

00:00:01 Your values are an important part about who you are. But how do you know what yours are? And how do you actually use them in your day to day life? Welcome to this episode of Goalden Girls podcast today or talking about values, how to know what yours are and then how to use them to set goals, make decisions and live a better life. Today. This training is actually a snippet from our monthly Goalden Girls community training. And I want to share this with you guys for a few reasons.

00:00:27 One of them is because I have a big believer in values, and I know that when you know your values and your clear on them, it can help you with the time of things in your life. He can help you with your goals and making sure you're setting the right ones. It could help you with decision making and prioritization, and when you can make decisions that are aligned and prioritize, you reduce overwhelmed, and I am all about that. The other reason I'm sharing this, it's because you guys ask.

00:00:51 This is one of those topics that has come up and you wanted to know howto values align with goals, and how does it all fit together? So that's why this episode is here now. I also have to give you a disclaimer. I do values differently. The typical thing you'll see is that a coach or even a psychologist will give you a list of a bunch of words and tell you to circle your values. The truth is that it doesn't work, because often we value we circle are should like,

00:01:17 for example, family or health or faith, because we think that's what we should do or because we can't imagine not circling those. What would it say about us if we didn't? But in this episode, you gonna learn about why this doesn't work and what you could do. Instead, I'm also gonna talk about the fact that sometimes your values do compete. I mean, hello, work and family. Sometimes those things compete, don't they? So I'll talk about what did you in those situations? Because they do come up now,

00:01:40 keep in mind. This is a snippet from our training, and when I do it, I do with the video and it comes to the work. But to there might be a few things that I reference to, you know, screen shot or a workbook or dates. Please just ignore those. I know that you're still gonna get a lot from the audio here. You can still totally follow along and answer the questions that I ask you to help you understand your values. I've gone ahead and put all of the quote honest questions which are the ones to help understand your values there in the show notes for you.

00:02:07 So and that's where you can actually answer the questions and understand your values. So go ahead, grab your notebook, check out the show notes for the honest questions and get ready to explore your own unique values. This is gonna help you sat meaningful goals to you. Help you make decisions that align with your values and get clarity about who you are and what you're all about. Get ready. I know you're gonna love this. Welcome to the Goalden Girls podcast where we believe you can have it all. I'm your host,

00:02:36 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 all get confident and truly have it all Goalden girl,

00:03:11 Let's dive in. Hello, Goalden Girls Community and welcome to our values Training. My name is Lisa Me Show success Coach and speaker. And I am really excited about this topic today. We're talking about values, how to know, uncover and use yours. In this lesson, you're gonna learn what values are and why they're important. We're gonna talk about how to uncover your own personal values. I'm gonna give you a great strategy to do this yourself. And I'm also gonna share with you how to use your values so you can make amazing decisions,

00:03:56 set goals and live your best life. Let's be honest. That's what we want here. We want to be living an exceptional life, and values are an amazing foundation to make that happen. Now I could give you a 1,000,000 strategies when it comes to achieving your goals, living your best life, everything from productivity in time management. In fact, if you've ever done a Google search, it's probably pretty overwhelming, I believe. And you're gonna see this as a fundamental belief and principle as we go through our community and our work together that knowing yourself is the beginning.

00:04:35 You've gotta know what works for you. What's going to serve you? What's gonna move you forward? We'll work through someone else. May not work for you. That's why I really wanted to share this quote by Aristotle because he nailed it. Knowing yourself is the beginning of all wisdom. This is where you start with a million strategies. You're just gonna be overwhelmed. But when you know yourself, it will then help you decide what's right for you as you move forward. So what? Our values values.

00:05:13 They're basically just your principles, your standards of behavior. There, your judgment on what's important in life. They're what you believed to be important in your life. You may have heard them referred to as principals or morals, ethics, moral values or rules of conduct values they were critical and unique part of who you are. They represent who you are now, and they're also the principles that you hold to be worthy in your life. Your values are central to view our and their unique. They also have a massive impact on your success,

00:05:52 your happiness and fulfillment. The other really cool thing about values is that they tend to stay pretty consistent through life, which is why knowing them is so powerful. This isn't something that you're just gonna do once and forget about it if you come back to your values. If you understand your values, there's something that can actually guide you throughout your entire lifetime. No matter what goal you're working towards, No matter what season of life you're in, they will help and serve you. The bottom line is this.

