CEO, as a visionary? Who do I want to be as a mom? How do I want my daughter to see me? How present do I want to be when I'm with her? Because I didn't always want to constantly be thinking about work and missing out on, the joy that

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was right in front of me. Or thinking about all of the things that I wanted to do or accomplish or what my goals were, while she was taking her first steps.

And so I think as mothers, there's so much there that we have to figure out in terms of balance, whether you're a mom or not a mom. I struggled with a lot of these things even before I was a mom and then I kind of had to figure them out. And I see this a lot with new moms as well, or moms just in general. People in general trying to understand this balance, this "great," thing that we all strive to achieve, this perfect balance in our life, which isn't the same for everybody. And it's us just understanding and feeling and figuring out what works and what doesn't work for us. And I'm lucky and I'm grateful having gone through all of that. And when I think back, there's not anything that I wouldn't have gone through, whether they were really difficult or not. Now we have a great system in place, I feel like I have really good support in different areas of my business.

I don't feel guilty about working, I don't feel guilty about being a mom and being present in that world either. And it took me some time to work through that. And now as I look at this, when I first had Reese I was thinking, "Am I doing too much? Am I working too much? And maybe I should stay at home more often." I had so many women around me that were becoming stay at home moms. That were saying, "I'll never get this time back. I want to be there for my baby. And then I can focus more on whatever it is that I want in my world." And if I just rewind one, we all have something different going on. So there's so much guilt that can happen around this because people have opinions as well, and women are really hard on women. But when I look back at my early twenties, my husband and I are high school sweethearts.

And so when I look back in my early twenties and from a very small town, and I think that, we all grew up with these rules and expectations and kind of vision of what we're supposed to do. You get through school and you get married and then you have kids. And for women they may get stoned for

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saying this. I think it's so easy early on as young women, to hide behind different areas of our life, so that we don't have to face our fears. We don't have to face judgment. We don't have to put ourselves out there. We don't have to feel fear. Women in general care way more about what people think about them, especially as young women developing. We have body image issues. We want people to like us. We want to be seen a certain way. We feel that we need to live up the expectations of those who have gone before us or our parents or whomever it may be, keeping people happy.

And I remember being 23 I think, and my husband and I talking about our future. And me thinking like, "Well, we got to figure this out because I got to have kids before I'm 30. I have to be done with having kids before I'm 30." And I'm 23 at this time, already thinking about having kids I didn't even have recent till 31. But I think that there's this level of women feeling like we can hide behind, the support of whomever it may be. Being moms or stay at home moms, I see this all the time. Where it's like there's failure or not happy in a job or a position, not happy in a relationship, starting a business that doesn't work out. And rather than facing it or figuring out problems or continuing to move through it, or having an attitude of feeling unstoppable or, "These are my dreams and I can achieve anything." We give up too easily. And we give up and we hide behind something that is easier.

Which I'm not saying being a mom is any easier, but it's a way for us, I think to kind of mask what our dreams are, or not even mask our dreams, but to not give us the space to really understand what it is that we want in our world. And so for me, I truly, truly believe that you can be a business owner, a working mom, a career driven woman that is very clear on goals and creating a life that she wants to live, and also be an incredible mom. And I think there's also some really, really, really important lessons in that. And some of the lessons that I want to touch on today, are directly related to that. So it's finding our way and finding this balance of being able to handle all of the things, give ourselves enough, give our businesses

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enough, and then also be able to be filled up enough, to be a mom and be present in that area of our lives as well.

And that's not an easy thing to do. But the more that we step into that, the more that we're able to create a more fulfilling life. And as we create a fulfilling life as we go after our dreams, as women, as moms, our kids see that. And right now in our world there's so many things that I've been reading about. We have some big issues and we're making a lot of movement and a lot of waves, and women are making such a massive difference in the world. But, raising kids in this world is such a different era. And the statistics on young adults and kids having anxiety, depression, suicidal thoughts, actions is at an all-time high. It's never been higher within our world today. And so much of that is resulting on crazy busy lives, on technology. And kids just being totally tuned out to the world, tuned into their computer, into video games, into handhelds, into iPads, into phones. Kids don't go out and play anymore. Our parents are really busy and so they don't have the one on one attention.

