

## Ep #119: Can You Afford to Take Time Off?



### Full Episode Transcript

With Your Host

**Becca Pike**

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Hey guys, welcome to Episode number 119. I am your host Becca Pike, and it is time for your weekly dose of Hell Yes Coaching.

Hey, guys. I'm Becca Pike and welcome to *The Hell Yes Entrepreneur* podcast, the number one show for entrepreneurs looking to create their first six-figure year. If you've got the drive and you know how to hustle but you're not sure where to channel your energy, we've got the answers. Let's dive into today's show.

Hello, my podcast family. First and foremost, I want to say thank you to everyone that has reached out. Many of you know by now because of social media and because of John's last podcast last week that we've gotten some bad news in my family. I came here today to update you guys on what's going on and just talk a little bit about what I personally am going through.

So a lot of you guys know that I hang out with my mom a lot. She makes appearances on my social media quite a bit. She's just my very best friend, like a lot of moms and daughters are. She moved back to Kentucky where I live now about six, seven years ago. Ever since she moved back here from a brief stint back in her hometown in Massachusetts. She was up there for about seven years. But ever since she moved back, she and I have been big buddies and been hanging out a lot.

Here recently she had been talking about back pain. She's had back pain in the past, and I've always gotten on her about doing more yoga and more massage and more mobility and all of the things that I thought would help her, but this time seemed to be different. She was like very, very debilitated with back pain. It went on for about two or three weeks. I had her go in to see a chiropractor, and I had her go in to get massages. She got to the point where she could barely even walk.

One night, right now as I'm recording this, it is a Sunday. So it was a week ago, last Monday, she went to sleep, and I guess she woke up with such severe pain and her back and then pain radiating in her hip and her leg. It was so severe that she ended up calling an ambulance. It's not the type of

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pain that you would associate with like sciatica. She said it was like deep in her bones, and she just knew something was wrong. So she was taken in an ambulance, and they did an MRI.

When they did the MRI, it came back, and it was just absolutely lit up. It was lit up with cancer. Cancer in her spine, cancer in her lungs, and her adrenals, and her kidneys, and her bones, her hips, her thighs, her back, her spinal cord, all of it just absolutely covered. That was a really big shock. That was a really big shock to us. We just weren't expecting that. Of course. Nobody is.

The first day in the hospital, she was just honestly in a lot of pain. She was very nauseous and had a lot of anxiety about the news that she had just received. My brother who lives six hours from here and my dad who is actually my mom's ex-husband, but they were together for about 30 years. They've been apart for about eight years. He came rushing to her side. My brother came rushing in from Ohio, and we spent the next several days just at her side.

They told her, they said listen, we think this originated in the lung. We think this is lung cancer, and it's either a small cell or non-small cell. They said if it is a small cell that is more aggressive. We want it to be non-small cell. If it is small cell, we can do chemo, but it's going to be an extremely aggressive protocol. It's going to be a very radical amount, and she's going to be very, very sick. We want you guys to think about this. If it is small cell then maybe her quality of life doing chemo is not worth it. Maybe it's not worth it to do that aggressive chemotherapy because the statistics are not great.

If it's non-small cell then we'll be able to do chemo, and a lot of times this cancer kind of just goes away. They said it melts like butter. So we waited and waited for these test results to come back hoping that it was non-small cell, although the oncologist said that he would "bet the house" that it is small cell.

So during these few days that we were waiting, you guys just my side of the story, I have never been so sick in my life. My entire work got put on

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hold. I didn't eat. I don't think I ate from like Monday until Thursday night or something, just sick out of my mind waiting on these results, barely surviving, barely making it. I guess just absolute grief. Grief has just taken over.

We waited for the test results, and we were supposed to hear them on Friday at noon. So Friday at noon came around, and the doctor came in. He said hey, so we don't know what the cancer is. We don't know what it is. It doesn't look like it's small cell. I said, that's fantastic. That means that it is non-small cell. He was like it's not non-small cell either. He said we really don't know what it is. We need to send it to the Cleveland Clinic to get second opinions.

They said, but there's a really good chance that it is in the sarcoma family. Apparently, sarcoma is like the worst news you can get in cancer. So they sent it off to Cleveland Clinic, but he told us just, without mom listening, he said listen, if this is sarcoma, I do not recommend that you do any sort of treatment. The amount of chemo that it would require would likely kill her itself. Just the amount alone could kill her. It is just even more aggressive than small cell.

