

*Full Episode Transcript*



**EPIISODE FORTY ONE**

# What About Daylight Savings?

*THE EASE  
of hustle*

## *This is episode 41, What About Daylight Savings?*

Welcome to The Ease of Hustle. I'm Lauren Cash. I'm a Master Certified coach, calendar queen, and multiple 6-figure digital business owner. I adore helping you create goals your mind never thought were an option by blending together spirituality, mindset coaching, minimalism, and psychology. If you're looking to go from procrastinating perfectionist to easeful entrepreneur this is the podcast that is meant for you. Thanks for being here. Now, let's get to the show.

Hey, how's your Monday going? I hope it's going well. Mine is okay. There's kind of some - what is it called - sympathetic nature... I forget what it's called from eighth grade in literature class. But it is currently really cloudy outside and it looks like it could rain. I'm recording this in springtime, but it feels really cold out.

And it's funny because the temperature, the high today is actually not even the low later on in this week. So, the weather is going to be weird this week. And this past weekend, I had a weekend and not in the good sense of the term.

Have you ever had a weekend where you're just a mess emotionally? Like, you feel like you're going to cry a lot? I did actually cry yesterday in bed, just into my pillow. And just, I felt so sad this weekend. And some of it's kind of lingering with me now. And I'm just working on processing that emotion, feeling what's going on and flowing through me, seeing if I can create more space in my calendar this week to be able to rest and take care of myself.

But at the same time, I know I can feel sad and still work. I can feel not 100% and still show up for my people. I love them. I love my team. I love my clients. I am going to be here for them and maybe getting around some other people's energy will actually help me get out of my funk, whatever my funk is going on right now.

So, just know that even master certified coaches still have feelings, still have things going on that they need to process. Sometimes, they can't even totally figure out what it is. And I am just settling into it and seeing what it's like not trying to fix it, just noticing it and being with myself and being with it and not thinking it's something to always fix.

That was offered to me by one of the support coaches in my mastermind, which I give that advice to a lot of my clients as well, but for some reason my mind wants to be like, "No, this is a problem. We should not be feeling sad. We should be feeling ecstatic. We should be so excited for the week and love our life because we're an entrepreneur and we created this life we could only dream of years ago."

But we still have feelings, even when we create our goals and our dreams and all of it. So, just know that it's not necessarily better here. You're still going to have human emotions, even if you create your most exciting dream or your ideal

calendar or an amazing money goal, or whatever it is that you're in the process of creating that you think will make your life so much better.

Yes, that will be fun and it will be exciting and I can't wait to celebrate you in that new creation and for sure go after it. And at the same time, you most likely will still have a human life and nothing will be perfection, which my boyfriend was also telling me yesterday while we were facetimeing and I was having all the feelings. He's like "You know, it's never going to be perfect..."

"But why can't it be?" My mind still gets caught up in that. So, just so you know, I still have a human mind too and I can coach you in your human mind.

So, anyway, today's episode, we're going to continue with some fun questions that I received from y'all. Make sure that you continue to submit questions that you want me to answer on the podcast and we'll be doing that periodically whenever I feel so inclined, or maybe it will totally spur on a more teaching podcast episode. You can always find how to submit that in the show notes. So, [vivere.co/41](http://vivere.co/41) and we will have that link there for you to be able to submit what you would love answered or a topic that you would like covered on the podcast.

Today, I'm going to start off by talking about calendars. Actually, most of the questions today are all related to the calendar platform that I use. So, this will be a not sponsored by BusyCal but they should really give me an affiliate link. However, they said they don't do that, so that's sad.

So, anyway, if you get BusyCal, think of me and think of Corinne Crabtree who told me about BusyCal and I'm super-stoked about it because it's my favorite calendaring app. So, BusyCal is like a calendar client if you will, so like an email client, we can view our emails in an application on our computer or on our phone in a different way than if we just look, on the browser, we can look at - like a lot of you, I know a lot of people on our list use Apple Mail because we had actually an issue with Apple Mail a little while ago, and it turns out a lot of you use Apple Mail as your email client, which I find fascinating because I really dislike Apple Mail.

And you look at your emails through that, even if you have a Google account, you could log into that Google account on your browser and look at it through Google's platform there. But you're looking at it through Apple Mail's client.

So, in a similar way, I have Google Calendars associated with my email addresses that are either Gmail addresses or my work address is on Google Workspace, like hosted there. And I have all of my different email account calendars feeding into BusyCal.

And sometimes, I've had iCloud accounts when I am dating somebody that only uses iCloud and I want to sync calendars with them. But right now, I'm in a good spot to only need Google Calendars.

I really love looking at my Google Calendars through BusyCal for a few reasons. One of the main reasons answers the question that somebody wrote in that was, “How do you deal with daylight savings and time zone issues with your calendar.”

