

# Is Anybody Doing New Year's Resolutions This Year? | TIS Ep. 31



**@THEINTROVERTSISTERS**

**WWW.THEINTROVERTSISTERS.COM**



*NB: Transcribed automatically by <https://otter.ai>*

Sharon 0:08

Hi, I'm Sharon, and I'm Lisa, and together. We're the introvert sisters. Welcome to the first official episode of season three. And let re season three. Yes, yes, yes, yes. Episode 31. For those who are keeping track. Yes, which hopefully is all of you. And we're doing our interest uniting separately together today. Yes,

Lisa 0:45

which is awesome. Yes, so

Sharon 0:46

let us catch up on what has been happening, assess whether you go for okay so

Lisa 0:54

well you know this is it's January 13, and it is also coincidentally, international sceptics day, and I feel like somehow. That is apropos for, you know, for our first episode of 2021, you know it's like 2020 just broke us all down and broke our spirits, collectively,

Unknown Speaker 1:16

yeah.

Unknown Speaker 1:17

And,

Lisa 1:18

yeah, I'm not ready to trust, I'm not very sceptical I'm sceptical of everything that could come to pass in 2021, feeling kind of like,

Sharon 1:32

I'm trusting and you know it's kind of, you know, it's from one day to the other isn't it so you just don't know exactly what's going to happen and people will people, people will people people will people. Yes, we've already discovered we've already discovered that's for

Lisa 1:47

another episode,

Sharon 1:48

that is indeed for another episode.

Lisa 1:50

Yeah. You know, but on the bright side to counterbalance, you know what, potentially could come to pass. This year, um, the last thing I did in 2020 was become a Reiki Master.

Sharon 2:06

Congratulation. So, that means you're no three of us.

Lisa 2:13

Yeah, yes all three of us, mommy Sharon and I are all now Reiki masters. So we are a high vibe tribe and it is wonderful. I'm so excited.

Sharon 2:26

Okay, and what else has been going on with you.

Lisa 2:28

Um, well, I started working out again me working out is maybe overstating the case. But, you know, thanks to you actually you know we've been walking around exactly right through doing a lot of walking and sort of easing back into moving our bodies, more regularly more regularly getting back into teams so you know the the whole. I don't know if I want to even use the word plan. In, 2020 I never I don't know if I'm ever using that word, I feel like

Sharon 3:02

I feel like plans are really a bad idea in some respect yeah i mean you know we do love to be organised. But we also have to recognise that given the situation we're still in that the world is still in that one has to have a little flexibility and one's expectations yeah we just put it that way we shall but parents can very easily go out the window. Yes, yes, no, it's

Unknown Speaker 3:23

gonna get cancelled. But,

Lisa 3:25

so we're moving on.

Unknown Speaker 3:30

Moving on.

Lisa 3:31

Alright so what about you. Okay, well with you.

Sharon 3:33

I got my first paid commission for anti racism article, towards the end of 2020, and it has just been published, it's, it's a retrospective right on you know racial justice, and you know the awakening of both black and white people in 2020 to these issues. Okay, and so I dropped a link to that in the show notes, you know. And so, you know, I think for me and for many other people I know for uses this is not something that is going away right this is something that we're going to continue to be dealing with both on this podcast and elsewhere. And so having it published with a signal it will always start in 2021 with that same anti racism energy, 100%, right, yes. And speaking of that, I

Lisa 4:20

wish you I wish you many, many more commission

Sharon 4:22

oh thank you sir.

Unknown Speaker 4:23

You're welcome.

Sharon 4:24

Speaking of that MLK Day is in a few days Martin Luther King Day Monday January the 18th in the US. More people are have that as a holiday this year in part thanks to some of the efforts that went on last year. Right, right. Yeah. So you know that's really, that's really very special and I know that

Lisa 4:46

used to be kind of like a non event, it's really for a lot of

Sharon 4:50

us. One of the other things I'm working on which you know I can't really say too much about but it's working with a company, and they're starting to plan their MLK Day slash Black History Month strategy. And so I'm hoping to be doing more of that kind of work in 2021 which is wonderful. Yeah. And before we get into our main topic. Just a reminder that we have switched things up in season three because life is what it is. And we want to make sure that we can continue to deliver quality, which means that our regular episodes will now drop twice a month. We'll still put in an off topic when we feel we need it. And,

Lisa 5:31

can anybody see election.

