

How the Right Community can Change Your Life

[00:00:00] Hi friends. Welcome back to the crush, your goals with Christi podcast, where you'll find clarity over confusion, the confidence to achieve your dreams and where you are never alone. I'm your host, Christi Johnson, community builder, wedding photographer, and your personal business. Bestie today's episode is all about how the right community can change.

No seriously, it can change your life. But before we dive into that, I wanna invite you to my live webinar on October 10th, 2022 in just a few weeks, it is gonna be at 12:00 PM Eastern time, 9:00 AM, Pacific time. And it's all about why your business leaves you feeling empty and stressed out and how to get inspir.

Again, if you are listening to this after October 10th, 2022, you can still sign up. All you need to do is go to christicreative.com/masterclass. You can sign up for the live webinar or get the replay. That's christijohnsoncreative.com/masterclass. I hope to see you there. Okay. So I wanna tell you a story.

This episode is gonna be a little bit. Personal. Uh, I'm gonna tell you the story about how a community. Changed my life and how it made me feel. And I wanted to share this with you all, because I truly believe that community is the key to success in business. Being with a group of people that cheer you on that support you and that have your best interests at heart.

Accept you, no matter what, the highs, the lows and everything being a part of a community like that is the key to a successful business. It's the key to feeling inspired. It's the key to, um, getting rid of and reducing your stress. I truly believe it's that important. So I wanna tell you [00:02:00] a story about it from my own.

so back in 2019, my husband and I had just moved to California. We spent our entire lives pretty much. Um, actually our entire lives in South Carolina. Both of us were born and raised in South Carolina. And when we got married, we stayed in the area, but then my husband had the opportunity to work for a software company in California.

we were scared. We didn't know what was gonna happen, but we were really excited about this new opportunity. I fell in love with California. When I visited

for the very first time with my friend, Ashley in 2016, we went on an epic road trip. It was amazing. And I just fell in love with California. I think that I am a California girl at heart, um, but was just born in the Southeast.

And so I fell in love with a place. The fact that we got to live there was just insane to me. So in 2019, we were, we were so [00:03:00] excited. We moved there, um, actually at the very end of 2018, um, right after Christmas, the day AF the day after Christmas, 2018, and my husband started his job in January. now my background, um, as a lot of you know, is in wedding photography.

So I did not wanna move my wedding photography business to California weddings typically get booked out. Over a year in advance and we weren't sure of our plans at the time. So we weren't sure how long we were gonna be in California. So I didn't want to move my business, my wedding business there. So I was trying to figure out what would be a good job for me to do.

And I really wanted to own a business because I love being a business owner. It's it's my passion. So I decided to become a private photo editor because I had the skills. and it was something that I could do anywhere I could do it remotely. We really wanted to be able to visit our families as well. Um, [00:04:00] whenever we wanted, when we, when, um, you know, so that we could go to South Carolina and visit easily, I wanted to do a remote, uh, position, have a remote business, something I could do anywhere.

So photo editing is what I landed on and I very quickly got really, really busy. Um, and I had. The the previous couple of years in my business were not great for me. Um, I was not really achieving my target, um, booking goals as a wedding photographer. My business had grown and grown each year, but in 2018 it actually declined and had a dip.

Um, I'm looking back. I'm thankful for that because it's what enabled me to be able to say. So quickly and so easily to my husband when he asked if we could move to California. But you know, at the same time, I still was not feeling as fulfilled in my business and was a little bit worried about how things were gonna go.[00:05:00]

Um, so when I pivoted to editing, I wasn't sure if I was gonna love it. um, I, I didn't, I was feeling a little bit lost in my business. Um, but I needed to make some extra income and I really wanted to own a business. Like I said, it's my passion. So I started. um, editing and I got really busy really quickly.

I was thankful to have a mentor, um, named, uh, Melanie Moss. She is amazing, and she taught me how to build a successful editing business and to be professional and ready to go from day one. I'm very, very thankful for that. But. Because of that, I got very busy and I did not expect that I didn't really set clear boundaries.

I didn't really know what to expect. So within the first six months I got 16 editing clients and they were sending me stuff pretty consistently. All of them were so that, I don't know if you, those of you who are in the wedding industry or photography, you guys know that October is two [00:06:00] photographers.

What? April is two accountants. It is insanely busy. Um, everyone's wanting pictures. The weather is nice. Weddings are happening. Everyone wants their pictures in the fall. It's like people don't think about pictures really until the fall. And then everyone wants their pictures. They're trying to get their holiday cards out and it's just a lot.

And so I, I had a lot of things that I was editing and I got overwhelmed. I was working some days, 12 hours. There were a couple of days that I worked 15 hours. I, I would wake up at 5:00 AM and I'm not joking. I would edit all the way until 8:00 PM with minimal breaks. I would just take breaks to walk over and grab Starbucks.

