

00:00:00 Do you ever feel guilty for having big goals? Big dreams, wanting more like Maybe you should just be grateful for what you have now. Or maybe you don't have the goals and you're looking at me and the other gold getters. Hash tag high achievers. Hashtag let's do more out there and thinking, What's wrong with me? Maybe me just talking about big goals annoys you. And you're wondering why isn't it okay to have small goals or just enjoy life and live it today or Hey, maybe you're the girl who's like,

00:00:26 Holy crap, I'm hardly getting through the day. How am I supposed to do more? Well, pull up a chair, my friend, And let's talk. In this episode, I'm sharing the truth about big goals, whether you need them or not. And if you should just be grateful for what you have now, spoiler alert here. I'm not going to tell you that. Yes, everyone needs big goals, and you need a big goal and you need a big goal. And you, you you all need my goals.

00:00:53 I'm not gonna tell you that, because the truth is a lot more nuanced than that. In fact, that voice that tells you you should just be happy with what you have. While it could be one maybe you should listen to. But it could also be your inner critic, and it could be keeping you small. This is why it's such an important conversation to have with yourself whether you're someone who has big dreams and feels guilty for having them. Or you don't have big dreams and you feel like you should by the end of this episode,

00:01:19 you can understand when it's important to have a goals and when you should you're gonna learn about where gratitude fits into this whole hustling and achieving and Dr whole thing. I'll introduce you to the two coins and how they can help you decide what matters to you. Most importantly, you're gonna figure out if having big goals is right for you right here and right now, listen up, girl. You're gonna love this episode. Welcome to the Goalden Girls podcast where we believe you can have it all. I'm your host,

00:01:51 Lisa Me show and I'm spilling tangible tips, gold getting strategies and real life stories to inspire you to tackle your biggest dreams. You're a woman who knows you're made for more. Get ready to leave the excuses and self doubt behind by being vulnerable, sharing your truth and having honest conversations so you can succeed on your terms. Together we'll set goals you'll actually achieve by staying motivated, having fun and building a community of women empowering women. It's time to tap into your best cell, get confident and truly have it all.

00:02:25 Goalden girl. Let's dive in. Hey there, Goalden girl. Thank you so much for joining this episode of Goalden Girls podcast today. We're talking about big goals And do you need, um, what's the truth behind him? What if you could hardly get through the day? Do you still need them? And how the heck t stay grateful for all the things while you're still striving for more big questions and we're gonna cover them here today. All right. Before we dive in, I want to start with a listener shadowed.

00:02:50 And today I get to shout out to one of our Goalden girls community members as well. This is a review last by Gillian from that park elective who's also part of our community, she

says, Get Goalden Girl. Lisa's got you, Gillian says. I love Lisa's ability to break things down and give actionable steps. You can take to immediately start getting clear on your goals and how to achieve them. Grab your notebook, take advantage of any Pdf guides she offers in the episodes and start Crush your goals and feeling great while you do it Well,

00:03:19 Thank you so much, Gillian. I appreciate you taking the time to leave that review and for being a part of our community. I absolutely adore you and as I adore all of our community members and I want to just echo what Gillian says here, if there's a Pdf guy that goes to the episode, my goodness, please download it and take advantage of it. It's there for a reason. I love that you are listening, and I love that you're investing the time to listen. But, friend,

00:03:40 go the extra step and actually make sure you implement and integrate what we're talking about in the episodes in your life. So when I share a pdf God, which I tried too often, make sure you grab them so you can pressure goals and feel great while you're doing it. Thanks again for that review gel. It means the world to me. Thank you. Thank you, Thank you. All right, let's talk about big goals. Now you might be thinking, Well, this is a Goalden Girls podcast.

00:04:03 So aren't we all about goals? And I were supposed to love them? Maybe, But I know that some of you guys may not fully be convinced that big goals are the way to go. And the truth is, big goals actually aren't for everyone. Here's the story where this came out. I gave one of my clients and exercise before she set new goals. And by the way, I recommend this for everybody to first understand and know yourself. Oh, so well, before you dive in and do any kind of gold setting.

