

Ep_50 - Busy Being Busy vs Getting It Done

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SPEAKERS

Michelle Rogers



Michelle Rogers 00:11

Hey, parents, Michelle here. And I cannot believe it, but we are on Podcast, episode 50, and I am really enjoying this podcast. I've been getting a lot of good feedback from you guys. I'm seeing more and more downloads each week, which is just like blowing my mind. I love to listen to things while I walk and while I drive and even while I take a shower. So I guess I should have thought that maybe it would have been important to make sure that I am submitting a podcast episode to you guys every week, and for some reason, I was blogging, I was creating reels on social media. But I'm really, over the last couple of weeks, really just been kind of settling into creating these podcasts and just enjoying myself while I'm doing them. So I hope you guys are enjoying them as well. It's been a ride, and we just came off of camping this weekend. So Juliana, Cody, Carrie and I, we, every year, do a camping trip to Jelly stone in upstate New York, and we usually go for four days, and it was so much fun. And the kids are getting older, and we had a camper. We it was a junk camper, but it kind of like got the job done. And we've had it there for almost seven years. And last year the AC went in it, and it was leaking. But I found, like gorilla Gorilla Glue tape. And I'd like the water was, like seeping in and like leaking on the bed, but I was able to, like, gorilla tape it shut. I've had the roof sealed a few times, and it's just at this point, the guy who fixes the RVs up there is like, listen, it's time to let the old girl go. So it was very sad, because we were going to donate it, and it turned out somebody who works maintenance at the campsite is wanted it. He has 12 acres up there, and he said, I'd like to have it for my property and I'll rebuild it. So we ended up giving it to him. So it's a sad state of affairs, because we've been going there every summer for the last seven years, and we had to say goodbye to our camper, and they have cabins that you can stay in too. So we ended up staying in a cabin. And it's usually not just us. It started with just us seven years ago going on this yearly trip, but now it's, it's morphed into like, Hey, do you want to come? Hey, do you want to come? So we end up taking kids with us. And the last couple of years, we've always taken my goddaughter Tiffany, we've taken Cody's best friends, and then we've taken Juliana's best friend. And then this year, we actually able to take one of the dance girls, which you've never been able to take one of the dance girls. Her name is Kenny. She was able to come to so it was really quite the quite the weekend for us. So anyway, I'm back. I'm ready to rock here and have a another podcast episode for you, and it is special, because it is podcast 50. So, so happy to have everybody who's listening. I hope you guys have been enjoying the podcast. If

