



VIDEO BLOG TRANSCRIPT

Created with *love*
by Monika Mundell

THE OTHER SIDE OF SUCCESS — HOW TO DEAL WITH THE CRASH AFTER A HIGH


HEY SPARKLER,

Please enjoy this transcript for the video blog here:
<http://monikamundell.com/the-other-side-of-success-how-to-deal-with-the-crash-after-a-high/>

I totally get that not everyone loves watching video.
So please enjoy this with my compliments.

Nika xo





Hi this is Monika Mundell, I'm the Communication Strategist + SPARK Coach for women in business. And today I'm coming to you without make-up, raw, unedited and free from the South of France, with an important message to SPARK your business.

I want to talk to you about the other side of success. What to do after you had a huge buzz and then comes a crash.

Have you ever had a launch that went off really successfully?

You were buzzing. you were selling, you were serving clients and you felt on top of the world. But then after everything happened, there was this huge crash and suddenly you felt like... poof (air exhaling)!

Well, this just happened to me last week. I've launched a successful business (*book) which I co-authored with 10 of my SPARKettes (my coaching clients) and it's called Procrastination Begone.

The book was a bestseller in seven (7) countries on Amazon Kindle and in the book store. It was a huge amazing success. Something we had strategically planned and achieved.

There was a lot of work, there were tears, there was frustration — it wasn't always easy, but we made it and got there in the end. And so we were riding the wave and it was amazing, but eventually I was just like "over it." I was wondering "what's next?" And when that happened I felt dis-energised, I felt blah, I felt sad even. I just didn't know what happened.

The good thing is: I knew it's gonna happen. I was preparing for it, because after every high in your business comes a low. And if you don't prepare for those lows you're going to get caught unaware.





So how can you prepare for those lows?

For starters, know that they're coming. It's just the natural rhythm of life.

Life is not like this (shows level hand).

Business is not like this (shows level hand).

Life and business are like this (up and down movement with hand). A consistent up and down, push and shove. Ride the wave, enjoy the ride and then crash down and wonder what's next.

You got to pick yourself up again and go up and climb, and climb and climb, ride the wave, achieve success and BOOM, another crash.

You KNOW it's happening! And if you're consciously aware that it's going to happen you can ride the wave of success without fear of the crash that is coming. Because it's just a natural evolution of your growth.

You've got to come down to realise what you've achieved. You've got to come down to touch mother earth and to appreciate how far you've come.

So know it's going to happen. Give yourself the time + space to just BE.

Check out from your business.

Take a day off.

Spend time with your loved ones.

Draw. Doodle. Go to the cinema. Go shopping, whatever takes your fancy. I hope this helps.

Check in the next time and I'll talk to you then. (Signs off with a kiss and "Bye")





Thanks for watching!

If you liked this message please share it with your friends.

You can send them to the video on my blog or give them this transcript. You're welcome. :)

[Click here to come on over and share the love.](#) Tell me how this message helped you and what you take away today.

See you there.

Remember to keep SPARKling.

Hello I made this transcript to help you build your business EASIER + FASTER.

If you want to SPARK Your Tribe with a little love from a SPARK Coach + Communication Strategist visit my website to see how we could work together.

Any questions can be emailed to support@monikamundell.com

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