00:06:26 The closer you are living your life to your values, the happier and more fulfilled you will be. I'm gonna say this again. The closer you live, your life to your values, the happier and more fulfilled you will be. Your satisfaction in life is directly tied to how much you are living in alignment to your values. Let me give you an example of this. There are times in life where things might look good on the outside or might feel like you're doing all the right things and think that you're doing all the right things look like you're doing the right things,

00:07:04 but on the inside, something's missing on the inside, something doesn't feel right. We can't always just look to the outside to understand this,

00:07:12 and that's where looking inside, understanding our values can be a really incredible place to start because the closer you're living your life to your values,

00:07:21 the happier and more fulfilled you're gonna be. Values are helpful in any and every season of life, whether you're in your twenties and contemplating if you should go back to school or what you're not first career step might be.

00:07:39 It could be helpful to look at your values before you make those decisions. Maybe you're someone in the season of life where you've got a family to take care of.

00:07:47 You got kids and aging parents values can help you come back and understand what's important to you. Maybe you're in a season where you're getting close to retirement and contemplating what that looks like maybe you're deciding you should start a business or go back to school any of these times.

00:08:04 Your values can help guide you. They could be decision making tools that can help you look at your goals.

00:08:10 Values are amazing tools because they help you understand what you want need in life. Like I said, the closer you live your values,

00:08:16 the happier we'll be. This is why people who are in jobs that don't align with their values or work for companies that don't align with their values or build businesses that are in a line of their values often struggle.

00:08:29 If you try to be a totally different person at work than you are at home, it will be exhausting.

00:08:35 It will be a struggle, in fact, is an energy drain to live without alignment of their values.

00:08:42 It's an energy drain to pretend to care or tow, have to care with things that don't align, and it sucks that joy out of you.

00:08:50 If you can't give the time to the things that really matter to you. If you weren't really putting your time in what you judged to be important in your life values,

00:08:59 can help you understand. Recognize why you're frustrated, were irritated or unhappy or feeling unfulfilled. Even if you've never been able to understand it before,

00:09:09 it helps you understand, too. If you're angry, it's often because some of your values are being stepped on and helping you recognize this helps you see that is your values that are making you react.

00:09:20 And it allows you to choose what kind of people situations, experiences and cos you have in your life,

00:09:26 the ones that you allow in because they are aligned with your values. Values help you set goals that actually matter to you instead of the ones that society tells you are important.

00:09:37 They also help you prioritize, and I'm gonna talk more about how we can use your goal, your values in a little bit.

00:09:44 But I want to give you this idea that they're super versatile, and you can use them in a lot of different ways.

00:09:49 A lot of different stages, every step along the way in your life as you go to living your life that's felt fulfilled and joyful values are personal.

00:10:01 We all have them. We don't necessarily understand them or know exactly what they are, but we all have them.

00:10:09 So let's discover yours. Let's find out what it is that's most important to you and how you value your life in your time.

00:10:18 Now here's the truth. If you've you've maybe done some value setting exercises in the past. In fact,

00:10:24 I just went to a psychologist a couple weeks ago, and, man, I did this exercise where all you did was circle words on a page,

00:10:32 and that's probably what you've done before. Here's the truth. Circling words on a page to represent your values doesn't work.

00:10:42 It just doesn't. When we circle words on a page, we often circle values we think we should have.

00:10:49 Often they represent the quote should, as opposed to the values we truly believe in, are the ones that really resonate for us.

00:10:57 Let me give you an example. Family may or may not be a value for you, but pretty much almost everyone circles it.

00:11:05 Environment is another one that people often circle Now. That's not to say that family is not important to you or the environment is not important to you,

00:11:14 but there might be a word or a sentence or something that represents that value better for you. For example,

00:11:23 Connection connection might be one of your values, and that doesn't matter whether it's connection with your colleagues or your clients or connection with your family or deep connection with friends.

00:11:35 The value, the word that resonates more for you. The way that you want to live your life intentionally is through connection,

00:11:42 not just having the words family and friends and colleagues and and community all written down. Maybe it's impact impact is what matters to you,

00:11:50 and you might wanna have an impact when you show how they're in the way, you show up with your family with your baby,

00:11:55 with your your cyst siblings or with your Children, and impact is something you want to have. An impact is also something you want to have on the environment.