there are any topics that you'd like me to talk on, feel free to send me an email. My email is Michelle M, I, C, H, E, L, L, E, at Michelle B, rogers.com, I read all of my emails. So if you want a specific topic that you'd like me to create a podcast around, I would be happy to do that. So today's topic is one that's kind of come up over the last couple of weeks, over the last two or three weeks, if you didn't already know, I have a \$10 potty guide, and this guide's been around for a while, and actually, I've created many revisions of it. So if you've ever found me through purchasing the potty guide, what it is, it's a \$10 ebook that you can get off of my website. By the way, if you go to Michelle B rogers.com and you go to work with me, I think it's one of the top links is like, you can buy this \$10 potty guide. And this potty guide I created many, many years ago, and it's literally the A to Z of potty training. And in the beginning, when I created it just had tactical, which I didn't necessarily mind that it had tactical, but I realized from coaching many, many years of you guys, that tactical is not our problem. Our problem is belief, and our problem is is believing that autism makes it so that we don't have to potty train our kids. Not that we're thinking that outwardly, but that's kind of the outcome that autism makes it so that potty training becomes optional in our home. And so probably, I think, a year or two after I created it and started selling it, I said, You know what, I need to add mindset to this. So I ended up adding mindset to the to the potty guide. And I thought it was really, really important, because I felt like tactical just knowing, like, you know, just the the physical steps to do if I don't have belief in the outcome, it's it's never going to stick. So I ended up doing that, and I actually thought it was, it was great. And actually going to come up with another revision to the potty guide in the next couple of weeks. It's going to be a quick start guide that's going to come with it, which is basically going to be a link that says, hey, here's a quick start. Guide. Of, like, Okay, here's a quick start guide. Of, of, if you want to get straight to the tactical because the guides pretty in depth, and I really don't love do quit creating a quick start guide. But I'm thinking, You know what? If somebody just wants to get down to business, you know how, when you get a appliance, and the appliance comes with, like, the big manual, that's like 100 pages, and then the quick start guide. I always, I never read the manual. I go right to the quick start guide. So I said, let me create a quick start guide for the potty guide. So anybody who's gotten the potty guide in the past, we're going to send you an email out with the quick start guide, but if you're excited to get it, you can always send me an email make sure you're the first one to get it. And then anyone who buys the potty guide, over the next couple weeks, it's going to be automatically included in that addition. So anyway, every now and again, not very often, but every now and again, I get a request for refund, and it's \$10 guide. So, you know, it's fine. I'm not trying to break China, you know, break the bank on my \$10 potty guides. It's really just to provide a a low cost solution that will take somebody from start to finish who has a child on the spectrum to get their kids potty trained. And I love it. I think the guides fantastic, I should say so myself. So anyway, every now and again, I'll get a request for a refund, and I never really asked in the past. It was once in a blue moon, and they'd request a refund. And I just tell my admins, I'm like, Just give it to them. It's fine. I'm not trying to, you know, make anybody unhappy if you're not happy with it, you're not happy with it, right? And then the last couple of weeks, I got two and whatever reason, and for the first time, I think ever, I said, Listen, I'm going to give you the refund, but I need you to tell me why you want to. Why do you want to refund it? And both of them, I had two, two over the last, like, three weeks, or, like, the last month or so, and both of them said it didn't have one said it didn't have anything I couldn't find on Google. And the second one said that there's nothing new in here. There's nothing new in here that I don't already know. And you know, you know, what I think is so interesting is the one of them had also said that they didn't like how I said that, do you see autism as cancer? One of the comments I make in the potty guide is that, listen, if I see autism as this developmental disability, then no wonder I can't potty train my child. I already think I've lost before I've even begun, right? I half assed the potty training at best, and she didn't like that. She thought it was offensive. And, and, you know, shock, you know, it was like a shock

statement. And I said it wasn't meant to be a shock statement, but it definitely got you thinking, right? And I said to her, I said, she said that, you said that sensory sensitivities and hyperactivity are all myths, and that's not true. These are real things that parents are going through. And I said to her, I said, Listen, I'm not. I'm not disagreeing that those things aren't real, real things that parents are experiencing, but they are not the reason that potty training can't happen. That's the myth, right? So I'm not saying that hyperactivity doesn't exist. I'm not saying that pre verbal children don't exist, that that are have autism and that are in diapers and they shouldn't be, right? I'm not saying that these things aren't real that you're experiencing. I'm just saying that they're not a reason for your child not to be potty trained. That's the myth. And she got really miffed, and the other one said, you know, basically the same thing. This one was more detailed. She was like, Oh, I didn't like how you said, Do you think autism is cancer? Because a lot of us think of it that way. I didn't think of it necessarily as cancer, but I thought we were finished. I when she got diagnosed, the only thing I knew about autism was that movie Rain Man. So I thought we were done. So whether I thought it was directly cancer, no, but I, boy, did I feel that when I when I thought that sentence and I put it in the guide, I felt, that's how I felt. I thought we were done. I thought she was going to end up institutionalized. I thought I was going to be raising a somebody with a mentality of a three or five year old till I was till I was gone from this earth. That's what I really felt so. So she didn't like that. And she thought that I was saying that, you know, sensory sensitivities, and a child that has is hyperactive, and a child that has all like, you know, that's pre verbal or myths. That's not what I'm saying. I'm saying it's a myth to believe those are reasons why your kid can't have this. And it was just such an interesting thing, you know, because there's two types of parents that I always run into, and I'm going to be very honest and blunt. And if you've already been listening my podcast, you know, I curse. I just can't think of any other way to describe it. There is the bullshit busy. And then there's the we get shit done parents, and I've run into a lot of bullshit busy. And when I get emails like this, I all said, with love, this is called bullshit busy, because basically what I'm doing