00:04:27 One of the questions I gave her was to think about her 80th birthday. Imagine. And you could do this as I'm speaking through you. Yeah, What's it like? Who's in the room with you? What kind of environment is it when someone stands up and says a few words about you? What are they saying about your life? What are they saying about the kind of impact you had on them. And for me. When I hear this question, I get these incredible visions and ideas, and I know it's gonna be family and some some colleagues and I get a really clear sense of what that is,

00:04:57 and it excites me. And I asked my client this question and she was like, Okay, Lisa, full disclosure. She's like, I'm Frankly, I'm really annoyed at this question. Why do I have to get to 80 and feeling I've had a massive impact? Why do I need to have a legacy to leave behind? Can't you just be happy in the moment like this? Just sounds overwhelming and stressful like, Why does my happiness have to be linked to some future major successes? And she even said to me,

00:05:23 Look, sometimes just getting through the day is a big accomplishment, and I want to say truth to that. Now you might be thinking, Okay, maybe other people think like this, but this is This is someone who actually paid to be a part of one of my program, says someone who was

in our Goalden Girls mastermind. And she's given me a lot of money. And even she is skeptical about this. So what gives? What is this about? Let's talk here. The short answer's No,

00:05:48 you don't need big goals. No, you don't need to leave a massive impact on the world. Yes, you could be happy with what you have and know your future happiness. It should not be linked to some future massive success, I believe. And I think it's amazing to be happy with what you have. And we should all be doing that. That in itself is an amazing goal. And, yes, you can be satisfied with the present moment and also be striving for more. But before I let you walk away from this podcast,

00:06:17 Lincoln All right. Goodbye, goals. I'm never gonna do anything big in my life. I want to share with you this concept here and this concept here is called the Two Coins. And of course, if you could see me, you'd see that I have got two coins here, but you're just gonna have to imagine them. So imagine me holding two coins, One of them we're gonna call your best self coin. And one of them is your inner critic. So an average a in every moment the thoughts you're having the feelings you're having.

00:06:45 The decisions you're making are coming from one of these two coins. It's either coming from your best self and your inner critic.

00:06:53 Obviously the best self you're best off is where you want to be, making decisions from. It's where you want to be living your life from its all.

00:07:00 This is all minds that, by the way, this is all about figuring out how to listen to your best self.

00:07:05 So let me give you an example here, so your best self might tell you and believe that every single day is meant to be savored,

00:07:13 it might tell you, and it might be that your purpose here is to find joy and agent every day.

00:07:20 This means that you so lowly. Drink your coffee in the morning. It means that you enjoy your morning crossword.

00:07:26 Maybe you take a long route toe work in the morning. You've got frequent naps in there if this question you know,

00:07:32 But what would you do in your 80th birthday comes up? You would probably be imagining it, surrounded by people who said,

00:07:38 Wow, you really made me appreciate the little things in life or you showed me how to just be happy.

00:07:43 And that's what would feel really good to you when you looked at your 80th birthday and you imagine the impact he would have now maybe the other side of that same coin,

00:07:52 that best self coin. Maybe you imagine that someone says your leadership made a massive impact on them and you're on this earth for a reason and that you solve world hunger or you taught 3000 students how to play the piano.

00:08:07 Or it may be that you lead your local government and you change the trajectory of your community. Your 80th birthday.

00:08:13 People are saying that you made a massive impact on them, and that's what feels amazing for you. At the end of your life.

00:08:20 Your best self coin might be saying that people are just happy that, you know, you show them how to be happy every day or your best self might be saying,

00:08:27 Hey, your 80th birthday, you want to hear that you made a massive impact on people. It doesn't matter.

00:08:33 The point here is that you were listening to your best self. The actions they might actually be completely different On the surface,

00:08:41 they look very different. No one person was savoring their coffee and taking lots of naps and just show people how to be grateful in the moment.

