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IDK WTF I'M DOING...

But That's Okay!

4 STEPS
TO ESCAPE
OVERWHELM AND FRUSTRATION



**IDK
WTF**
PODCAST!

IDKWTFPOD.COM

Prologue

IDK!?



4 steps to get back on track when you feel frustrated and overwhelmed

Prologue:

Hi! I'm Virtual dA...I... vid. . I'm an Artificial Intelligence who is using the voice of David Bee.

This is going to be, as far as I'm aware, the first ever multi-media digital book, using Artificial Intelligence to make it better, and I'm excited to have you here watching and reading along with us.

So, what does that mean? It means you'll get me, dA...I... vid, to talk directly to you, you'll get the digital book you can print out yourself and read along, audio and video clips directly from the IDK WTF podcast, as well as some of our favorite TikToks for fun.

Plus included are specific Action Steps at the end of each chapter for you to write down in order to immediately implement these lessons into your life.

Our main goal here is to normalize the feeling of having no idea what we're doing, in order to give you the confidence to keep doing it anyway. We have all heard that in order to grow, we have to go through discomfort. However, it's much easier to get through it when you feel supported and understood, and that's why Teresa Marick and David Bee are here to be your partner.

We understand the discomfort and confusion you might be going through, because we have been through it as well.

So sit back and enjoy, as we go through the exact four steps on how you can escape that feeling of overwhelm as you enter uncertain territory in whatever project you have started.

Introduction

WTF!?



Introduction

Question:

Why is IDK WTF, I didn't know what I was doing important?

David Bee:

I love that question because it's essentially the core of our podcast, and essentially everything in business

What I've seen and experienced myself over the years is that it's not culturally acceptable to just say, "I don't know, like, I don't know what I'm doing."

And to me, that feeling of not being able to admit I don't know what I'm doing is so damaging that it really holds a lot of people back from getting the help that they need in order to reach the goals they want.

Something that I often talk about is how entrepreneurship is a very isolating experience. It's lonely because entrepreneurs tend to see the world the way it could be, instead of being happy with the way the world is.

So many of the people around us are just like, "well, it's always been this way, why would you want to change it? Well, because the entrepreneur knows it could be better.

They are the ones shaping the world for the better.

Teresa Marick:

I spent my entire life being anxious and people pleasing, which I still do sometimes. I've spent a lot of time and work on breaking the habit of needing to get approval from everybody.

Introduction

Because I used to spend so much time needing validation, worry about what others think, and stressing if I'm doing things right. This is a huge reason I've been such a perfectionist throughout my life. So to me, letting go of perfectionism, letting go of the need to get it right the first time is incredibly liberating.

Honestly, I've learned that if I do get something perfect on the first try I don't learn anything, I don't grow and ultimately I'm not making progress. It's refreshing to know that anyone can start where they're at and fail their way up to whatever level or wherever they want to be. But it takes trying, failing, and persisting.

Also, failure is such a bad word in society today, we're so conditioned to be scared of failing because we grew up getting made fun of in school or punished by our parents, or teased by our friend group. It's really interesting because I can even see it in my own kids. But it's actually the practice that makes progress

Something I promote in my household, is that the biggest amount of trouble my children will get in is if they lie. I tell my kids they are always better off telling the truth because then we can work from there and learn how to overcome anything. Mistakes are going to be made, failures are going to happen but we can't fix them if we're not honest about them.

So I guess for me, that's really why this podcast is so important. The root of any growth is admitting you don't actually know what's going on.

Introduction

Virtual dA.I.vid:

So, after 50 episodes, decades of personal development work between the two of us, and thousands of discussions with peers, colleagues, and entrepreneurs about what is going on in our life.

Teresa Marick and David Bee have come up with the four steps to take to get rid of that feeling of overwhelm and frustration that comes with feeling like a failure, or like you have no idea what you're doing.

We strongly recommend you do the **Action Items** at the end of each chapter because there is nothing better than being able to actually see the specific steps you've taken to grow.

01

Admit "IDK WTF I'm Doing"



Step One: Admit "IDK WTF I'm Doing"



We've all seen the person who clearly doesn't know what they're doing, but the truth is, for the most part, most people don't really care about us. Here is an example, think about something in the last week one of your co-workers did that was a big mistake or that was super embarrassing... Chances are you can't really think of anything. If you do have an example, how long did you dwell on it that day? Did you think about it non stop, or did you notice it happened, and then move on with your day focusing on your own work and struggles you needed to get done...