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is I'm looking for I'm keeping myself busy, doing the searching, looking for the quick fifth fix, looking for the silver bullet. I'm not actually out there, rolling up my sleeves, getting the kid in the underwear, and doing the work that needs to take to get potty training done. And let me tell you this, I've worked with hundreds of families now in my group coaching program. I've yet to meet a child. So no matter where they fall on the spectrum, mild, moderate, severe, level, one, two or three, that I have not been able to help that family potty train that child. I have met too many parents who have already decided it cannot be done, and that decision shows up as refunds, as research, as one more question, I love you. I will coach you hard, but I'm not. I will not co sign that bullshit. And there's bullshit busy, and then there's roll up my sleeves and I'm getting shit done. And there are, this is the majority of the parents that I meet and I come in contact with at that surface level, like where the where they kind of find me through the potty. Guy, you're the most if I'm going to meet a bullshit busy that's where I'm going to meet him, and that's where that like, it's so great. You know, I don't mind the refund request, because it kind of filters out the people I wouldn't want to work with. I just launched an autism coach certification. I'm going to have some families come through that are going to start to do what I do, because I feel like there's so I have two programs, and I'm so focused on masterclass, which is getting kids potty trained, talking and stopping problem behaviors, that I would love to grow my other program, which is next level autism. That's where we go when our kids get the basics, and we want to teach them the additional skills to thrive. But there's such an overwhelming need for the basics that I can't, I can't, I can't help everybody. So what I think is

so great about the party guide, I mean, obviously I don't want the refund, but if somebody's unhappy, I don't want your money if you're not happy, right? But at the other end of it is that it filters out the bullshit busiers. And I really want to kind of define what that means. Like, what does it mean to be bullshit busy, and what does it mean to get to work, you know, get to work the parents that roll up their sleeves and they're ready to get shit done. To me a bullshit parents. They want that. They want the secret. They want you to pull back the curtain. They want that one trick. They switch plans every few days. They say, we've tried everything. They asked 10 Facebook groups for support, and they don't take any of the advice. They wait for a perfect week to get potty training done, then when something comes up, and then they have to reschedule, get it done. Parents pick a finish line, and they get to work. They run. They run one plan for 14 days. They take data. They track sits, they track wins. They track accidents. They match reinforcers to function. They ask for coaching to stay consistent. That's the difference. And I've had people come to me and say, You know what, that potty guide was flipping amazing. It knocked me out of my shit. And I got to work, and I was able to get my child potty with that. And I've had people come say, I love the potty guy, but I need help. I need somebody to work with me, and that's what I do, right? Like, that's what the core of what I do. The potty guide is kind of like a way for people to get to know me and helps me filter. Right? Because I don't want to work with bullshit busy parents. I want to work with parents that actually want to do the work, that are willing to get down on their knees, clean up some shit off the floor and get back to it again. And that's kind of the work that I did. So it's so funny. I had a new mom join my program last week, Thursday or Friday. She was already decided she was going to join, and she'd already decided that this past weekend, before she'd even gotten on a first coaching call in my program with me, that she was going to do an intensive. She got the guide, she was going to get going. We get on a call today, which is her first call, and she said she had this. This is the difference, guys, of a bullshit busy versus one parent who gets it done. She said we started working on it, and then I got a stomach virus yesterday, and I'm throwing up. And I got, I got my little baby, and then I got my five year old that I'm trying to train. But we, we stayed at it. That's the fucking difference. So



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bullshit. Busy is looking for the quick fix. I want to spend all of my time Googling, searching, interviewing, talking to all these people take asking for all this advice and not actually taking action. From that point, we get stuck in that loop of I'm busy. I'm busy. I'm so busy trying to figure this out. I'm so busy, and I never actually get to work. And the ones the parents roll up their sleeves and get shit done, is like that example I just gave you. So that's how you got to spot that difference. And I know like, there's, there's mess involved with the one the parents will roll up their sleeves. This isn't like a Oh and we live happily ever after kind of scenario. This is hard. It's going to be hard work. But here's what I always say to parents when I talk to them on the phone, whether they're deciding to work with me or not. I said, Listen, the life you're living is hard. I know you think it's your brain is telling you. It's not, because it's just familiar, right? It knows that, hey, if all of us are designed to have a survival brain, right? Then the survival brain is designed to keep you safe, not give you a chatty, potty trained child. So it's going to tell you all the things to say, Listen, what we're doing. Now, I know you don't love it. It's not sexy, but we can survive here. That's really uncomfortable, if you think about it, because I gotta carry diaper. Everywhere I go, I gotta find a place to sneak around and change a seven year old. I gotta clean up shit, poops of like that are almost adult size at that point, right? It's not a it's not a great life, but because it's so familiar to you, it doesn't feel hard anymore. What I'm asking you to do, which is kind of like the messy middle the parents roll up their sleeves and get shit done. That mom was sick this weekend, that sucks, but she still