Um, we thankfully lived in walking distance to a Starbucks, which was my savior during that time. So I was just very busy, very overwhelmed, very burnt out. we, we went to, we went back home for [00:07:00] Thanksgiving. And when we came back, I remember that I met a friend. I met her for coffee and it was the first time since moving there that I immediately clicked with someone.

Like I had met a lot of great friends so far, but you know, there's, there are some people that you just click with, you feel like you're on the same wavelength and you feel like you just kind of get each other. Um, I value all of my friends, the ones that are similar to me in personality and the ones that are different from me.

And I think it's amazing, but I had this one friend that we just, that we just clicked with immediately. This was in November and that seriously changed. changed my entire perspective on being there in California. Up until that time, I actually was very homesick and I really wanted to go home because I grew up in California, in South Carolina, all my [00:08:00] friends were there.

All my family was there. Everyone was there that I knew. And the people in California we're new friends, it was a new place. Um, and I was feeling homesick, but this one friend having meeting one friend that I clicked with instantly, and I just remember her talking to me, we were sharing some things that were on our hearts, um, things that were hard in life.

And I just felt immediate acceptance from her and immediate understanding and connection and love. And that changed everything for me. I, I. I cannot tell you how much of an impact that had for me, just having one single friend that I felt accepted me and understood me. It made it seem like everything was gonna be okay.

And from that point on, I had so much more joy and, uh, I was happy being there [00:09:00] in California. I started to make new friends and I really, really enjoy the rest of my time there. And I would go back if I could um, it was incredible, but that one friend just changed so much the power of a relationship, the power of someone being there and.

Who, who is able to say I get it. I understand what you're going through is heavy and it's okay. It doesn't need to be fixed right now. I am here for you and I'm holding this space for you, for you to process, however you need. That was what she did for me. And that was so valuable. Now I wanna fast forward a few months.

I got connected to some people in the rising tide society. Um, I had been attending the rising tide society that whole year, but the relationships just kept growing deeper and deeper as [00:10:00] I was, um, attending more and more meetings. You can see I'm wearing the rising tide shirt. If you're watching the video version of this, you can see it.

I love the rising tide society. Um, but I, I remember when I would show up to the meetings I started. Um, excited to show up because there'd be people there. And I started being someone that people remembered and that people recognized and they would say, oh, you know, it's good to see you again. And, and having those connections where you, where I felt like I was missed when I wasn't there and that I was appreciated and accepted for being there.

And it was like, people were happier that I was there. That was so amazing. Those relationships started to come into place and started to gel. And when we would see each other. Um, for, for the meetings, it was just so happy and it, and it changed things for me in my life. I felt like I was making progress on my goals.

I was starting to kind of pivot, cuz I knew that I wanted to cut back on editing. [00:11:00] Cuz like I said, it was very, very busy. It was hard. Um, and uh, I was working all the time. I was burnt out, but those, uh, connections that I made in rising. Helped me truly to clarify what I wanted to do in business helped me to figure out where I wanted to go and actually helped me figure out how to do it.

And then another thing that happened was I joined a coaching, a group coaching program, um, basically a mastermind type, um, situation. And I would meet with these, um, ladies. This was for ladies. I would meet with these ladies multiple times a week and. For me attending that I attended that, that mastermind, that group coaching program throughout, um, COVID we were, um, working on things.

And then, then we were still still meeting during COVID because this was a virtual mastermind. So we were able to keep meeting. [00:12:00] And at that time in California, everything shut down. It was so, um, you know, we didn't know what was going to happen and. Even though this really huge thing was happening in the world.

I was still feeling inspired in my business and I was still going after my goals and getting things done because of this community that I was a part of. And this community was not just a place to where we just talked about business. We didn't just talk shop about business because we're business owners.

Our personal lives are also connected to our businesses because our businesses are a part of us, an extension of us. And so we would talk. Um, deep, personal things that were going on in our lives. And the ladies in this group would hold space for each other and say, I get it. I understand what you're going through.

It's going to be okay. And we're here for you. Um, the co the person who led this program was Chelsea foster. You [00:13:00] can follow her at Chelsea B foster on Instagram. She was amazing. And I cannot tell, like, I cannot tell you how much an impact. This community had on me. It was the first time in my life that I actually felt like I was making progress on my dreams, that I was closer to achieving my dreams every single day.

And that when things weren't going great, I could come to my community and tell them, Hey, I need help with this. And they would help me and I would get real results and I would leave feeling inspired and excited to get to. Not only that I, I was excited to achieve my goals. I had goals that I was actually working towards and we were, um, fine tuning them and tweaking them and we were able to share and collaborate.

And I just felt so excited and happy about what I was doing in business. And, um, [00:14:00] later. Um, I, she, uh, Chelsea went on maternity leave and the group kind of died down and that's okay. And I'm, and I'm really, really glad that she is doing the mom thing now. But to be honest, after that, there was a huge dramatic shift in my business.

