

00:00:00 it is the end of a year. Can you believe it? I know the end of the year is always an exciting time. Maybe you're like me and you got your planner and journal all ready for the new year. You started working on your vision board and you've got some goals already in your mind. You are ready to go. If this is you, hold up there, my hustler friends, It is time to slow it down first. And yes, I am talking to you. The end of the year is a great time to reflect.

00:00:27 First to see if your goals worked and what didn't. And it really understanding for goals actually made you feel the way you wanted to feel. Or if you have to change something out before you dive headfirst into 2020. If you're listening to this, I highly recommend you take some time to reflect on your year, just like I did and about to share more about that on this episode. Here's the thing. I practice what I preach and I did my own your interview for myself, and I had so many lessons that I just knew I wanted to share them with you.

00:00:56 So I'm breaking it down in the next two episodes what worked and what didn't. And both my business and my personal life. My hope for you is this that you listening to this experience, You hear my successes and failures, and it inspires you to reflect for yourself because I know that you have many successes and failures to learn from. I also hope this gives you some ideas of what you might want to try in the next year. And I hope it also gives you some ideas of what mistakes you can hopefully avoid.

00:01:23 So you can learn from what I did wrong. Today I'm sharing the biggest lessons from my personal life. What worked and what didn't stay tuned for the next episode, Episode 16 which is gonna be all about what worked and what didn't in my big goal for the year. My business. So in case you're curious what it looks like behind the scenes in my personal life as a mom, preneurs real estate investor, podcast, host, wife, mama, overachieving, people pleasing perfectionist. Here is what it looked like.

00:01:50 Here's what worked and what didn't in 2019 and what I learned what's ahead and how I can help you make 2020 your best year ever. Welcome to the Goalden Girls podcast, where we believe you can have it all. I'm your host, 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.

00:02:28 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. Goalden Girl. Let's dive in How low their Goalden Girl and thank you so much for joining for another episode of Goalden Girls podcast. Here is what worked would didn't and what I learned in 2019 that I know will help you make 2020 your best year ever. I love the end of the year and the start of a new year.

00:03:00 This is the perfect time to slow down and reflect. You have to say I'm a big believer in the power of reflection. I do it weekly, monthly, quarterly and, of course, yearly. I love goals. You got to know that. I mean, my podcast is Goalden Girls for a reason. There's so, so much fun in looking to the future like it gets me still excited to think about what is possible. But there's really is power. In looking back and reflecting, I find our culture really glorifies this,

00:03:29 like hustle and grind and fast moving. Go, go, go forward, forward! Future future, future But there really is power and slow and inflow and in reflection now I won't pretend to be the expert on all things slow and flow. But I do know this. This is an incredibly powerful time to reflect and check in on your life and how it's going. I want you to remember this goals are just intention. And so whether you achieve them or not, there's something to learn. Intention is how you showed up,

00:03:57 how you feel, how you lived and how you experience your life For the last year. The New Year is an incredible time to see if your goals made you feel the way you want it to feel, or if there's some things you need to tweak and change out for the next year if you haven't already, I highly suggest you spend some time this season like literally take 30 minutes and figure out for you last year. What worked? Wooden and what is next. If you haven't already, make sure you listen till episode 14 so you didn't achieve her goal.

00:04:24 Now wet where I talk about how to review your year, I am gonna share with you guys what came out of my year in review. But before I do that, I just wanna make sure you know that I have a free playbook for you so you can review your Year two and you grab it at least semi show dot com forward slash year in review. And don't worry. I got that in the show notes for you, of course. D'oh! You better believe I actually use the things that I share with you guys.

00:04:46 So I did my own year in review. I decided that I wanted to dish with you guys what worked and what didn't in both my business and my personal life. It's gonna be broken down over the next two episodes so that I don't overwhelm you with all the things. Because, frankly, it was hard to just pick the best lessons that I knew would help you. Today's episode is all about the best lessons from my personal life and what's ahead there. Stay tuned for Episode 16 which is gonna be all the things that worked and what didn't in my business.

00:05:12 And I just want to quickly process it with this. Even if you're a non entrepreneur, no matter what your goal is. Whether you are a professional, whether you are a work at home, Mom are staying home, mom or dad or or artists or half lead or anything. That episode, the next episode is gonna be very specific, any goal. So just because you don't have a business, I don't want you to write that off. I want you to listen to both of these episodes because they really come together in both of them.