And also, with that too, there are statistics on baby boomers. And this era of baby boomers needing to feel like they needed to, create a bubble around their kids. We all want to create a safe place for our kids. We want our kids to be safe. For me, I want to create incredible opportunity, but I also want my children to know that the opportunity doesn't come without hard work, and work ethic and taking risks and failing as well. But we've been in this era now for too long where we just want things to be too easy for our kids. We want to give them everything. As a parent, we always do. And what all of this is bringing right now, is not all that good. We're enabling our kids. You're seeing kids that, for me when I am hiring in my businesses, hiring millennials is something that is really tough for me to do sometimes, and I push really hard because I think that kids are given too many opportunities and then they don't know how to work. They don't know how to process emotion. They don't know how to go through hard things.

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And it's constantly where parents are picking up the pieces of the puzzle. They're picking up the wreckage behind them. And by doing that you don't allow your kid to be able to grow and prosper on their own. You don't give them- you're not teaching them the tools. We are not teaching them the tools to thrive and to create more good in our world. What we're doing is enabling them, enabling them to understand their feelings, understand what human emotion is, understanding connection, responsibility, work ethic, all of these things that are very much a lack in our world today. And teaching our kids to back away from the things that are hard, that are scary, so that they can stay safe, so that they can stay happy. But are we really keeping them safe and happy? Versus training them to go through the fire, training them to go after the hard things, training them that failure is okay. And as a working mom right now, I think that there's so much that we can teach our children, so much that I'm teaching my kids through that.

They see traits and they see my day to day. They see my schedule. If my daughter asks me if I'm going to my work or my office or why I'm doing those things, we have those conversations at three years old already. She's being able to see when things are really hard, when we are having conversations around, "Why mommy and daddy work?" Or why we have the opportunities to do the things that we do and not everybody has these opportunities. It's creating already that mindset for her. Hopefully that once she can do anything, but guess what, you have to work for it. And it's not going to just be handed to you. And also, being able to get out, and live life and be present and have the experiences that they have, versus just staying safe, playing safe and filling up on mindless shit, that doesn't even make a difference in our world. And I mean there's so many things that you learn in business that you don't learn. Man, I've read so many articles on teachers, teachers leaving positions, coaches leaving positions because of parent politics.

And feeling the need to always constantly creating battles and making sure that their kid isn't feeling any pain or having any accountability, which again does not help our kids. And just in society today, there's a sense of

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laziness, of not having to do things, not having to be accountable, just kind of waiting through life. And I think that it's our job right now, whether we have kids or not, to really show up and be a voice and advocate for, the people that are coming up in our world. And sometimes I like to tune out some of the problems. And I was just watching something recently, I don't even remember what it was, a documentary on someone. I've been watching so many documentaries. But hearing someone say like, "If there's something that you want in the world for you or your family, it's your job to also be an advocate and help other people achieve that through your mission, your values, your beliefs."

And that was really fascinating to me because sometimes there's negative things that bring you down, or you feel like you're the small person in this massive world. And how could you even possibly make a difference? And it really hit me because of course, again, we all want this opportunity. We want to be able to chase our dreams. We want to be able to bring opportunity into the world for ourselves, our families, whatever. But we also have to be mindful of, other people want that too. And how do we help others? How do we help the less privileged? How do we help people that are doing the work and trying to make a difference, that need help lifting other people up around us? And there's a ripple effect within the movement of, what women are creating right now. Not only teaching our children, but also lifting other women up, inspiring other people, supporting each other, now more than ever.

And being able to have open conversations, being able to say things that maybe you're scared to say. Maybe you think that someone won't like you for saying that. And I've thought this a lot, this is me saying, it's been too common for women in general to say, "You know what? I'm going to stay at home and raise my family and that's my job." But truly what are your dreams and what are you hiding from? If that is not truly what you want to be doing, that makes you happy, that fills you up every day. Being able to be honest with yourself, about what scares you, what scares you about putting yourself out there, going for something really big or taking a risk or

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dreaming bigger saying, "I want something more than what I have right now." One of the other quotes that I've seen a lot recently and Beyoncé said it, Reese Witherspoon has said it.

And it's something that I would never think twice about saying out loud, if they haven't said it. So it's another one of those things where it's like movements, say the things that are on your mind that you believe in, whether you think someone's going to like you or not. Not everybody has to agree with it. And so also understanding that someone else's opinion of how you think and feel, is really none of your business, but you're going to have people that really resonate with that. That's also going to lift those up around you and, know that it's okay. And this concept that I'm talking about, Beyoncé and Reese Witherspoon, both of them in different ways have said, they don't ever want to rely on someone else supporting them. They don't want to ever rely on their husband or a man, to create what they want in their world. They want to always be able to support them. And Beyoncé says it in some light of saying, it gives you the freedom. It gives women the freedom to go after their dreams, create what it is that they want to create, to not feel limited.