Unknown Speaker 5:34

There will be much to discuss

Sharon 5:35

there to discuss things to discuss, you know, from COVID to elections to who knows what else. and probably about to COVID unfold. Yes, yes. So, we will be dropping another episode. Two weeks after this, and you can expect episodes twice a month, going down. Sometime into mid December, and we may take a midseason break two that remains to be seen. We'll keep you guys apprised, and I say all of that to say that rather than having two shorter seasons this year we're going to have one longer season. And, you know, thank you for sticking around, and we hope that you will enjoy this. And with that, let us get on to our main topic.

Lisa 6:27



Okay so, um, you know, it's still early in the year. Yeah. And, you know, 2020 was one it was we as we alluded to earlier we all had plans we all had goals and whatever. And so, you know, it's still early, it's early in 2021 and wondering, okay. After 2020 or New Year's resolution is still a thing. Our goals, still a thing. And, you know, are you are you going to have new year's resolutions How do you feel about it should we is that hubris.

Sharon 7:04

You know, if you were to learn where they their girl

Lisa 7:08

is. Yeah. Well, What do you feel about it.

Sharon 7:12

I, I feel that you have a direction that you're planning to go we all we all do. And they're the things that serve those that, but but I think we just have to recognise that we're still in a situation where things can change rapidly quickly. So we also have to be kind to ourselves and recognise that sometimes we're not going to get things accomplished in the type of skill that might have been possible in pre COVID this. Yeah, I think, you know, I think that's where I am with that. Okay,

Lisa 7:42

I don't have those goals. Okay, So,

Unknown Speaker 7:46

watch what maybe I knew.

Sharon 7:50

Okay, so first of all, as you know I launched an anti racism newsletter. Okay,

Lisa 7:59

that was your fault because you taught me that

Unknown Speaker 8:02

it's corny she's to blame.

Sharon 8:05

Yes. And so, it is kind of a hybrid model in that there's free content and there's paid content and you know the paid content, makes it possible for me to spend more time on the newsletter. So with that, I would like to increase the number of paid subscribers on my new to my newsletter. Right. I mean, I'd like to increase them tenfold. But you know, ideally, when we all, you know, but more paid subscribers,

Lisa 8:33

please vs. Black blesser with some paid subscriptions, you know, bless our manuals and pay pals and whatever whatever, you know, support, support the cause.

Hashtag reparations

Sharon 8:46

teach one two racism classes, of course, you know, everybody knows I've been doing some work with a beyond school. And so one of the things that has come out of our workshop for adults, is an allies group that meets monthly with a theme. So, I know you're going to be a guest on one of those sessions, early in the year. Right, I'm

Lisa 9:09

looking forward to that. Yes,

Sharon 9:10

I'm going to publish my book, my book. You heard it here first. It's called I'm tired of racism, and I am tired, and it's a collection of essays that I have written over the past six months, like 1000

Lisa 9:25

essays but anyway I don't know how I am still in all at the level of productivity and your. I don't know like just your your dedication your focus your consistency. You know, I mean, you know, I know that you're a great writer you know that's a given. Right, but just your output has just been amazing so kudos to

Sharon 9:48

you Thank you, Sis, and you know, for those of you who've been following the newsletter my writings on medium. Yes, there are a few pieces in the book that have not been published anywhere. So, more on that as we get closer to launch date. Yes, right. I have no details on that yet, but that is one of my big projects for 2021. And of course to continue to get fitter. If I send out some pre review. I will, I will, I

Lisa 10:13

will, that's all part of your marketing plan.