00:12:04 Do you see what I mean here? When you get clear on your values, your values have showed up in a lot of different ways.

00:12:10 So it's not to say that health is an important or environment is important. Family is important or money isn't important.

00:12:16 But there's probably a word. Often there is or, you know, a song title and we'll get into that in just a bit,

00:12:22 but something that resonates for you and fit better and deeper than just the thing that you think you should value.

00:12:29 So that's what we're gonna do things a little differently. Here. We're gonna let those different sheds just take a height and get down to what you truly value.

00:12:37 There are three steps and I'm gonna walk you through to uncover your own values. The first step is getting honest.

00:12:44 I got some honest questions in your workbook and you're gonna answer them with the honest answers. Then you're gonna go through and spot those patterns,

00:12:52 and then you're going to declare your values. If you haven't already, this is a great chance to pause and print your values.

00:13:01 Work she out. You can do this worksheet As we're going through this. You can do it as a private exercise.

00:13:08 Pour a nice cuppa tea, have a glass of wine, or you could do this with a friend.

00:13:12 You could do with a mentor, a coach, even an accountability partner, and you can feel free to follow along and pause as we go.

00:13:21 Now. This exercise works in three parts The first part you're gonna see in your workbook is the honest questions and the honest answers.

00:13:30 I want you to answer openly and go with the first thing that comes to your mind. Just write it down.

00:13:36 You'll see some of the questions. What drives you insane? What do you spend your money on? You might be wondering how this all fits in,

00:13:44 but I'm gonna tell you that answering these questions is going to give you clues to understand your values. But don't worry about that.

00:13:51 Just take a few moments and answer these questions. Go with what comes to your mind and answer openly.

00:14:02 After you've done completing the honest questions and the honest answers, I want you to step back, review and spot the patterns.

00:14:12 You're going to read your answers and look for themes you can circle. Then you can highlight them. Look for ideas and patterns that keep coming up.

00:14:20 Those are the clues to your values that is giving you hints as to what matters to you when you look at what the things that drives you insane only give you an amazing tip.

00:14:31 Anything that drives you crazy that makes you want to pull your hair out. It's probably because something of value of yours is being stepped on.

00:14:39 When you look at how you spend your money, you often we're spending our money and not. I mean,

00:14:45 there are exceptions to this, but that can give you some clues as to what might matter to you.

00:14:49 For me, I spent a lot of money on food because I love have I love experiences and I love community.

00:14:55 I love trying new things. I love adventure. And so that's where that food, our lines in there,

00:15:00 if you think about the people you respect and admire and why that's gonna give you some clues as to your values,

00:15:05 because often, actually, I'm gonna say always. We respect people, and we look up to people and admire them because they are in alignment with our values.

00:15:15 Are you seeing how this all fits together? As you review your answers, you're going to see patterns.

00:15:20 You're going to see concepts and words and themes that are emerging to you as you saw what's sticking out,

00:15:25 what feels right, and you can always feel free to bounce it off. A friend of that helps or share in our community and get our ideas as well.

00:15:35 Step number three you draft and declare them. This is where it's time to distill all those thoughts and themes into values.

00:15:45 Now we're gonna start with the draft and move from there. I'm in. Encourage you to make it creative.

00:15:53 Make it yours. There's a reason why we didn't just pull out a piece of paper with 500 words on them.

00:15:58 Because this is about you. So have fun with your values. You can add it, change them,

00:16:03 adapt at any time. But your values, they don't have to be words. You can try songs or lyrics,

00:16:08 places, book titles that could be images. They can be names of people, places, objects and you can mix and match them.

00:16:16 Make them uniquely yours. How you want to also keep them visible. You want them somewhere where you can come back to them and check in.

00:16:23 So you're being intentional about the way you're spending your time. Your days, your weeks You're in your life Now don't worry.

00:16:30 They're not perfect. Start with something you can always adjust as we go. I'm gonna say this a lot done is better than perfect.

00:16:40 This is a theme in our community. And it's going to serve you. Well done is better than perfect.