00:05:35 I'm sharing the biggest lessons I learned and what's ahead in 2020 both personally for my goals for my business. My hope here is that hearing my journey. I hope that

you can hear that there are ups and their downs. And in any success, as you may see that there are always both of those things. I hope that you can hear what works for me and maybe learn a few things that you can try to. And my goodness, if I could save you from making some of the same mistakes I may do,

00:05:58 I really hope I can do that in these episodes. I really want to speak to you heart to heart, friend of friend. These are my real lessons there unfiltered, unedited and their riel. So for those of you that really want to know what it looks like behind the scenes of my life the good, the bad, the messy The mother had the real estate investing that people pleasing the perfectionism, the wiping, all the things Here is what worked and what didn't in what I believe can really help you before I dive all the way.

00:06:29 And though I want to give a good pig shout out to our amazing Goalden Girl even store. So she took part in our 100 a challenge and I'm a big fan of 100 goals, and I'm sure I'll talk about the more our future episodes. But her goal was to have a 100 day creativity challenge, and she went in with an open mind to every day in some way to flex her creativity. And she did it for 100 days. And this woman, I mean, she's an incredible power house,

00:06:56 but she had a lot of reasons why she didn't have to do this or why. It would have been pretty much impossible to do it, starting with the fact that she works really long days like 14 15 hour days, and she's still found a way to do it. And she recently shared a house which was so cool that she, for 100 days, some days she just read an art block. Or she followed a new artist on Instagram. Other days she spent six or more hours painting in her studio,

00:07:18 and she really just held space for her artistic side, with no expectations of outcome or anything else. And I want it first of all celebrate you even star because that is incredible. I love and hope you guys can hear this, too. There's a couple really cool things that she did, you know, she said, an intention for what she wanted without heavy expectations. Your goals don't need to have metrics. Your goals don't need to always be so specific. Immeasurable, double like so we're straining that they're not even fun.

00:07:43 She had a goal that was joyful and fun and to find artistic voice every single day. And that's an amazing goal. And so I want you to think about, too, is you go into your goals for the new year, that it can be whatever you want it to be. It could be fun. It could be playful. Living could be creative, and there's also some real power in doing it consistently every single day. She needs something big or small. And so, my friend, that's one of the lessons that I'm gonna share with you guys do is consistency matters and it matter for even star,

00:08:08 and it'll matter for you too. So even sir, thank you so much. Congratulations for 100 days I love that you have a new mindset about arts that you've created experience and the union found a new painting mediums so freaking cool. And you guys have really I'm gonna link to even start here below. Check out her art is absolutely stunning for anybody listening. Take

away this to think about how, what an interesting gold this is and what a different way to approach them is. And it worked like she's stove and so proud.

00:08:35 And the work she's created is absolutely beautiful. So take the pressure off to always have super specific or measurable goals. Think about the intention and how you want to feel going with an open mind and show up consistently. All right, let's share the good stuff you can actually hear about my real life mistakes. Now, my hope for you listening, by the way, is that you hear my successes and failures, and this inspires you to reflect for yourself because you're gonna hear a lot of my lessons. But I know you have your own too.

00:09:02 I hope this gives you ideas of what to try and again mistakes that you can hopefully avoid for the New York. Okay, so it's not Start with the positive What worked personally? Well, I'm gonna talk about this on a whole other episode, but I would just want to show this out and that a lot of great things happened in my business and I just really, genuinely had a lot of fun. There's a lot of really exciting moments. I got to do a lot of the things that I really enjoy,

00:09:24 and I'm really proud of what I built this year. And that's such a huge win for me personally in my heart and my soul. You know this this podcast. I'll talk about this in the next episode, too. But it's been such a platform for me to really bring joy and to have joy in my life and to hear all the amazing feedback from you guys. It is such a gift, so well, I know that the whole business thing is like something maybe separate from a personal perspective for my heart,

00:09:46 for my soul. It's been so good for it. And so thank you for fueling that side of me. Thank you for supporting my business. Thank you for supporting this vehicle, this podcast and for being a part of that. And I just genuinely had so much fun that I wanted to really share that from a personal perspective because it really was not about the money it really wasn't about. The numbers are targets, things like that. Like it's about how I want to feel. And personally, it's been really fun and really rewarding in so many ways.