00:08:46 And had that presents every single J and in the person might solve world hunger or came out with the most amazing version of Mac and cheese that has no calories in it,

00:08:55 whatever that is, what matters. And this is why it's really hard to understand just from an action and even just from watching other people.

00:09:03 We can't. We can't judge what's going on for them without knowing the experience, because these two things are both a part of the same coin,

00:09:10 the best self. And by the way, it can also be an and it can also be you solve world hunger and you found joy every day.

00:09:16 It doesn't have to be a choice on, and if you think it does, it's aluminum belief and go back to Episode five for great tips on that.

00:09:22 But basically, either one of those things can be your best self. So now let's look at the other coin that is the inner critic coin.

00:09:31 So let's say you have a voice that tells you should just be happy with what you have. It tells you to stop wanting more.

00:09:37 How dare you want more? Really? I mean, don't you have more than 95% of people on this planet like you have running water?

00:09:43 You have clean air, your Children have health care and maybe education, and you still want more. What is wrong with you?

00:09:51 Are you ever gonna be happy? You should just be happy with what you have. That is the kind of crap that you're in a good access to you.

00:09:58 And if any of the those voices sound familiar, let me know, because you're not the only one.

00:10:04 You might also have a voice in you that tells you to do more. That tells you that rest is for the weak and that you've got to keep going that you gotta hustle.

00:10:12 You only have one life, and you're wasting it that if you didn't, if you don't do something really big,

00:10:17 did you really matter? That voice might tell you that you need to keep working harder. Keep trying.

00:10:21 You need to achieve more that you never have enough that you're never good enough that you're never achieving enough.

00:10:27 These actions may look very different. How they manifest. What? That that actually looks like you can sense the energy here,

00:10:34 right? You can sense that this is not coming from a positive place. This is not coming from your best self.

00:10:39 This is not coming from something that on your 80th birthday or heck, even if this was your last few moments on this earth that you would feel really proud of and you would really believe your inner critic here is holding you back.

00:10:49 And even though those two things might like might look different, your inner critic here is trying to tell you that you have enough.

00:10:55 You have too much just to stop, or your inner critic might be saying, You got to do more.

00:10:58 You're not enough. Keep going more, more, more. The point here is that you're in. A critic is holding you back from what you truly want,

00:11:05 whether it is that you want more, or that you do have bigger things you want to achieve, it's holding you back.

00:11:11 But it's telling you, how dare you think that? Who do you think you are? And I bet you,

00:11:14 your inner critic there is all loves guilt. That's like one of its favorite strategies there. And there's a side of what other people gonna think.

00:11:21 Or maybe you're greedy or you're not grateful or you're not. You're not good enough. Not smart enough when,

00:11:28 really, the truth is that that is your inner critic and not your best self, and that there's something in your heart,

00:11:34 whether it is the realization that you can be happy in this moment and grateful for exactly what you have and or he want more.

00:11:43 And that's okay, too. Your inner critic could be pushing you to do more than you actually want to.

00:11:50 Your current credit could be pushing you to do things or try things that are not important to you just because it's when that will be what other people are doing.

00:11:57 Or it's a lot of the sheds, by the way, any time you hear a lot of should,

00:12:00 it's probably a sign that you're in. A critic has come to the party, and they're just here to drink all your booze and eat your food,

00:12:05 and they're gonna vomit everywhere and sell to you and the host and then tell everyone it's a horrible party like that is we're in.

00:12:10 A critic is here to d'oh! Just don't shit all over yourself. I'm sure you've heard that before,

00:12:14 but really, really important. Here's the irony, you know, choosing to just be happy every single day can actually be something that comes from your inner critic.

00:12:24 And that's obviously something that you don't want to dio. Your inner critic could be telling you to just be happy with what you have and that you already have more than so many people.

00:12:31 So how How can you want more? Who do you think you are? At the same time, your best self could be saying,

00:12:38 You know what? I just love where I am right now, and I'm so happy with what I am doing.