00:16:47 I struggle with this. So you've You are a perfectionist. You're not alone. This is something that I know Ah,

00:16:55 lot of us struggle with. We want everything to be just right before we do it. And let me tell you,

00:17:01 momentum and success and all the good stuff is on the other side of getting things done. So what matters is that,

00:17:08 you, champ, that you just do it? I'm gonna challenge you to push through any perfectionism that's coming out for you and just get it done.

00:17:16 Just drop those values and declare them now. I thought it might be helpful if I showed you some of mine to see that there may or may not make sense to you.

00:17:25 And they don't have to, but they make sense to me and they resonate for me. So here's some of my values.

00:17:31 I personally keep these in my work journal. I reflect on them when it for making big decisions. Some days I actually just wanted literally,

00:17:39 intentionally. So I look at them and say, Hey, What value do I wanna live today or what value don't want to show up to in this meeting?

00:17:47 How'd I want to show up in this call? How'd I want to show up? As I walk in the door to go be the best mom I can for my daughter?



00:17:55 Here's my some of my values. So one of them is Lady Gaga authenticity and honesty that may or may not make sense to you but for me it hits me heart in the heart right away Girls just wanna have fun Yeah,

00:18:08 that one's pretty obvious I like to have fun It's my life I'm the driver I'm in control Some of my other values are to leave the world a better place Cheerlead forget and be the firework See,

00:18:23 I mixed and matched a little bit I've got some song lyrics I've got some song titles I've got Lady Gaga in there and I've got things that may or may not make sense to you.

00:18:32 What's important is to make them yours and just make it fit for you. If you're following along, this is a great time to hit Pause and just make sure that you've gone through the steps and have drafted your values.

00:18:52 So now what? What if we have created our values? What do you do with them? You've got them.

00:18:59 This is where you really want to make sure they're visible. Put them somewhere. You can see them somewhere.

00:19:03 They're easily accessible. You might have an image or may want to put some of these words. Have you got a vision board?

00:19:08 A creative vision board? You can literally just put them on a sticky note in the front of your notebook or a sticky note on your computer monitor.

00:19:15 You could make a graphic for your phone. He could find a quote that represents them and post that on your mirror.

00:19:20 Or put stickies around your house. You can sat a reminder on your phone, maybe an alarm once or twice a day.

00:19:26 Maybe it's first thing in the morning. Maybe it's before you walk in the door at the end of your day.

00:19:30 As you go home, remind yourself one of those values you want to make invisible. You wanna live your values.

00:19:37 And so to do that, they've got to be in the front of your mind. What we see is what we pay attention to make sure you're paying attention to your values.

00:19:47 All right, so how do we use them now? I didn't mention this in this slide, but I want to call it out because I just talked about it.

00:19:56 You can use your values to SAT intentions each and every single day. You can use your values to set an intention.

00:20:03 When you first wake up, you can use them. As you step into a meeting. You can use them.

00:20:08 I used my values before I hopped onto this. Call it that. Okay, How do I make sure I'm gonna redefine what's possible and I'm gonna make sure this is fun.

00:20:16 I'm gonna help redefine what's possible for these women in my community. So your values you can literally start using them right away.

00:20:26 Ask yourself hot. I want to show up in this moment. So I didn't share that in this slide.

00:20:31 But I want to make sure I called that out as something that you could do right away. Now the other thing you can do!

00:20:37 Three other things here set meaningful goals. So often we set goals that society tells us that we should have,

00:20:46 or things that we saw our parents do. So we just do them. Or that our friends are doing values,

00:20:50 how we figure out what's important to you. So you consent meaningful goals that move you closer to that.

00:20:54 You can also use your values to help you prioritize. It helps you understand what other things you should be saying no to and one of things you should be saying yes to you.

00:21:02 You can use values as a decision making tool. You use them as a filter or lens to then look at everything in your life.

00:21:10 You can use them as a filter to look at your existing job or the business, even if it's in your values.

00:21:16 You can look at the relationships you're having, the friendships you're having to see, where it is that you're living your values and where not when you get a new opportunity.

00:21:24 Whether it is a new job opportunity, a new client, a collaboration. Before you say yes or no,

00:21:31 you use your values to decide what you should say. They can help guide you. If you're ever finding yourself stuck in your life,

00:21:38 you're finding yourself not as happy as you think you should be. It's probably because you're not living your values.