And Reese Witherspoon says as she was growing up, well she grew up in the South. She grew up with very traditional values, traditional ways. And her mother always said to her, "Don't ever rely on a man to support you, because if you do, you will feel trapped." And I see this all the time, people feeling like they don't have the opportunity to spread their wings because they can't do the things on their own. And when you are independent within a relationship, it creates so much more happiness and freedom. And I feel like love when you're don't have the pressure on each other to do one or the other thing. That's just my opinion. I wholeheartedly believe in this whole concept. And I always have, my entire life I've never wanted to feel I needed to rely on anyone. Relying on my parents, relying on my husband, relying on someone to take care of me. I want to know that whatever happens in my life, I can rely on myself, that I'm good, that I'll find a way, whatever happens.

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And the pressure of feeling a need to make a relationship work or for the wrong reasons is gone. It's gone there. It's just love and it's passionate. It's support and it's following your dreams and it's freedom. There's not a sense of being trapped or having to live your life by a certain set of rules, to survive. It's thriving off of that. And that's something huge that I also want to teach my daughter, that you should never rely on someone else to support you in your life and your dreams. You can create anything that you want to create.

Boy, girl, man, woman. Regardless of ethnicity, which we're getting closer and closer and all of these things, so much good happening in our world. There's a lot of bad too, but trying to focus on the good and doing more good. And bringing more awareness around what we can bring in the world, around those movements that we believe in. And these are the pieces that as a mom, as a working mom, I feel like I have been able to bring so much into my kids' worlds already.

And continuing to build off of that as they grow, continuing for them to be able to see what it takes. All of the good, all of the bad, as they grow is so incredibly powerful. I think it's more than what they'll learn in a school setting. And not to mention the curriculum in our school right now. The critical thinking, the day to day life skills that our children are learning, they're not exactly what you need to know in day to day life, not in today's world. And so teaching them by doing is... and teaching everybody by doing, again, whether you have kids or not, I'm directly talking about being a mom, and being able to really see the gifts that I've brought even though I don't get to spend 24 hours with my kids. But I also think not spending 24 hours with my kids also makes me a better mother, because when I am with them, I have the energy to give to them. I have the presence to give to them. I am not taking it for granted or feeling totally drained from my day to day.

It's fun time where we get to spend with each other as a family and it creates so much more closeness and such a tight bond that I'm so grateful

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for too. But again, in the beginning it's not easy. It's not easy finding this way, finding your perfect schedule, finding that perfect balance of feeling filled up in all of these areas. And one of the things that I think is so important, going through your day in your life. And one of the things that I incorporated in, goal setting for my team this year is understanding, your circle, your areas of importance in your life, your spiritual connection, your friendships, wealth, your work, your family, your friends, whatever those things are that make up a full circle for you. Those pieces of the pie, ensuring that you always are focusing on filling those up, and spending time in those areas of importance within your life. Yours might be different than mine, but that's what allows you to create that balance that so many of us are seeking. And it's different for all of us as well.

And it can go up and down to, you could be striving in work and your work could be at a zero to 10 scale, of 10. But then all of a sudden, your family life is at a two and so you have to put some time and energy back into your family life. It's a constant checks and balances. I said earlier, and just being aware and what it is that you need and what it is that's filling you up. And not allowing yourself to constantly weigh in on the sense of guilt of what you're not. But what are you? And what are you bringing to your world? What are you bringing to your family? What are you bringing to your work? What are you proud of? What are you passionate about? Sometimes what scares you? What scares you and why? And go after it. Because unlike so many times when you think about this, as something come up in my world recently that intimidated me, it scared me and I thought, "Man, why is this scaring me?"

And the reason why it scared me is because it pushed me outside of my comfort zone. It pushed me outside of my box. It made me feel like a little bit intimidated and I used to kind of run from these areas or feel like, "Oh man, I need to figure this out or not take the risk or the chance." And now I'm like, "Man, this is going to make me grow." These are things that are going to make me step up to the next level. And those are the things that we need to be doing more of, as business owners, as moms, as women,

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giving more, speaking our truth, saying things that maybe people are going to not agree with, and supporting our beliefs and our dreams and going after that and not being so dismissive. And that's when we're going to start to really make some waves. And that's also when you start to attract more people that are like you.