This is a huge problem for a lot of people whenever we are changing time zones in the spring and in the fall from standard time to daylight time. I also find that a lot of people, especially in the US, have a hard time with using the correct abbreviation for which time we’re in, daylight savings or standard time. So, for example. I’m in Pacific Time. Right now, we’re in Pacific Daylight Time, which is PDT. Then, during the winter, we’re in Pacific Standard Time, so that’s PST.

I like to just say we’re in Pacific time or PT to not have to deal with the D or the S and have confusion around that. But of course, that’s not helpful if somebody from the other side of the world needs to do a conversion and they’re not aware that we’re in standard or daylight time.

I like to use BusyCal to help me with daylight savings and just different time zones when I’m working with folks from all over the world because what’s cool is that you can toggle very seamlessly in BusyCal from your time zone to another time zone. Yes, you can enter other time zones into Google Calendar, but you can’t really toggle in between them in the way that I can do with BusyCal.

So, whenever I’m entering a calendar item, let’s say I’m doing it manually for like I’m in a mastermind that takes place in Europe, I can seamlessly toggle to that time zone to enter that event and then it can do all of the time zone work for me when I toggle back to Pacific, it will show me in my time zone when that takes place.

So then, when we change times before they change times and then they eventually change times, there is those whole few-week period where the time that I actually had that mastermind changed a few different times, like it was at 12 usually my time and then for two weeks, because they hadn’t changed to their daylight time or their summertime, I then was meeting with them at 1PM.

But I didn’t have to enter and calculate and do any of that because I just had this recurring calendar event that was in their time zone but I just toggled back to my time zone, that view on my calendar.

So, this is really helpful if you are working in multiple time zones and you’re entering things manually. Like, sometimes I teach for the Life Coach School in their Scholars program, I always just go ahead and enter in, Central time, the class that I’m teaching. And then I switch it back to Pacific time and it’s seamlessly entered. I don’t have to make sure I am adding the two hours on or subtracting the two hours off for my time zone from central time.

So, I love letting the calendar handle all of that for me. Sometimes even when I’m meeting with my CFO, let’s say, and we’re adding it in manually, I can toggle

my calendar to Eastern Time and tell her what times I'm available in her time zone without me having to do the math with the three-hour difference. It is super-helpful.

That's one of the reasons I really love BusyCal. So, if you're always working between multiple time zones and you do have manual entry a part of that, then I would highly recommend using BusyCal for that. I have made far less time zone daylight savings issues since switching to it. I don't know if I have really made an issue. It's usually been somebody else's lack of conversion correctly since having BusyCal.

And another thing I would recommend to not have daily savings and time zone issues be a problem for you is I just recently have changed my stance on this. And I talk about it in *Easeful Inbox Zero*, the mini course that I have, a part of the bundle that I'll talk to you about at the end.

I am now a big fan of calendar invites and having clients and appointments made through my scheduling system. I've always liked a scheduling system for private clients. But recently I've been using calendar invites a lot more heavily than I used to. I used to hate it because of how many emails it would send.

But now, I've realized it's actually super useful also to communicate with the person not only about the time zone and making sure it's synched on both of our calendars at the same time, and if it's not, then we can have a conversation about what time are we actually doing this thing. But the other reason why is we can also talk about what are the expectations for duration?

Because sometimes that's not clear when you're scheduling with somebody. So, doing a calendar invite really helps with both of those things. And I'm really loving - I just started using a new scheduling platform and I'm finding it to be super cool. And I think it will be even cooler when I have my whole team on it. Because it does rely on AI technology and so robots can basically schedule for us, which will be really fun. But you don't have to use that. You can use it like a regular scheduler.

There are some things they need to fix and improve that they're aware of, but I really like it so far. And that's x.ai, and I do have an affiliate link for that. I'll put it in the show notes if you want to check it out. They do need to still do, like, packages. Like other scheduling platforms have packages where you can give somebody access to your calendar for a certain number of sessions. They don't have that yet, but right now I really like it. There are some other things they need to improve. I'm just saying all these caveats because I want you to know I do know there are some issues with it. But I love it a lot more than some of the things that I have been using in the past, so that is another calendar I want to recommend to you.

So, then somebody else had asked, "What software do you use for your calendar?" So, I've been talking about BusyCal. I told you some reasons why I love it. Let me tell you some other reasons why I love BusyCal.

Another reason I love BusyCal is how minimal it is when you look at the design. Like, the user interface is nice and clean and white and beautiful. So, that's a huge plus. I also love how you can get rid of certain panes like on the sides. You can hide them and then just look at the calendar for the week. You also can look at a day view that's really nice. I really like how the day view is presented. And it can really help me focus on just that day that I am working through. And so, I can focus just on the time block that I'm in rather than having my mind be really confused or looking at, oh my gosh, all the things this week, blah, blah, blah. I'm just looking at today and following along in this block and then in this block and then in this block. So, I really love it for that reason.