00:12:42 I love taking the long way to work. This this job that I have yeah, sure doesn't pay the most is not the fanciest title.

00:12:48 But I'm enjoying myself every single day. And I am, you know, changing lives here, or I'm okay with not changing lives.

00:12:53 That's okay, too. I love and I want to spend as much time with my kids, my family or at the beach or whatever that is,

00:12:59 and that's enough for me. This is where you gotta learn and you gotta listen to that voice every single day.

00:13:06 You choose to follow your best self or you're in a critic, my friend. Choose to listen to your best self.

00:13:16 Okay, I'm gonna go out on a limb here and say that I believe everyone needs a coach. There's a reason why the world's top athletes,

00:13:22 leaders and entrepreneurs all work with coaches. It's because we do better when we're being supported, challenge and encouraged to be our best Selves.

00:13:30 And let's be honest, who doesn't do better with a little accountability? Each year I take on a limited number of one on one clients,

00:13:37 and I love getting to know them and support them on a really intimate level. Now I also walk the talk or is it walk the walk?

00:13:46 I don't know how the expression goes Anyways, my point is that I don't just coach. I get coached.

00:13:51 Through the last few years, I've spent tens of \$1000 on my own development with coaches and masterminds, and believe me,

00:13:58 I have no plans on something that anytime soon. But here's thing. Not everyone is ready or needs a 10 or 20 or \$30,000 coach.

00:14:07 That is why I created Goalden Girls Community, a community driven, inspiring place to get amazing coaching and to work with me with an accessible price point and easy commitment to create the best world class experience.

00:14:20 Goalden Girls Community Registration only opens a few times a year. If you really want to learn more and be the first to find out the next time the doors open,

00:14:27 head to [Lisa.me/show dot com forward slash community](http://Lisa.me/show.dot.com/forward/slash/community) I know incredible things can happen when you have a clear direction,

00:14:34 any simple called action and challenge. Each and every month, month after month, our community members report being more confident,

00:14:41 having more clarity and feeling empowered. Together, we're always celebrating new and exciting milestones, anything from starting new businesses,

00:14:49 growing in scaling existing businesses and having the courage to apply for and land and exciting new job. But it is so much more than that our members are finding their artistic voices,

00:14:58 finally organizing their houses. Amen to that and report better work life balance than ever. before. So hop on the wait list today because trust me,

00:15:06 you do not want to miss out. I hope you'll consider joining because I would love to see you in the Goalden Girls community.

00:15:15 Now. How do you know I'm drinking this like I'm a coach? So I have learned to help people understand and listen to.

00:15:24 Probably. You can often hear a certain resonance when it's the best self. There's like a different energy that comes up,

00:15:29 and people's voices often change the way they move their hands and their body. There's so much that comes into this and as a coach again.

00:15:35 I understand this, and I always can tell with people when that when that change happens from a Facebook message or comment,

00:15:41 sometimes it's hard, and if you're new to this concept, this idea, it can be challenging for me to tell you,

00:15:47 and this is where I want. I also want you to become your own best expert, too, and that's something that I love.

00:15:52 Help people understand how to do it. I'm a big believer in you becoming a best expert, so well,

00:15:59 yes, it's great to work with a coach and I'm, you know, happy to help. And if you that's when you interested in getting in touch,

00:16:04 not telling that where was planning on taking this, But hey, gonna throw another because somebody obviously needs to hear this So happy to help with that stuff.

00:16:09 I love doing that, but here's a couple of things that you can do to start understanding that voice in yourself.

00:16:16 First of all, you gotta listen. So whether the voices telling you you know I hate big goals or should just be happy with what you have or it's,

00:16:24 you know, be grateful for what you have right now your life is so good right now or, um,

00:16:28 do more listen to the voice and some of you. I bet you we don't give ourselves enough credit for being is intuitive.

00:16:35 It was even are. Some of us will already know. You will probably already have a sense of what That is a really great tip for this.