It's just mind boggling to me, as I've grown my business and I've continued to step outside of my comfort zone or allowed myself to be seen, the impact that I make that I don't even know. The connections that start to come into my world that are just natural and organic, because I'm being more of me and I'm doing the things that scare me, that maybe you want to hide behind or you don't want people to know about you. Those are the things that regardless, again, we can all... and those are the things that make you grow and realize that, everybody can have a different opinion. Everybody has the right to live a life, different than yours, and that's okay and we can all support each other in doing that. But having a voice and being able to know what it is that you stand for and doing it, that's the quality of leaders. And we need more women leaders in the world.

Our kids need to see more women leaders in the world. Our kids need to see women out there being advocates and chasing their dreams and doing the hard things and taking risks, and going for it and working hard. They need to see that too. So there's so many, my gosh, there's so many qualities that I think about. "Okay. Being a working mom." Yeah, it's fucking hard sometimes. And if you're a mom out there, I know that it's hard sometimes paying the bills, managing all of the things, being everyone to everything, but there's so much to be grateful for, and there's so much good that we are doing as we are on this path that we don't even see. You don't even see on a day to day basis. Teaching through doing, teaching through failure, letting your kids see that it's hard and what you're doing for them is absolutely incredible. Showing them work ethic.

I mean I've talked about that so many times. Real life, things that they're not going to learn in school today. Knowing that things don't just happen

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overnight. Teaching your kids to go through the fire and not going around it all of the time. My gosh, there's just so much that we can teach by going after it and going through the hard times, and we need more of that right now. And I know that for me, I'm so, so grateful for all of the opportunities and I will always continue. I'm not going to stop going after big things because I know that, how I'm showing up, the life that I'm creating for myself, the fulfillment that I'm creating within my own world, just shines throughout my household, throughout the people that I meet, throughout my kids' lives. And we need more of this. Teaching your kids to support themselves, whether they're male or female. Taking this whole notion around things just happen overnight and fixing all their problems for them.

We need to teach them critical thinking and how to live on their own. Having the skillset, the emotional knowhow and intelligence to work through and understand and process grief, and failure and emotion on a day to day level. It is needed now more than ever. And we need to be more conscious of that. There's so much that gives back to our kids that I've seen through working. So if your mom out there, I know it's hard. I know there are hard days. Even if maybe you don't have kids, it's the same thing.

Or leading by example, the kids that are coming up behind us and making such a big difference in our world. So keep going. As women, there's power in not having to rely on other people, to do things for you. Know that whatever you want, you need to rely on yourself. Your happiness is, it's on you. Man, it's on you. And being able to support yourself financially and know that, whatever happens to you in your life, you've got this, is a pretty powerful thing in today's world. And it's freedom.

It's freedom for us to be able to do and create, and live a life that is beyond what we thought, without being scared, without feeling trapped, without feeling like we have to do or be someone in order to survive. So go get it. All my ladies out there, whether you're mom, whether you're not a mom, set an example. Step up. Take the lead of your own life. And I'd love to hear from you. Whatever you're creating, what you're struggling with, maybe it's

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balance, maybe it's managing all of the things. Maybe it's happiness. Whatever it is, I love hearing from you guys. So reach out. Tell me where you're at. Keep going, keep doing the dang thing. And until next week, have an incredible week and we'll see you next time.

Are you looking to scale your business to multiple six figures and seven figures in the next 12 months? But growing your business feels more like a death sentence than something that lights you up. You're constantly feeling like you're doing the tasks, you're working, you're showing up day in and day out, but you feel overwhelmed and tired and all over the place. You feel like you're on a merry-go-round with no stop, anytime soon. And you're almost doing all this work to take one step forward and three steps back. You guys, I have been there and after building, growing and scaling three multi six figure and seven figure businesses, I know what it feels like to have a dream and a passion that grows beyond measure. And to create a legacy that makes an impact, your dream. But it's not always easy going to the top alone, and neither is it any fun.

So, if you have big goals over the next 12 months, let's team up, I would love to chat with you. I'm now accepting applications to help a handful of powerhouse women break through and scale in the most fun, sustainable, and stress-free way possible. So, click the button below to apply for a breakthrough session today.