That's where we are right now. It's Sunday. We're still waiting to hear back from the Cleveland Clinic to find out what kind of cancer this is. We still aren't sure. My mom is in a lot of pain. They went in and they did a biopsy on her liver. Apparently they found some internal bleeding on her liver. They finally got the internal bleeding under control, but she's in a lot of pain.

She can't really make it to the bathroom herself. She's very weak. She doesn't have any appetite. The type of medicine that she's on is making her very nauseous, very sick. So every day I've been going there and helping her get to the bathroom and helping her walk back to bed and get her cords hooked back up. She's just very frail and weak and exhausted, and in a lot of pain and anxious and nervous and irritable. All of the things you would assume when you get a diagnosis like this.

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Tell you what, it's amazing what type of superpower comes out of our bodies, us women. I'm sure this happens to men too, but I just think it's a very maternal, feminine superpower that comes out. It's almost like a motherly instinct. When you love someone so much that to see them sick, you'll do anything. Like anything.

There is not an ounce of me that feels inconvenienced by this. There is not an ounce of me that wishes that I didn't have to go to the hospital three times a day, or spend hours a day there. There's not an ounce of me that doesn't want to be there helping her get showered and washing her hair and brushing her hair and trying to get her pants on and her night gown on and like all of the stuff that I'm doing tirelessly.

There is an absolute superpower to this type of nurturing. When someone that you love, the only way I can think of it is like is if your kid got cancer. That's the way I feel. It's a no brainer. I am savagely, savagely, savagely by her side. I've got every ounce of energy imaginable to help her do whatever she needs to do.

I was telling my husband like I think that it would be really upsetting if I felt like in the last few years, I didn't treat her super well, or I didn't spend a lot of time with her, or I ignored a lot of her calls. The good news is I don't feel that way. In the last several years, I think that I've really taken her under my wing and shown her more love than I ever have in my whole life.

We always had a good relationship growing up. But I became a rough and rowdy teenager and mid-20s, early 20s, I was wild, and I kept in touch with her a good amount. But in the last like 10 years, it has been a really deep relationship and a deep bond. I have kind of taken authority over our relationship. I think this script has flipped a little bit. Like it's almost felt like she became my daughter in the last few years. I have taken responsibility of just loving her as hard as I can.

I don't know if my body knew. I don't know if somewhere in there I knew. Cognitively I didn't, obviously, know, but I wonder if there's part of me that

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didn't know because I have just savagely loved her so hard for so many years. I'm so thankful.

My mom decided that she wants to do chemo. Whenever this conversation was small cell versus non-small cell, they said it's going to be really radical chemo. We don't think you should do it. She decided she was going to do it, and that she wanted to do chemo. But now that they don't know what it is, and now that it could be sarcoma, there's a good chance that she's not going to do chemo. That she would just come home on hospice.

Either way, she's coming to live with me, and she's going to be here full time. We have already started the process of breaking her lease at her apartment and moving her into my house. We're going to make a little room for her here for me to be able to take care of her 24 hours. I can't wait for that. I can't wait to have her home.

By the time you're listening to this recording, I mean, so much changes every single day that who knows where it'll be by the time you listen to this. Today's August 13<sup>th</sup>. So by the time you're listening to this so much could have changed already, but this is just a snapshot of where we're at right now.

She's going to be moving in. We're trying to figure out ramps. We have so many stairs in our house. So many stairs. Every room you go to, you've got to go up and down stairs. So we're trying to figure out ramps and wheelchairs and little porta potties and all the things that you need as you take care of somebody. Our whole world is upside down. I mean, I'm just going to be really real with you guys. We are officially in a full on family crisis, and our entire world is upside down.

Life is crazy. Life is really weird. Just last week, I was at her apartment pool, with her drinking margaritas, laughing, dancing, hanging out, getting tan, worried about our tan lines. Then yesterday, I was in that exact same apartment pool bathroom, throwing up because I had to run out of the admissions office trying to break release. My stomach just can't seem to sit right this week.

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All in all, we're just we're doing what we can. I think that I've always talked to you guys about scaling your businesses and growing a business that is bigger than you. Why it's important to have a team, and why it's important to grow something that doesn't require you to be driving it every single day. With all of this stuff that has gone on, I'm going to be completely honest. I have like completely thrown business to the wind. I have not even done a single ounce of work.

But I will say that my belief in growing a business has only ten-folded. You guys, because I have a team, because I delegated, and because I trained people, and because I've built something that is bigger than me, I haven't worked in nine days. Not a single thing has slowed down. My teams are in charge of everything. Massage Strong is running very smoothly. Sterling Hot Yoga is running very smoothly. Hell Yes Coaching is running very smoothly. Everything is happening. The wheels are continuing to go. My team, they're doing everything.