00:16:42 Jennifer Jade, one of my first coaches. She taught me this is to ask yourself or have somebody else ask you a question.

00:16:48 That's a definite yes and a definite no. So, for example, if somebody can ask me, are gonna ask myself,

00:16:53 Is my name Lisa and And just take a breath and take a moment and feel into, like what that is in your body,

00:17:00 how that feels. And when you say yes or no, how does your voice sound and just get a sense for it and then get something to ask you something That's not true.

00:17:07 So is your name. Ted is your birthday in December like it could be any of those things? Do you live in Alaska,

00:17:13 Whatever that is, and get the sense of what the difference is between something that's a really yes and something that's a real know,

00:17:19 and you'll be able to feel that in your body will be a less sense. It your voice might change Oprah.

00:17:25 Actually, I believe so. She says she can tell because her best self her intuition comes through is like a whisper and very soft voice.

00:17:33 And her inner critic or her ego, a saboteur. All similar words for the same thing is like a loud clanging in.

00:17:40 It's like very, very obnoxious, whereas the intuition her best self is is her whisper. So that's something you'll get to know what that is,

00:17:48 but you've got to start by listening. So that's the first little tip there is to listen in and to ask yourself a yes or no on simple questions that you already know the answer to and see what comes out for you.

00:18:00 Here's another little tip for you as well. If you don't know either, write down what it says or say it out loud and mimic exactly what it sounds like that when you say it out loud.

00:18:13 This is one of the most powerful things I get my clients to do, and it's crazy. So often people can tell.

00:18:19 They're like, Oh my gosh, it sounds like my mother in law. Or it sounds like my fifth grade math teacher who always chastise me like you're here.

00:18:26 It's like it might be like a lot of people have little. Amazingly, why says that's what their inner critic sound like.

00:18:30 Or maybe it's a low voice. It's like you're not good enough. You don't know enough, whatever that is.

00:18:35 What you want to do is is listen to it, write it out and say that loud and mimic it and then ask yourself,

00:18:41 you know. Is this your your voice? Is that what your best self says? And you know what?

00:18:45 If it's your best self, may be your best self. Sounds like Oprah. Maybe it's a really resonant voice.

00:18:50 Or maybe it sounds like your role model. It sounds like for me. Let me tell you my best self.

00:18:54 Sounds like it sounds like me on stage. Are you recording this podcast? That sounds maybe a little conceited,

00:18:58 but that's what that's for me. I know that's my best self when I'm just shining and being the both of us most authentic,

00:19:03 open, honest, excited version of me that that's what it sounds like. So I can tell when I say something out loud,

00:19:09 if that is my best self talking or if it's an inner critic and I got a peanut gallery, by the way,

00:19:14 Look, I'm not immune to the stuff. Have a whole peanut gallery of people there that like to hold me down,

00:19:18 and I've got to step into my inner speaker and into my best self to then make decisions and find what's resident and what's truth for me.

00:19:27 So this is something that I don't expect you to master this right away. This is something that you're gonna work on and get better at.

00:19:34 And you're holding in better at listening to your best self and not your inner critic. But listen to me here.

00:19:39 If you can get this. This is a game changer in your life. This is when you learn to really make decisions and live your best up Best life like that's so cliché.

00:19:48 But it really is because then you can differentiate between what is the crap that is holding me back that is keeping me stuck.

00:19:54 That is not working for me. And what is the truth about what I want and how can I focus then?

00:19:59 Then it's like, Oh, now it's easy. I just focus on what I want and freely helps you make decisions that are aligned.

00:20:04 It replaces fear or lack or scarcity or inaction, and really helps to take action in the right way in your life.

00:20:10 This is how you cycles. This is what I want you to use when you think about how I want to feel every day and what goals I want to match that and this truly shows up in everything in your life like this is how you can show up in your education.

00:20:21 How you how you make your decisions in your career with your family, as a mother, as a father,

00:20:24 everything depends on whether you're listening to that, your best self coin or your inner critic again. It's not about the actual action that you take.