Sharon 10:18

Yeah Yes to continue to get fitter because last year, a group of us started a fitness support group which is still going. And I'm recommitting to that I think many of us are recommitting to that for another year. And so it's really I mean it's not anything heavy handed it's just, you know, being mindful of drinking water of eating better and so on and so I definitely want to do that and continue improvement. Yeah. So what about uses.

Lisa 10:48

Well, for me. No, because you know I live in the, in the states which somehow just seems like a cesspool of COVID pneus, you know, more, more so than many other locations in the world, although everywhere has to be careful. Okay, learn, learn people please learn from the UK, and you know they had to do that whole tear system yes lockdowns and so on so finally

Sharon 11:13

they were invented they were actually had had to invent another tier that was even more lockdown and, therefore,

Lisa 11:19

of course, because people will be people, people will be people

Unknown Speaker 11:22

yes okay

Lisa 11:22

so anyway so my plan is to our plant hope wish is to get the COVID vaccine and generally stay COVID free, or I wish this for myself and my blog for me. It is my wish for, you know, those who are close to me it's always really for everyone, of course, right, but, you know, I want to be able to travel the world and I'm not even talking about getting on a plane at this point and navigate the world. Yes, you know, leave your house. Leave, leave my house and feel comparatively safe yes

Unknown Speaker 11:57

you

Lisa 11:58

know I'm still at the point where if I see somebody walking down the sidewalk towards me, you know, especially in my math class, of course so on across the road right wearing a mask right here down which is not wearing a mask I crawl under, under here. Yeah, right. On your air. Yes. And those are all valid. If you're the only person around in your space once you're in a public space you need to have your mascot so I cross the street, you know, but I would like to get to the point where that is not necessary. Ultimately, in terms of travel, I'd like to get the point where yes we can all literally travel. Yes, you know planes was it planes, trains automobiles etc etc.

Unknown Speaker 12:35

Exactly, exactly.

Lisa 12:37

And what that says, that's a big part of it. I also want to continue meditating. You know, I started with meditation practice or shall we say made it more consistent so that's because you've meditated for quite a while. Right, so I just want to stay more consistent with that you know use my malice and do my chanting and, you know, all of that stuff, because now no more than ever, is necessary, just on a from a mental health perspective, just to stay grounded because yes it's 2021 but it's not like there was no hard reset. Oh no, no, so we're still dealing with the 2020 mR at all, we are moving for four years. Yes, in many ways, and for many years. Yes. And so, you know, it would have been great to leave 2020 behind us at that I want to do. Major declutter, because I think you do

Sharon 13:36

this every so often I know every few years you just need to start clearing out your space and get rid of what no longer serves you. Yes,

Lisa 13:44

I guess it's been a while, it's been it's been a while and I think I was kind of waiting to see just in terms of, let's say my clothing, like, Okay, are we going back to a regular office and if so what is that going to look like. But, you know, I think I am clear right now that I can definitely it can get rid of most of my suits you know keep you know laser I can't keep a blazer or two for, you know, when you have to do the from the waist up dressing for an interview Yes exactly,



but I don't need most of our business clothes anymore. You know, so Bobby's Gone Baby Gone so stuff like that I won't get rid of. And then, because as you mentioned, I became a Reiki Master you know just, you know, do more Reiki and maybe do some Reiki classes and stuff, you know, but I'm not, I'm not going to be like devastated. If that doesn't happen. No, it would be nice.

Sharon 14:35

I know I mean we had been talking about restarting. Our Reiki practice with your children this year new and mommy. Yeah but, you know, that really is very dependent on the COVID at all as you say yes you know as things evolve we need to revisit those dates because I mean it's been, you know, a year. Just on just just under a year at the time this airs. Since we last did a class because you know COVID hit and everything shot. Right, right. And we you know we were beginning to think about whether it would be possible to resume in 2021. And as will no doubt deal with in other arenas you know things happened, and therefore, I believe that you know that that restart date might actually end up being pushed back. Yeah, for the sake of our health. Yeah, yeah, you know, so that's where we are. And then, you know, there are obviously Now there are a couple of things that we both want to do either action continuing anti racism writing. Ditto ditto for me