00:21:43 The beautiful thing is that you can always come back to them any time. This is what I love about values,

00:21:49 their tangible on an everyday level, literally setting intentions every hour every half an hour. If you want to live your values and they're so powerful at the high level two,

00:21:59 as you look at your life all the way through, you can always come back them if you're feeling stuck,

00:22:04 not sure where to go from here, values or where you go. Now the first level is having values,

00:22:11 establishing them and living them. The next level is recognizing that there are times where your values are going to compete,

00:22:18 and this is the next level. So I don't want you to worry too much about this. But if you're someone who once you've already determine your values,

00:22:25 you may see that there are times where they compete. This is where you get to decide. Now

00:22:29 let me give you an example of how this shows out for me and how it might show up for you.

00:22:33 One of the values his girls just wanna have fun. Yeah, I love having fun on days when the sun is out,

00:22:38 I make sure I go outside and play. I love travelling. I believe in trying to make calls and work as fun as possible.

00:22:47 And also one of my values is redefining what's possible. And I see that as part of my work.

00:22:53 And I also see that's part of my life redefining what's possible for me and for me. Sometimes that means working really dang hard,

00:23:00 freely, dang hard. Some days my values compete. You know, the sun is out and shining,

00:23:06 and I want to be out there, or my husband and some friends. They're going to hang out or he's there,

00:23:11 sitting on the patio or they're going to the pool. I get an invitation to Happy Hour, but I know that if I want to redefine my life,

00:23:19 I want to redefine what's possible and live that value. It means I'm gonna have to put in the work.

00:23:23 It means I'm going to have to sit down and get it done. So that is where it competes and that might show up is similar competition for you.

00:23:32 You know, fighting phone versus work or family versus work. Um, and this is where you decide.

00:23:38 You decide. Even on that, that day, that season of life which values gonna take precedent? There have been times where the fun has come out,

00:23:46 and that has been what's important. I know that I'm on the verge of burnout and I need to take time for me.

00:23:51 And so I need to just take a break and say yes to the patio time or say yes to go into the pool.

00:23:56 There are other seasons where I know that it's a chance for me to really push and work towards what I want in my life.

00:24:02 And that means that I've got to choose that value off redefining what's possible and putting in the hard work.

00:24:09 That's how it shows up for me and that I will show up for you to guarantee there's gonna be times where your values are gonna compete in certain situations.

00:24:17 Whether it is, you know, having only two weeks of vacation, you have to decide whether you're gonna go visit your family or corn exciting invention of Europe.

00:24:23 Remember, this life is a marathon and not a sprint. Some seasons are gonna pull more on family or on fun or adventure.

00:24:32 Some are gonna be times to getting cozy or focusing on an important project. If you're literally training for a marathon or an iron man or something like that,

00:24:41 that season of your life is gonna be predominantly that whatever value it is that you're honoring their, whether that value is pushing yourself or competing at a higher level or seeing what's possible.

00:24:52 The bottom line is this. It's your life you get to decide and you balance it out. But recognizing and knowing that all this is that's happening is some values.

00:25:01 Competing gives you the power and reminds you that you are ultimately in control. You decide it's your life.

00:25:08 All right. Now it's time to take action. If you haven't already print out and go through your values worksheet.

00:25:17 Make sure you declare your values. Put them where you skin cm, make them visible, and I'm gonna challenge you.

00:25:25 I would love to hear your values, and I know this is vulnerable. This could be a little scary in a community sharing these things,

00:25:31 but I would love for you to share them. I want you to share them with us and with somebody else too.

00:25:37 And see what happens. See what power comes out from sharing? I want you to have fun. Let's see your values.

00:25:47 I can't wait to see what you got going on there. Now I have to end on my girl.

00:25:51 Lady Gaga here. Don't you ever let a soul in the world taught you that you can't be exactly who you are?

00:25:58 This values exercise is a chance for you, toe Let your soul out to figure out who in the world you are and stick to it.

00:26:08 So thank you, Gaga for those amazing words and Goalden girl, I want you to hear me. Don't let anyone else tell you who you are.

00:26:16 Use your values and get up and tell the world who you are. So what'd you think? I really hope that that helped you understand why it's so important to know your values.