I just can't urge you enough. Like, I cannot say it from a deeper place in my heart. Like you never know what is coming your way. You better get your finances right. You better get your business right. You've got to learn how to delegate. You've got to learn how to do this. You do not want to be in a situation like this where you're checking your email by your mother's bedside?

Like what if one of your kids got sick? What if your spouse got in an accident? Like at any point in life, you could find yourself in a family crisis. Do you have the money to support it? Do you have the team that would allow you to keep running? Or would you have to sit there and decide am I going to work today, or am I going to the hospital? Or am I going to the hospital, but I have to spend the whole day on my laptop in meetings? Or do I have to step out of the room to take this call? Do I have to step out of the room to get back to work?

I just know that there are so many people that are in my situation right now. They are trying to decide can I even miss work? If I miss work, and I cancel my clients, I'm going to lose money. Then I might not be able to pay my

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bills. Then I can't miss work. Then trying to split that time with their kids and with their family. It's already hard enough for me to split time with my kids and go to the hospital. I'm not even working.

So I just urge you so wholeheartedly to do whatever it is that you need to do to scale your business and to have teams in place. Many of you guys don't want to scale your business in a way. I've heard lots of you all say like I don't want to grow my business to the point of not working in it. I want to work in it. That's great. You don't ever have to not work in your business. But you want to have the choice to not work in your business.

When shit hits the fan, when your mother goes to the hospital, when your kid goes to the hospital, when your spouse goes to the hospital, are you putting yourself in a situation where if you take off work, you won't be able to pay your bills? Or when you take off work, your whole business has to shut down because you're the only thing that's running it.

Guys, that is not the way to run a business. We got into business for time freedom and for wealth and for money freedom. So many of us just keep brushing it off. Like I'll scale one day. I'll build a team one day. I'll figure it out one day. We're just running rampant until something like this happens. Then it's just like a oh fuck moment.

Thinking about my mom trying to fight this cancer and all the things that we need and the amount of medical bills that are piling up. This would completely bankrupt somebody. It would bankrupt a normal person. It's not going to bankrupt us. I don't have to quit my job, and I'm not going to lose my house, and I'm not going to go AWOL on my electric bills. I'm not going to miss out on paying things because I scaled, and that's it. It's because I scaled. Past Becca figured it out and she took the leap and she did everything that she needed to do to scale her business. I'm just so thankful for that.

So that is the update on my mom. Again, by the time you're listening to this, there's probably going to be thousand more updates. I'm not sure what's going on, but I hope you guys continue to send your love and support. I



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want to thank you guys for all of the love that I've been given. I know that I haven't gotten back to you guys. I think I've received probably over 300 messages. I haven't responded to a single one. I just want to thank you all for that. I hope you guys can keep my mom in your thoughts and in your prayers. That's it and so thank you.

Everything is still continuing on at Hell Yes Coaching. We just started the next round of Zero to Coach the cohort, the final cohort of 2023. So we've got coaches being certified in there right now. If you haven't heard, we put all of the Three More and all of the Thirty More content into a single place. This is our brand new membership called The Circle.

The Circle is an annual membership \$8,000. You come in, you get all of the on demand stuff from Three More, from Thirty More, and you get monthly workshops, monthly Q&A sessions, hot seat coaching, and we have a VIP option. The VIP option is \$2,000 for the entire year. That gets you in once a month hotseat coaching with me.

So if you guys haven't heard about The Circle, it is blowing up. We've got more students in there than we thought we would in its first month. Three More has gone away. In its place is now The Circle. You're going to get all of the Three More, all of the Thirty More content plus monthly hot seat coaching, Q&A sessions, workshops, discussions, and a VIP option to come in with me. All of that is still going on. So we would love to have you, and we're excited to see you guys in there. Thank you all. I love you guys. I'll be back on here in the next week or so to try to give you all an update. Good bye.

Hey guys, this podcast is the blood sweat and tears of a lot of different people. The planning and the preparation of each episode is extensive. My team and I are really proud to bring you this free and abundant content each week, and we hope that you're loving it. If you are, the very best thank you that we can receive from you is a review and a share.

When you share this episode with a friend or leave us a five star review, it is like pouring a little bit of magic into our podcasting bucket. It is what gets

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our work recognized. It's what gives us energy and keeps us going, truly. Not one share nor review goes without recognition from our team. As always, we fucking love you here at Hell Yes Coaching. Have a beautiful day.

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