showed up. I wouldn't say it was perfection. It probably wasn't like day one, but she still did her best. She gave herself grace to try to keep a routine going, because she's committed to getting to goal. That's the difference. And listen, I have love for all of you. I have love for I have had parents who are bullshit, busy, bullshit busy parents who came, who came to come to life, saw, saw, saw that there, you know, like, maybe that wasn't the way to live. And then, and then transitions to a roll up the sleeves get shit done, kind of parents. And I've had busy, bullshit, busy parents. They're just happy to stay there. And that's what I think is so great about the potty guide is that you know what? It's their first entry point to me and the philosophies that I believe in. And it's going to decide like, maybe, Listen, I'm not for everybody. That's why I think it's going to be great about my autism parent coach certification is that these moms aren't me either. And maybe my messaging would be great, but it might not be great for you. So teaching other people to do this, to give them the tools to help other parents get the results that I can get for the parents that work with me, it's gonna broaden the reach of how I can help, because there's gonna be people out there that don't I'm not their cup of tea, and that's okay, right? Maybe they'll be their cup of tea. So that's what I want you to think. And I want you to think like that part of getting shit done and rolling rolling up your sleeves. It's not sexy. I call it kind of like the messy middle. I had a situation with Juliana when I was potty training, or she was P trained, but she was, she was still holding her poop. And she could hold her poop for like a week, and she was literally holding her poop for every Saturday in the morning, and every Saturday when we went to safety swim and she would poop in the pool. And it was a really odd went on for five weeks, and I was ready to the easy way, the survival brains, like, here's the solve for that. Michelle, quit swimming. Quit going there. This is torture. You're getting embarrassed. Everyone's got to get out of the pool. It's a disaster. But my thriving bring I know I didn't live a life just to have a satisfactory outcome for me and my kid. I didn't live a life to just we live on an island that's impossible to have a child, just like it's impossible for me to have a child that stays in diapers forever and ever. That was the that was the power thought that I had. My power thought in that moment is too I will not live on an island with my daughter and have a pool in my backyard and she not learn how to swim. So we have to figure out why she's pooping in the pool and stopping it. And that was messy, right? It was. It was five weeks of pain until I figured out what I needed to do to get her to stop. And I did not quit. I stopped the function. I stayed with the plan, and progress came because commitment stayed. And that's the difference between bullshit busy and getting shit done, even if it ain't sexy most of the time, I'll tell you news flash most of the time you roll up your sleeves, get shit done. Type of parent that parenting is very messy. It doesn't look good, but you get to goal. Both are uncomfortable. One's actually going to lead you to the promised land. The other one's just going to give you more of the same with no end in sight. And that's kind of like what I really think is so good about these the types of the thing I look at the party guide is like, this net, right? And it's like, I'm I'm reaching out to everybody. And I some people, like, I said, some people get what they need from the party guide. Some people can really do that. They get it, they read it, they implement it. They're like, this is exactly what I need. Thank you so much. Have a nice day. But then some people I know have been struggling at this for years, and that maybe they could the party guides starting to bring them closer. Say, You know what? I think I need a kick in the pants. This was great, but maybe I need more than that. Maybe I need to listen to Michelle's podcast. Maybe I need to buy another guy. Maybe I need to whatever right? It may whatever it is. It's just helping to bring you towards not being somebody who doesn't do anything. And that's really what at the end of the day. What bullshit busy is that you do nothing. You sit around with bullshit busy, searching Google, asking all the Facebook groups, planning these dates, and then life happens, and then you keep switching the plan. And I have love for these parents too, because I want nothing more than these parents to see this and shake themselves say, let's go. I don't want to live like this anymore. I want to actually get this done, and that's what I'm in support of, and that's what I want to do to help as many parents as