Lisa 15:39

I definitely want to, because I think we'd mentioned in a previous episode that I had some health issues towards the end of 2020, of course, because it's turned to 20. But, as if it weren't in other words enough. And so that kind of took me off track in terms of my anti racism writing but it's I definitely want to get back on track with that and continue because the struggle continues. Unfortunately should never end but we are going to put in the work

Sharon 16:08

we keep doing the work and speaking of doing the work we're doing the work

Lisa 16:11

we're also going to be doing the workout. Okay, I think we need to work through the work I'm doing the workout, right.

Sharon 16:19

So, um,

Lisa 16:20

you know, we both mentioned this like three times already so clearly it's heavy upon our minds and heavy heaviness

Unknown Speaker 16:31

happiness. Let's move on.

Sharon 16:32

Let's move on to suffice it to say that you know holiday pounds are real thing oh my god if holiday pawns are building on pandemic pounds then you know

Lisa 16:40

you've got a fair bit of work to do a lot, right, and then also posting more regularly I think for both of us on, especially on IG and LinkedIn. Because like it or not, you know, those are the platforms that we have in addition of course to your, your newsletter newsletter but you know you have to sort of post something where other people are

Sharon 17:03

so you need to let people know about the stuff you have and, you know, social media is where it's as imperfect as it is and we know it's imperfect as, you know, we have, and racist and they keep

Lisa 17:14

you know censoring us but, again, but it's still what we've got. And so what we've got. And so, yeah, both of us definitely are going to be doing more posting on social media. And for this podcast I think we want to have some guests right

Sharon 17:26

as we have talked about this hint hint hint, we have talked about this since the beginning. Yeah. And you know we had to, we had to find our rhythm, we had to get comfortable we're you know we're feeling more comfortable with it now I think we're ready to have a couple of guests we have a couple of people in mind, we have not yet approached anybody, just, you know, so not

Lisa 17:51

actually no text don't call, text, text,

Unknown Speaker 17:53

don't ask don't

Sharon 17:54

call you know where to reach us yeah if you're interested in being a guest on this podcast and we do have at the moment it's only a mental list it hasn't even made it onto paper or, you know, document digital document yet, of people that we thought oh this person would be really interesting to talk to. So, when we feel ready that may not happen immediately. But you know definitely suddenly tie into the summertime in this season yeah like to have a couple of guests. You know, so that is that is kind of where we are. With that,

Lisa 18:29

you know, yeah, so i think i think that's it you know like I think it would be counterproductive to sort of get that you know how to have a whole long absolute read of goals like that we'll be setting ourselves up for failure. So I think, like this is a manageable, a manageable wish list.

Sharon 18:49

Yes, you know, things that we've already started working on in many cases so it's about continuing. Right. Yes, we have a couple of new things in there, but you know, we're, we're basically recommitting to continuing some of the work that we started in the back half of 2020, and to make taking a bigger.

Lisa 19:09

Yeah, you know, and for for you guys out there you know if you have any goals ideas your you know your share share your wish, wish lists with with us on social media, you know, at work, sisters, calm about the introvert sisters, on it. So you know share what you want to work on with us,

Unknown Speaker 19:30

planning to achieve this year.

Lisa 19:33

And let me tell you, you know, on that note, planning to achieve. Yes, it's good to have goals but I think also behind yourself and don't put too much pressure on yourself. That's important because don't. We're still in the middle of a pandemic like it or not and so to me pandemic rules still apply. So go easy on yourself, you know, you might have you might have five goals. You might achieve one that will be enough because the major thing that we're all working on is surviving

Sharon 20:03

getting to the end of getting to the end of the year.

Lisa 20:07

They say, early and fairly in jobs

Sharon 20:12

that you know that is that is what it is. And with that, thank you for listening to our kickoff episode of season three we're happy that you're here, and we look forward to connecting with you on social media. Thank you again and. Bye.