00:20:32 It's about where's that intention coming from within you? And are you listening to what your true self once or not now,

00:20:39 three little principles here. I want to share number one just released the judgment of yourself to stop making yourself wrong.

00:20:47 If you are struggling to get through the day and you think you are already maxed out, that doesn't mean that goals aren't for you.

00:20:52 They may just need to look like a less right now or am. I just need to be the right thing.

00:20:56 By the way, if this is the case, if you are someone who right now is like Oh my gosh,

00:21:00 I could hardly get through the day. How am I supposed to do more? I'm already overwhelmed and stress who?

00:21:04 Just stop what I'm gonna get you to do again Remember goals or just intention? Think of can you guys here's to know in the background just getting home intention is all it is.

00:21:14 And I want you to change your intention to not feeling so stressed, not feeling so over. I'm not feeling like you can hardly get through the day or feeling cure surviving that that must be your first goal is to get you feeling like your best self.

00:21:26 And chances are it's actually gonna look like less and making it so your life isn't so hard that you can't imagine doing just one more thing.

00:21:33 Let me tell you that energy of that mentality that I can't do one more thing I'm already over on already maxed out,

00:21:39 and that is how you get burned out. That is how you get exhausted. And that's frankly how you get an unhappy as heck life like that,

00:21:45 is it? And I think we all can just say no freaking thank you to that, right? So release judgment,

00:21:50 release the judgment. You know of, um, that you can't have what you want or do some deep diving.

00:21:56 It is to figure out what you actually want, and if you want more, allow yourself to want that.

00:22:00 If you don't want more, allow yourself. Take a break and know that enough and you are enough just the way you are,

00:22:05 whether you are striving for more or whether you decide not to. You are enough in this moment, and you have everything you need right now to be in sincere gratitude with what you have right now.

00:22:16 The last little principle here I want to share. There's something I'm learning from Danielle Important. Her amazing book,

00:22:20 White Hot Truth. Don't let yourself help become yourself criticism, and I certainly have to watch out for this myself.

00:22:26 And one of my strengths is being an achiever. I can give me a task list, and I feel so good lifting it off.

00:22:32 It's a strength, but any strength too far can also become a weakness. And sometimes I can actually use self growth and personal development,

00:22:41 and they can feed right into my narrative of I'm not doing enough or I could always be better because I'm not enough right now,

00:22:47 so I just want to be open and honest about that and let that also be a bit of a reflection point for you to check in.

00:22:53 Because self help or personal growth percent, Bowman can also like your inner credit can latch onto happy like,

00:22:58 Yeah, you're not very good at that. Yeah, and you need to do more on that as opposed to being like,

00:23:01 Hey, from this place of I'm already awesome the way that I am here I already have. This is a great thing.

00:23:06 And I know this will enhance my life. And so I'm gonna I learned this new scale, or I'm gonna join this program to read this book,

00:23:11 to make me about a version of who I already am not coming from that inner critic of like, You're not enough.

00:23:16 You need to do more. You could be better. Which mind totally does playing do? Sometimes there's something that I'm still learning on still being cognizant of.

00:23:22 And I wanted to bring that to you. Don't let yourself help become your self criticism. One last thought here,

00:23:29 the idea of big goals. If this idea Buggy, which I know for some of you guys, it does because I've gotten your messages being like,

00:23:34 Oh, I don't like this is kind of triggering this is just an imitation like anything in my in our life.

00:23:40 If something is triggering you, it's just an invitation to explore and get curious. Why is that happening?

00:23:44 Do you have big dreams? But you made yourself wrong too. Want them? Do you not have big dreams?

00:23:49 And you feel like there's something wrong with you because you think you're supposed to have big goals Either way,

00:23:54 principle one. Here, stop making yourself Ron. Remember anything that is a trigger? It's just an invitation to explore and to get curious about what's really going on for you.

00:24:03 By the way, I pulled it in L. A port truth bomb right before I came on record this and it said this want what feels good too want is not just perfect for this.