Where it was so much harder for me to achieve my goals and so much harder for me to feel inspired. And I felt like I was just spinning my wheels. A lot of the time I was overwhelmed and confused and stressed and just felt like I was barely staying above water. Um, and that my goals weren't getting done because the things that.

That were so helpful in the, in this membership. I wasn't getting on my own because the community was about the other people involved, collaborating, and sharing with each other. And so truly the community changed my life. The, the, the friend that I [00:15:00] met in November of 2019 changed my life. Rising tide society changed my life.

Chelsea's. Membership changed my life. And when I didn't have those things in my life, the difference was dramatic. So now in 2022, it's 2022 that I'm recording this fall 2022. I have taken steps to bring those things back into my life. I've I was able to join rising tide, uh, in Greenville. I am. I am not joking.

The consistency of being able to meet with those, those community members and share goals with each other. That's what keeps me going. That's what keeps me inspired, not stressed. I also lead a call with female entrepreneurs on Mondays for Mon, uh, boosting your mindset and setting goals. It's called the Monday mindset.

Call these calls. They truly change the [00:16:00] way that I approach business and they change the way that I show up. I will be setting my goals on Monday morning at 9:00 AM thinking about everything that I have to do and I'll feel stressed and overwhelmed. I'll feel like I'm not gonna be able to get it all done.

And as soon as I get on the call with these ladies, at 10, o'clock my stress change to excitement. My stress changes to excitement and I'm inspired hearing the other ladies share their goals and lifting each other up and supporting each other. It genuinely changes the way that I feel about the day and the way that I show up that day and show up for myself and my.

and for the people that I'm supporting in my community, it changes everything. And you can sign up for them. You can go to Christie Johnson,

creative.com/monday. They're totally free. I would love to have you please join. So I've taken the steps to bring these, this community back into my life. And I want others to have that too, because truly community [00:17:00] can change your life.

The right community can change your. did you know that 30% of Americans say they don't have one friend that they share their innermost thoughts with their inner thoughts? 30% of Americans. that needs to change and it can change. We don't have to keep each other at arm's length. And there seems to be this wall in the business world where people think that you need to keep your personal life separate from your business life.

And when you show up to networking meetings, you just need to talk about. Everything. That's so great about what you do and how you're so amazing because if you show weakness, then they're not gonna wanna buy from you or support you. But I think that that is complete garbage because we are human beings.

We are human beings first and honesty, authenticity, openness, [00:18:00] and humanness is what brings connection. Human. That human connection. That's what, that's what, that's what brings us all together and relates each of us to each other. That's what we all have in common is our humanness. We can have. Very different business owners, very different personalities, very different interests, with very different people, with very different interests and very different hobbies, connect over the fact that they are human and we share the human experience.

And so why we keep each other at arm's length? I have no idea. I believe that even as business owners, we lead with our human. And when we do that, that's when we truly can be connected to our calling, um, our giftings and the true work that we were [00:19:00] meant to do. Um, what is that phrase? That phrase that says your.

you know, zone of genius is where your greatest gift intersects with the world's greatest need. I truly believe that. And I think that we need to be open to having conversations that are human. I know that some of you out there right now are feeling lone. You're feeling like no one understands my business.

I try to talk to my friends or my spouse and they don't understand, or my roommate or whoever, and they don't understand what's going on. And it's hard. It's it's lonely. No one understands the pressure that I'm feeling, the stress that

I'm feeling. It's very different. The stress that you feel as a business owner is different than the stress that you feel.

Um, in another job, I'm not saying that. Harder or anyone is more noble than the other. I'm not saying that, but it's different. And you might feel like no one [00:20:00] understands you and you might be feeling like these business networking meetings that you've been going to are just not it. Maybe they're, you know, you're like, how is everyone?

Is everyone really this fake? Is this what I need to do to be a business owner put on this persona of business world? This, no, you absolutely do not need to do that. That's what is. Beauty of being a business owner is that you make the rules and you get to show up as yourself. Your authentic self,

the right community can change your life. I've seen it happen in my life. I've gone from feeling overwhelmed and lonely and burnt out and stressed and just miserable to feeling inspired. Excited joyful. Um, and like I was actually achieving my dreams and I was seeing the progress of it, add up, and I'm seeing that happen now.

And I want you [00:21:00] to see that too. I wanna invite you to watch my master class come to my master class, October 10th at 12:00 PM. Eastern time, 9:00 AM Pacific. You can go to christijohnsoncreative.com/masterclass. Whether you're watching. In, uh, October, when this comes out, maybe this is coming out. End of September.

I can't remember. Or whether you're, you're listening to this at a later time, you can still join and get the masterclass about why your business fees leaves you feeling empty and stressed out and how you can get inspired. Again. I would love to see you there. I believe that your dreams are within your reach and that you don't have to be alone anymore.

Join me at christijohnsoncreative.com/masterclass. Thanks for listening.