00:26:29 I hope that now you know how to figure them out for yourself without during the typical circle Your values exercise that we know doesn't work most of all,

00:26:36 Goalden girl. I hope that you now see how you can use your values, not just this empty exercise you do and then never look at again.

00:26:42 But you understand how you can use them in your life. If you love training like this, you're gonna love Goalden Girls Community.

00:26:48 Goalden Girls Community is my year round program for driven women like you who are overwhelmed trying to do all the things and won't support so you can get your goals faster and easier.

00:26:58 It is a paid program that includes one focus topic every month, and the big thing about the community is that we really try and block out all the noise and focus on one thing at a time.

00:27:06 You know that that's a theme for me right now. You might be thinking, Why would I pay for this if I just got the content for free?

00:27:12 Well, here's the truth. Most of what you want to learn or what you want to do is out there on the Internet for free.

00:27:17 Today, someone has a video or a Pinterest pain or a black post or hello, a podcast about it.

00:27:23 The problem with you achieving your goal is not about the knowledge. It's about implementing it and helping you get out of your own way.

00:27:31 That's what it's all about. That's the challenge of getting your goals. Not that you don't know what to do.

00:27:34 We all know what to do. But we get in our own way. And that is where Goalden Girls community comes in.

00:27:40 It's about knowing exactly where to start. Instead of trying to, you know, figured all on your own.

00:27:44 I give you the exact steps to take. I give you one thing to focus on. We reduce the overwhelmed.

00:27:48 I stopped telling you to, Listen, you stop listening to all the other podcasts and all the other things that you could do out there and tell you exactly where to get started.

00:27:57 It's about getting accountability. It's about getting the support for you to actually implement what you say you're gonna D'oh!

00:28:03 So if you love this, I'm gonna highly encourage you to hop on the wait list. Lisa me show dot com forward slash community.

00:28:09 And of course, the link is in the show notes for you guys. Definitely gonna want to get on that wait list.

00:28:13 The other thing about the community is okay. Yes, I just shared with you guys a snippet of the training that you get.

00:28:18 But on top of it, you get a video, you get the audio version. You also get a workbook to work through this.

00:28:23 You get a monthly question, answer where I hop on and I help you with any place that you're stuck.

00:28:28 We do hot seat coaching if they're somewhere where you want some coaching and trust me when I say it.

00:28:32 So we were affordable price than working with them one on one coach. You also get our Facebook community,

00:28:37 and I'm in there and your other other like minded women there to support you, too. We bring in guests experts on amazing topics,

00:28:43 and we do our get shit done days which I think you heard about in this training. But we hot basically.

00:28:47 We hop on a zoom call and have a lot of fun and get things done. And, um,

00:28:51 actually take what you say you're gonna do and do it. I mean, isn't that what we all want right now?

00:28:56 The door is like I said, they're not open right now. But if you're interested, if you want to learn more,

00:28:59 hop on the wait list, cause the doors only open a few times a year. And if you think that the ceiling that would serve you if you know that knowing the information if you see that that's not enough for you to get the results you want,

00:29:10 this is for you now, whether you join or not, I hope that from this episode you taken away at least some of the main principles that do matter.

00:29:18 Number one. Focus on one thing at a time. Don't try and do everything, really take the time to understand your values.

00:29:25 Don't worry about time management and habits and boundaries and all the other things like just focus on values for a month and really get them clear number to make them visible and come back to them Often.

00:29:37 You can use them as intentions for your day. You can use them as you refresh for the new year and look at how you want to set your goals.

00:29:43 You can use them to make decisions today and for the week about what's important to you and number three.

00:29:48 You can use your amazing values that you figured out to set really meaningful goals that are aligned with who you are and how you want to show up in the world.

00:29:57 Goalden Girl I hope you enjoyed this episode. You are in this world for a reason. You are the only version of you.

00:30:02 You were the only one out there Be true to you. Thank you so much for listening. If something spoke to you,

00:30:11 send me a message by sharing this episode and tagging me on social media. If you know someone who loved to hear this episode,

00:30:17 please share it with them too. Because I love surprises. Make sure you subscribe to Goalden Girls podcast today.

00:30:23 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.

00:30:30 Thanks again for listening to that will talk to you in the next episode of the Goalden Girls podcast.