00:10:11 Okay, now, here's something that I went into from the year wanting to fail a lot more, and I challenged myself to you this a little differently. My goal was to fail 100 times, so that's 25 times 1/4. So every three months, I would sit down. I always do this. I reflect, and I was okay. How could I fail to 25 times? Ah, lot of times when I do my weekly planning, then I'd be like, Okay, I need to fail at least a couple times a week.

00:10:36 And if you look at this 100 failures, that's basically failing toys a week every week, and I wasn't sure how this was gonna go. I thought maybe I'd run out of things or so just be so uncomfortable. But I have to say, this has been one of the coolest things that I did. I got so comfortable failing, I failed at being the top blogger this year. I didn't win the award. I failed at my certification and c g I. I had a lot of people saying No to joining.

00:11:01 My programs are working with me. I got a lot of calls that said no. I pitched a lot of articles that said no and I also had a lot of success is from it. I mean, I'll talk about a lot more of those two later down the road, but really, it was the process of getting comfortable with being uncomfortable. That is the biggest win that was so cool for me. Personally, I every couple days I look back and say, What can I do to fail? And it just,

00:11:25 like, got me excited to do things that were uncomfortable and got me outside of my comfort zone. I never would have applied to be Vancouver's top longer this year. I never would have gone by certification. I never would have gotten some of the amazing podcast guest that I got or you know what, honestly, I would have taken some days off because I've been so afraid of not having a target, and this time I just said You know what? I'm willing to fail. I'm willing to have it fall flat and willing to challenge myself and do things differently than I normally would.

00:11:47 Some days failing meant that I took unhappy instead of doing the work that I thought I should be doing. Body really needed it. And some days it meant that I worked harder than I've ever worked before. But this whole concept of beginning comfortable with failure, it was so cool. And you better believe I'm gonna be doing it year after year after year. In fact, I'm even gonna up the ante and try and do it 50 times 1/4. So that's gonna mean I'm have to fail pretty much four times a week,

00:12:11 pretty much every day. So stay tuned for more on that. Another thing that worked for me was doing workouts at home. My husband, Troy, works away for two weeks at a time, and for two weeks he's home. But when he's away, I found it really hard to get in consistent exercise because it was just me and the baby. Now, I this year signing for something totally different and I want to share this thing that I was pretty resistant to for a while, but I really opened up and I'm so glad that I did.

00:12:37 So I joined a 100 day workout challenge through a beach body, and one of my good friends is Michelle Ares, and I'll link to her below, by the way, because she's amazing. She was Isa Beachbody coach, and she invited me to be a part of the challenge. I thought, you know what is actually sounds really cool to work out for 100 days in a row and get it done, and I could do it on my own terms. And let me tell you, I started it at,

00:12:59 like, the hardest time. I started it when we were on vacation and I was trying to get my podcast, and I was traveling too. Four different places and okay, full disclosure did not do all 100 yet. I'm at about 65 but it was one of the best things I did this year. I love that I was able to work out from home. I usually get up early in the morning, and I would work out before cinema wakes up like this morning I got up and did it early and then get showered and then be ready for my day.

00:13:23 So I love that I could do it at home. I loved having a coach. Michelle's been an incredible support for me and really just checks in and kills me accountable.

00:13:30 And the workouts are so, so fun. They're like 20 minutes to 30 minutes every day. It's like,

00:13:35 doable and just it's been a really cool challenge. So even though I didn't hit the full 100 and I got to say,

00:13:41 by the way, every day since I started this in August and is now December 30th as I record this every single day I have moved my body in some way every single day.

00:13:49 So I've done that. I didn't quite hit all the 100 of the actual workouts, but it got me more consistent than I have been in a really long time.

00:13:55 Basically, since I had cinema call me working back out of home, got me, we lifting again,

00:13:58 which I love. I wanted to feel strong and that's what it did. So doing this challenge was absolutely incredible.

00:14:04 In the new year, I'm gonna be finishing it off, hopefully in the next couple weeks, and I've already signed up for the next one,

00:14:09 which is a bar challenge of six weeks. So I love doing these workouts challenges. I love finding ways to do it at home,

00:14:15 and it's just been such a great work way for me to be more consistent about exercise, even though I am solo parenting for a lot of the time.