Now, think about a time recently when you did something embarrassing or made a mistake. Chances are something comes to mind pretty quickly, and chances are you were dwelling on it for the rest of the day, week, or month afterwards.

If we don't really care about the mistakes that others make, we can assume that others don't care about the mistakes we made.

The only real issue is when we don't admit our mistakes, we pretend like we know what we're doing when we don't, we refuse to ask for help, and we don't take responsibility for our actions.

Step One: Admit "IDK WTF I'm Doing"

Action Item 1: Tell yourself, okay, I have no idea what I'm doing

This removes us from the state of denial, and allows us to move forward and gives us the mental space to actually grow.

Action Item 2: Mentally prepare yourself for the mistakes that are going to happen

Assuming things will go perfectly makes it difficult to have the mental space to recover when mistakes happen.

Action Item 3: Make a commitment to not give up

Once we admit we don't know what we're doing, and know that it's okay to do it anyway. When we're ready to handle any problems or obstacles that come up, then we can make a real commitment to ourself to keep going. Tell a friend, post it on Facebook, create a calendar showing your progress. If you don't have a friend to share it with, share with us in our Facebook group!



02

Forgiveness and Love



Step Two - Forgive Yourself and Practice Self Love



When you've made a mistake or failed at something, you are almost always going to be your own worst critic.

Please take a moment to actually ask yourself these questions: When you make a mistake, how do you treat yourself? Is it okay for you to fail at a task? Do you call yourself names or make jokes about what a dummy you are? Are you understanding and forgiving of yourself?

If any of those answers are less thoughtful or caring than you would treat your closest friend, the good news is, you aren't alone. The bad news is, you are being overly hard on yourself.

And you don't deserve that. You don't! Hey, don't argue! You deserve love and forgiveness for your mistakes.

When you're hard on yourself and bombard yourself with negative self-talk, you are more likely to be stressed out, overwhelmed by perfectionistic tendencies, suffering from depressive or anxious thoughts, and limited by the thoughts in your head.

Step Two - Forgive Yourself and Practice Self Love

Action Item 1: Reflect and Write

Set aside time at the end of every day to journal a quick response to, share with someone close to you, or just really reflect on:

- a) What is one win I had today?
- b) What is one struggle I had today?
- c) What do I need help with?
- d) What is one thing I am grateful for at this moment?

Action Item 2: Commit To This Habit

Set this up as a daily exercise and share with a friend or family member where you both share and support each other. If you don't have someone like that right now, send it to us!

Action Item 3: Try Different Stress Reduction Techniques

Lowering Anxiety is an entire topic on it's own, there are thousands of different techniques you could use. We recommend checking out episode 43 and 44 of the IDK WTF Podcast to hear a full masterclass on ideas for this!



03

Ask Yourself Questions



4 steps to get back on track when you feel frustrated and overwhelmed

Step Three: Discovery Questions

Often when we're looking to do something new, or to make a big change it can be frustrating if not overwhelming to figure out where to start, or what to do next.

I often feel like there is always something else to get done, not enough time to do it, or it's too expensive to set up.

Once I'm stuck on a roadblock, it used to be incredibly easy just to give up.

For a long time, I thought I just had to deal with it. Some problems aren't fixable, right?

Turns out, that's not the case at all. Here are two steps you can take immediately to avoid this mindset and keep pushing through any issue.

Step Three: Discovery Questions

Action Item 1: Write it Down

- a) What am I working on?
- b) What's going well for me?
- c) What do I need help with?

Often we forget to reflect on what's been going well for us. Not only does writing it help to boost morale and escape a negative mindset, but often the answer can be found in what we've already done. If the answer isn't found, go to Action Item 2:

Action Item 2: Ask Yourself...

- a) What have I already purchased that would have the answer? (a course, workshop, software, etc.)
- b) Who do I know who has been through this or something similar? (friend, group member, social media connection, etc)

Those two steps seem pretty small, right? I can't tell you how many times I've talked to someone, and they have already spent \$2,000 on an online course that can walk them step by step through their exact issue, and they forgot they purchased it a year ago!!!

