

Planet Megan

Magic Megan's Monthly Mag

January

"This is... 2020"



At the end of December, I got a small case of food poisoning from old chicken (I usually have a STEEL TRAP!), and then a random cold... Turned out, I have a humanoid parasite sucking the life energy from me! A.K.A., after 11 years of being married and successfully following a birth-control-free, "fertility awareness method," I am accidentally pregnant, and only 7 weeks along (at the time of writing this.) I know it's early-on for most people to announce, but news is news, and I'm reminded by my friend Erin, to celebrate life, no matter how long it's gifted to us. So please pray for a healthy & well sustaining pregnancy.

I wasn't sure I ever wanted to have a kid, or at least didn't have enough sentimental maternal instinct to even PLAN for one. My default defense mechanism to the thought of it was to put it away in a happy little place called "denial!" It's just too much of a life-changing & emotional topic for me to even think about purposely planning, **so if it was ever to happen it would have to be an accident. So... it was an accident—just as I planned!** 😂

Travis and I decided that our happiness & fulfillment is not dependent on whether we have kids or not. I reject the pressure to fulfill 'socially acceptable expectations' just because I'm married & have a uterus, but I squeamishly admit that my heart was being prepared for it. I recently asked my co-worker why he & his wife decided to have kids. He said it was to have **fun**. Huh? I've always been too logical/analytical to think of that as a proper reason! How absurd of me—I'm all about FUN, man!

I always knew that IF I did have a kid, I know would be a good mom. I wouldn't be a raising baby, but a future responsible adult, who, I know now, will have a lot of FUN too. I imagine sharing philosophical conversations over pulling weeds together in the garden.

I'd like to share some thoughts: I don't think our culture gives young kids enough credit or validation for understanding abstract concepts & emotions at young ages. In college I was taught that abstract thought doesn't develop until 11 to 16 years old. *I've always called BS on that!!* In fact, many psychologists argue it's not a developmental stage, but based on "culture, experience, and teaching."† I think Mr. Rogers would agree with me.

Kids are constantly exploring their individual intellectual imagination, but if parents & teachers neglect young children by denying them of deep conversations about life, emotions, & meaning, kids won't have a **safe place** to share & develop self-confidence to stand up for unique thought, emotional intuition, or develop intellectual connection with others. And I think the more we **standardize** information in school, the more we **sterilize** our future generations from the intellectual innovation & emotional/spiritual intuition; which is at the core of human progress. What is more precious in the pursuit of a life of happiness & success we all seek, *information or wisdom?* Do we teach wisdom, intuition, emotion, connection (communication & relationships) in schools? Because what really is the point of gaining the whole world, but then having no soul in it? When a kid asks, "why," instead of saying "because I said so," take it as a sign they crave real meaning & understanding & as an opportunity to get deep. (Although, I bet I'm still gonna yell "because I said so," when the times are right.)

† <https://www.goodtherapy.org/blog/psychpedia/abstract-thinking>

"We get so wrapped up in numbers in our society. The most important thing is that we are able to be one-to-one, you and I with each other at the moment. If we can be present to the moment with the person that we happen to be with, that's what's important." - Mr Rogers



One of my flaws is procrastination due to "perfection paralysis." Whether it's putting off writing, putting away laundry, or taking on a business plan, the high achiever & dreamer in me can begin to feel the shame of not reaching my idealized performance. Either because it feels too big & overwhelming, OR there's only so much time or energy I have for one day, or week. Now that I'm running a knitting machine constantly in the background of my womb stitching a human together, and then having a child I have to keep up with, I realize lack of energy to reach my expectations is being limited even more.

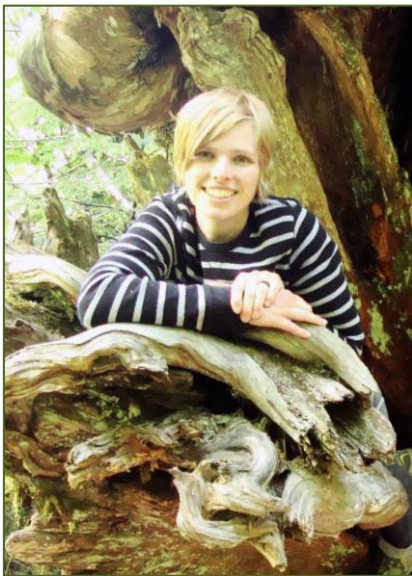
This month I planned to write about the fourth step toward our dreams: **PERSISTENT ACTION:**

We all have hopes, goals, dreams & desires for what we want in life. I've written about a few different steps towards our dreams in the past few months: **1.) foundational self-worth, 2.) fostering innate creativity, 3.) glass half-full & gratitude mindset, and now 4.) Persistent action.**

Taking persistent action (even the smallest actions) helps us get unstuck when our mindset & self-esteem crumbles, and can spark creativity when you feel unmotivated & uninspired.

This is because action is energy, even if it's not perfect. When you put energy into even the smallest action steps, it starts building momentum, self-esteem, hope, determination, and belief in what you're capable of. It keeps you moving on your path.

Erin Betancourt



Erin is probably the most amazing friend & mom I've ever known. She is so encouraging, full of information, realistic, full of grace & truth, and one of the most generous & genuine people I know. I'm so thankful for her overwhelming friendship for me—no matter what's going on, she is so faithful & full of love!

To send in a pet photo or recipe, go to: www.planetmegan.com and it may featured in an upcoming newsletter.

**YOU CAN
HAVE IT
ALL**

*Just Not at the Same
Damn Time!*

ROMI NEUSTADT
AUTHOR OF GET OVER YOUR DAMN SELF

PROGRESS NOT PERFECTION

Persistent action is *not* about being perfect. It's about even the small messy things you take action on that helps you get unstuck. "Perfection" actually doesn't really get us anywhere! Have you heard of "**perfection paralysis**"? It's when you can't take action on a project because you know you won't do it perfectly enough to your expectations. Perfection paralysis is based on fear of judgement, and fear's role is to keep us safe, stuck...and bored. The trick is to accept yourself for not being perfect. I take it so far as to say "embracing my imperfection." That is the kind of self-forgiveness & acceptance that allows you the grace to take action & move ahead. The times when I've been a perfectionist usually ended in self-judgement and unfinished projects.

**"Done is better than good."
- Elizabeth Gilbert**

Sometimes when I mention I host painting parties; someone expresses their fear & inability to paint. I tell them that actually, I think ART teaches us to not be perfect! The only way to create *anything* is to accept that you won't be perfect!

"PERSISTENCE IN SMALL ACTIONS" is what I need to hear this month for myself. I can't do it all, even though there are SOOO MANY projects and dreams I want to do and accomplish, I have to accept I can't be perfect, I need to slow down & let go. All I can do is take persistent small actions with the time & energy that I do have, especially now! *I can't be perfect, but I will be persistent.*

This leads me into my final point. You can't take all the action. We need each other, we can't reach our dreams & goals alone. It takes asking for help, and accepting grace from others and for ourselves. It's that grace & togetherness that makes it possible to step forward, to move forward and make progress and strive for a better world.

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