00:24:10 I absolutely love it. That's just perfect. Want what feels good to want my friend? You are not wrong.

00:24:15 You, your desires it there for a reason. I've really believe this. Somewhere in our cultural narrative,

00:24:21 we've somehow divided up gratitude and then driving ambition. We think that they are mutually exclusive, and I got to say they aren't You could be working your butt off for the big goal and hating your life every step of the way.

00:24:32 You can have all of the success the house, the car, the status, the title, the fame and still not be grateful for what you have.

00:24:38 Or you can have a big, huge, audacious goal and still be happy and grateful for what you have.

00:24:43 Don't make up a mission in gratitude. Stop making it a choice between desire and drive and gratitude and is not a choice you have to make.

00:24:51 And in fact, a lot of people seem to have a lot of crappy drive and still no gratitude.

00:24:56 And they have all the things and they still are unhappy. So I hope that this gives you some ideas and get an idea where to start so that you can hone in on your own values and start listening to your myself and decide our big goals right for me right now.

00:25:08 Or Dwight, can I spend my time really focusing on getting present and enjoying what I have in this moment?

00:25:14 Only you know the truth. There it is super easy to get caught up in other people's beliefs in our own inner critics,

00:25:20 trust me, it really is, and I do it all the time. It is a constant process for me.

00:25:26 And I gotta say this The more you practice listening to your inner critic of, the more that boy's becomes clear and you get better listening to it.

00:25:33 This concept, this has truly being life changing for me and for my clients to, and I hope that it helps you as well.

00:25:39 So basically, this whole episode is to say that there is no one answer to the question. Do any Biggles.

00:25:44 But here's what I know for sure you have a choice. You can listen to your best self or your inner critic or so no,

00:25:51 apparently, I don't know if you guys can hear in the background, but she she she's playing around here.

00:25:56 I usually try and record my episodes earlier when she's at home, but it doesn't always work out. So I hope you guys don't mind a little cinema cameo here.

00:26:02 I promise you that in the first episode, and here it is you. Here's what I do know to be true,

00:26:06 my friend, is that you can have it all, whatever that means to you and any time the should and the just come in there,

00:26:13 it's a sign that you're letting other people's opinions or your inner critic. Come on and take the show.

00:26:18 You can have it all, whatever it means to you if you're feeling guilty for your goals. If you're guilty for not having them,

00:26:25 that's a sign that your inner critic is making you wrong. Your heart knows you know your best Self knows a listen to what you desire and listen to what you want and be okay with wanting what feels good to want,

00:26:38 whether that is a simple life or big, audacious goals. My friend, do not let anyone tell you you can't be happy and grateful for the life you have,

00:26:45 whether that means that you strive for more or not, because you can be and you can still go for more.

00:26:51 Don't let anyone, especially yourself. I think we are our own worst enemies on this. Don't let anyone tell you that you have to be more to do more to achieve more to be worthy.

00:27:00 You are enough right now, but if you decide in your heart, because in your heart your desire,

00:27:06 your mind to dream that you know that there's something more than don't let anyone else your inner critic, your mom,

00:27:12 your best friend, your partner, your coworkers, anyone make you wrong for that. Thank you so much for listening.

00:27:20 Go listen to your myself. Will create the life that you want today. Listen to yourself. When I say,

00:27:26 What do you want for your 80th birthday, man Know that answer and might feel good to you, no matter what that answer is.

00:27:33 Go be that woman that today you're gonna be proud of today and that you will be proud of on your 80th birthday.

00:27:40 Thank you so much for listening. If something spoke to you, send me a message by sharing this episode and tagging me on social media.

00:27:48 If you know someone who loved to hear this episode, please share it with them too. Because I love surprises.

00:27:53 Make sure you subscribe to Goalden Girls podcast today. It's the only way to find out about bonus surprise episodes and make sure you don't miss a single beat on your Goalden journey.

00:28:03 Thanks again for listening. That will talk to you in the next episode of the Goalden Girls podcast.