I can. And I want you to think about this. There's no new tip. It's just a new decision that's all that you need. You're not looking for any the solution isn't in the new tip or some secret or some special, you know, potty pajamas or whatever the fuck is that they're selling out there today. It's just a new thought that needs to come to your mind, a decision that needs to be made. That if you move from searching to training, from checking boxes to actually taking data, you'll see change in a week. It will not be perfect, but it will be progress. This mom reported, without having one coaching call today, we cleaned up her process, but that one coaching call was getting wins. It wasn't the majority of the time. It wasn't even 50% of the time, but with her illness, with having to take care of another baby, and being in another country, for that matter, she's already gotten a 30% success rate without even having one coaching call. So if she can do this, you guys can do this. And it was messy and she got sick, right? So let me, let me leave you with this. Let's do, I've never done challenges, but let's do a seven day challenge. I want you to set a goal date. I want you to stop reinforcers. I want you to challenge yourself that if your child won't sit like if we have one of these kids, they're super hyper, inactive, that we just practice sitting five times a day. We have a plan, and we log our data all day on day seven. Change one thing about everything you've done in that first week, and keep going. And if you want my A to Z of potty, got the potty guy, you can get it from my website. If you don't have that, you don't have the resources for the \$10 go back to some of my older podcasts. There's some great potty training in in there, and that will help you at any level that you're at, and give yourself a just set a goal. Say, Okay, seven days from today, I'm gonna have it that my child's gonna sit on a toilet for one minute, and then maybe my next week. On day seven, I say, Okay, for the next seven days, my goal is my child will sit on the toilet for two minutes, and then maybe that week three, my child's gonna sit in the toilet for three minutes. And once you're up to three minutes, we're ready to do a potty intensive. And maybe, if we can just kind of bite size down, if we're in a state where, like, oh my gosh, Michelle, I'm listening to this podcast and I think I'm bullshit I'm a bullshit busy parent. And if you're a bullshit, busy parent. You're just, you know, you're getting the warning signs right. I've just, you know, I realized I've been checking all the boxes, asking for lots of advice and not doing anything. I love you. I'm here to support you. Let's start with just a little light, seven day challenge where you're going to set a goal, whether it's sitting on the toilet we got, they have to at least be able to sit for three minutes and listen. If we got to start at five seconds, I accept and little and little by little throughout the week, increase that time, make it up. Make it a point that they're gonna sit at least five times. Create a plan on how you're gonna get them to sit. Log take data, and on day seven, look at your data, and let's pick another goal post for week two and Week Three until you get this done. And if you want help with this, this is what I do all day long. If you want to change those weeks, three weeks into one week or two week, that's how fast the majority of my families get progress in my master class. And you can also go to Michelle B rogers.com you can go to the work with me tab, and you'll see all the different ways you can work with me, champions for our children, master classes, my group coaching program where I work with you, me and my team create a personalized blueprint to get potty training, talking and stopping problem behaviors done. I believe those three are the autism pillars of independence. Your children get these skills, they're going to live an independent life. It's the foundation of everything we work on, nothing other than the big three, the autism pillars of independence, before we work on anything else. So if you want help, it's there for you. If you want light help, go to the podcast, go to my past episodes. If you want the potty guide, you can go and get by the potty guy. It's only \$10



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I hope this was helpful. I really want this to be the the the name of the game for you is, is if

you've ignored, if you've listened today, and you know the two types of parents, bullshit busy and roll up your sleeves and get done parents, if you realize that you're a bullshit, busy parent, guess what? No shame. All. Love to you. But now we're gonna, we're gonna fix it. We got to fix it. We got to fix it. If I want to actually get this done, I got to roll up my sleeves. I got to actually create a plan and see it through. Pick a date, don't I don't care if a hurricane is planned. You've made that date. You're seeing that date through. I don't care if all grandmas decide to make a, you know, an unexpected visit to the house. Well, guess what? Grandma's gonna help whatever it is, whatever the state of affairs is, you've make a date. You see it through, no matter what, that's what's going to that's what's going to get a parent getting their kid potty trained. So I hope this was helpful. I'm enjoying podcasting with you all. I'm going to keep it up. If you have any topics you want to hear, let me know, and I will see you next week. Bye, everyone. Bye.