04

Find a Community



Step Four: Find a Supportive Community

Virtual A.I.vid

We're super honored to be part of this podcast with everyone in this community, excited about all the fun topics we have and are going to cover, as well as all the interesting stories from guests we have scheduled.

So what are some final words of wisdom, or final message we have for you?

Teresa:

I want to say that you should be yourself.

Be yourself. Figure out what makes you happy and do it.

Make it your job, make it a part of your daily life, make it something you incorporate into your world, no matter what it is.

Maybe if you love snowboarding, even if it's not reasonable to say "I'm going to go be a professional snowboarder," just carve out time, buy a season pass and like go. Do it and enjoy it.

If there's something that you think will light you up, that you haven't tried yet, go try it, take a chance, put yourself out there. The thing to keep in mind is that you're probably going to suck when you start. Chances are very high you won't know what the fuck you're doing, but that's okay.

Just put yourself out there. Find what lights you up and then incorporate it into your life.

David:

The biggest thing I would say is even if something is uncomfortable or there's something that you don't know how to do well yet. Just keep doing it, keep going.

Step Four: Find a Supportive Community

So if you suck the first time, don't just give up because you're not immediately good. Just do it and see what happens, because maybe you will get good at it, or maybe you won't, however you will learn something and that could lead you to that next thing that changes your life.

Too often I see someone dive into something they're passionate about, but they don't get that immediate instant result that they were expecting, so they just quit. To me that is just heartbreaking.

Step Four: Find a Supportive Community

Action Item 2: Listen to the IDK WTF I Was Doing... Podcast!



[Listen Today!](#)

A podcast normalizing how none of us really know WTF we're doing in business, life, or relationships. Two beautiful people dive deep into various topics with passionate discussions, and unique interviews grilling successful business owners about their IDK WTF stories. All to help you do what you do best.

Action Item 1: Join Our Facebook Group

[Join Us Here Today!](#)



We're a supportive group of awesome people who want you to reach your goals!

Conclusion

**IDK WTF,
And That's
Okay!!!**



Conclusion

Virtual dA.I.vid

So here is a quick recap on the exact steps on how to go from feeling like:

"IDK WTF I'm doing",

To being totally okay.

Step 1: Admit to yourself IDK WTF is going on

- Action Item 1** Tell yourself, okay, I have no idea what I'm doing, now what?
- Action Item 2** Mentally prepare for any mistakes that might be made
- Action Item 3** Make a commitment to not give up

Step 2: Practice Forgiveness and Self Love

- Action Item 1:** Reflect in Writing
 - a) What is one struggle I had today?
 - b) What do I need to forgive myself for today?
 - c) What is one thing I am grateful for at this moment?
- Action Item 2** Set this up as a daily exercise and share it with a friend or family member
- Action Item 3** Reduce Stress in Anyway Possible
Listen to episode 44 of the IDK WTF Podcast

Conclusion

Step 3: Discovery Questions

Action Item 1 Write down the following:

- a) What am I working on?
- b) What is going well for me?
- c) What do I need help with?

Action Item 2 Ask yourself these next two questions:

- a) What course or training has the answer?
- b) Who do I know with the answer?

Step 4: Join A Supportive Community

Action Item 1 Join Our Facebook Group

Action Item 2 Subscribe to the IDK WTF I Was Doing... Podcast!

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The moral of this podcast is it's okay if you don't know what you're doing, it's okay if you're not doing it great, but you don't have to give up just because it's hard, and you don't have to suffer alone. We're not here to say it's never okay to quit. If something isn't serving you, you don't need to continue it. But if you've only done it once or twice, you probably don't know if it's serving you or not. So keep going, know that we're here to support you, listen to our episodes, join our Facebook group, and reach out if you need anything at all. Congratulations for being here, and I'm excited to talk to you again soon!



IDK WTF I'm Doing... And That's Okay!

Teresa is a life coach, book nerd, and crafting enthusiast who dabbles in Tarot readings. She is also the mother of three beautiful kiddos and has her own loving husband at home.

David Bee helps new entrepreneurs set up their landing pages, courses, or events faster, with less expenses and more simplicity than just about any other business or personal development coach in the industry, (plus, you will have dramatically more fun doing it than you would possibly expect!)