And then, I think it's just a lot easier to add events onto the calendar at different time intervals than it is on Google's Calendar. For some reason, I find it a lot easier to throw stuff on the calendar and edit it and put stuff in the description and all of it. It just feels a lot faster. Whenever I watch a client use Google Calendar again, it just seems like it takes them a lot longer to work with their calendar.

So, I really love the setup in BusyCal. Those are some of the things I love about it. And I bet there's even more things, but yeah, those are the things.

The next question and the last question actually I'm going to answer today, in today's kind of shorter episode, is how have your Monday Hour One and Cultivate Margin thoughts slash practices evolved since finding Human Design and Inner Voice?

I thought this was a really thoughtful question and somebody must really be following along with my Instagram stories, if they're asking this question. So, Monday Hour One, for those of you who don't know, is a program that I cocreated with Brooke Castillo and Tyson Bradley at the Life Coach School. You can check that out at [mondayhourone.com](http://mondayhourone.com) if you're interested in that.

And then Cultivate Margin is my previously group coaching program, so I did three live rounds of that group coaching program. And now, it is my evergreen program. So, you can join that whenever you want to and that's where we really take time-blocking principles to the next level and create more margin in your life and also help you be able to have more time abundance and create goals both foundational goals and really big audacious stretch, exciting, outside of your current reality goals using your calendar. And that's really my signature program.

So, my thoughts and practices, I guess there's ways that they have evolved, like what I put in my calendar I think is evolving more and more the more that I learn my human design. And I flow with maybe my inner voice and what my inner knowing is telling me, but I really use that, my inner knowing and my design in order to create and inform my calendar.

So, what goes on the calendar, what I'm doing with my time, how I'm being in the world is really informed with my human design and inner voice. So, these

things have not really necessarily changed. I would say maybe I am a little bit softer in some ways around those things. It's really changed more of what do the blocks on my calendar say now.

I think it changed that a lot and it's developing a richness and sort of advanced training, advanced practices that build onto the Cultivate Margin thoughts and practices. So, it enriches it and it informs it.

And I can't quite speak to all of it here because it would be too difficult to explain, like, what the Human Design concepts are and what the Inner Voice concepts are, but this is really what I want to teach my highest-level clients.

So, in the future I really want to be able to help you all with sort of these foundational skills, the foundational thoughts and practices in Cultivate Margin, how to really create more abundance with your time and create the goals that you desire using your calendar. And then I would love, if you're interested, to layer on this conversation about what is your Human Design? How do you listen to your Inner Voice?

And then how do you meld that together with Cultivate Margin concepts, with time-blocking concepts, with best practices for utilizing this mind-based concept that is time and how do you use mindset coaching to carry out what your Inner Voice is guiding you to, what your soul's design is and really enriching all of that. And that's really advanced work. So, that will be my highest-level work, my most intense work with those that are in Cultivate Margin that then want more.

So, I'm really excited to talk more about that and have more of a conversation around that. So, one of the things that is changing around my calendar, for example, through my design is that I'm not really designed to work as much as most people.

In Human Design, I'm a projector and we do not have consistent access to all of the energy to keep going, going, going and doing, doing, doing. So, I am learning more about when is enough and how can I really harness and leverage the energy I do have in ways that really can compound and serve on a greater scale without me always having to do new things, more things.

So, if this is something that interests you, I definitely invite you to come into Cultivate Margin and then eventually consider joining my sort of mastermind type high-end level program. I'd love to figure it out with you how those all meld together into this rich human experience.

So, that's what I have for you today. I hope that was fun. I hope some of the tools that I offered were useful. If you want to come into Cultivate Margin, I would love to have you. And right now, we're doing a shop launch bundle. So if you can do any math at all, you'll realize joining the shop launch bundle, if you want to join Cultivate Margin, is your best bet, best bang for your buck, if you will.

So, you can come check that out at [vivere.co/shop](http://vivere.co/shop). I hope to see you in there. We are having such a blast in the community with group coaching, all of the things. I hope you'll come be a part of it with us. Until next week, I hope you have a beautiful week. Bye.

Hey there, thanks so much for listening. I wanted to invite you, if you are ready to integrate what you're learning on this podcast and want to dive deeper, you must come check out Cultivate Margin. It's my coaching program that's a hybrid between a self-study course and a coaching program designed just for you. Join me and the community of others like you at [vivere.co/margin](http://vivere.co/margin). And you can get that link in the show notes as well. I can't wait to see you in there. Have an amazing day.

*xo, L.*

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