00:14:21 So that was something that really worked well for me. And I can't wait to do it again next year pretty much,

00:14:26 by the way, I should say anything that worked. So this year I'm gonna be carrying forward because that's how we do it all right,

00:14:32 personally and everything that worked really well. And analyst Taik countires into business but is important. But focusing on just my business and having that be something that I said out loud it was very conscious about.

00:14:41 I really believe in the power focus and not because there's books about it or because other people tell me to do it,

00:14:46 but because it actually worked for me when I knew what my yes was my big yes was my business.

00:14:51 It makes it so much easier to say no to a lot of things. I let her host get messy.

00:14:55 Somedays I could actually spend time with Sonoma or working my business or spend time a Troy instead of just always feel like I was working are always tidying this level of prioritization.

00:15:04 Being able to say no to a whole bunch of things really helped me in terms of my mental clarity and just simple buying things.

00:15:10 I didn't have to make decisions all the time. It was like, Hey, does this serve my business?

00:15:13 Or does this like, immediately time with my family or something that I need? If not, it's a no.

00:15:18 And so the power focus from he really became true and clear in so many ways. Another really great thing that worked this year was learning about cycles.

00:15:26 And King gotta start out by saying, I am not an expert in this, and one day I will bring my friend Laura Cheryl onto this to teach more about this.

00:15:34 But let me say this a little bit, and this is for the women that are listening. Cycle thinking is basically matching up where you are in your hormonal cycle to what you're doing in your daily life,

00:15:45 and that includes activities that kind of exercise. You do the food that you eat and just mentally how you show up.

00:15:52 So this is a totally new concept for me. I knew that I had different cycles and different parts of my body and my flow and everything,

00:16:00 but I didn't really know how it all fit together and how I could actually use that to apply to my body.

00:16:05 Well, I learned this year from Laura. She was one of our experts in Goalden Girls Mastermind and I learned so much from her.

00:16:11 Basically, your body goes through four different distinct cycles of different hormones coming through your body, and you'll feel different in each one of those.

00:16:19 The biggest thing for me was learning to listen to my own body and learning to figure out when I felt like I could get up early and do the hard workouts and try new things and speak on stages and record podcasts.

00:16:32 And when I felt like I needed to really cocoon in and rest more and give myself permission, one of the biggest things I learned about myself is that the day or two before my period?

00:16:43 I'm a little crazy and oh, he's with someone who is like all I don't get P m ass.

00:16:47 And I've been very blessed that I don't have a lot of horrible PMS symptoms or any like that. But what I noticed was this pattern that a day or two before my period,

00:16:55 I would feel like my life was over. I was questioning every life toys. I was thinking that I just sucked at everything and I couldn't believe what I was doing.

00:17:02 I was feeling very overwhelmed and very anxious and literally a day or two later, I would be like,

00:17:06 Wow, everything's fine. And then I'd get my period. So this was such a great realization for me and such a game changer.

00:17:14 What I started to do was a realize this And this is my check, by the way, for you.

00:17:18 If you're listening, you're like, Oh, what are even start? Start with this. Pay attention.

00:17:22 The times where you feel like your life life is over and the world is ending and see if two or three days later,

00:17:27 if that's still there, because I think often we go through. This is part of our cycle, and we overwhelm ourselves.

00:17:33 We don't realize that we need take a bit of a break, and I think that our body forces us to do that in some ways.

00:17:38 So don't make big decisions right before your period. That's something that I've learned and also what I consciously try and do and it's not has not been perfect every single month and still working on this.



00:17:46 But I really try to take the day or two around my period off like nothing on my calendar. Besides,

00:17:52 obviously motherhood. Nothing extra. And I give myself permission to do whatever I need to do. Sometimes I feel like I could do some work and off.

00:18:00 You know, sometimes I've had two. It has a minute choice that I've had been able to do yet.

00:18:04 But, ah, lot of the time I give myself that permission or even put it in my calendar.

00:18:08 It's always in my calendar, and I look in and I'm like, Okay, I'm gonna consciously put less things on that schedule and by feel like making major life decisions like quitting my business or going to hold up in a cave for six months and never coming back out.

00:18:21 I think, Hey, maybe I'll revisit this decision in two or three days when I feel a bit better and I always,

00:18:26 always, always d'oh. So cycles thinking is something that was really positive for my my mental well being for my body this year.

00:18:32 And I can't wait to learn more about it next year. And I really hope to bring on Laura or someone else who could help us with this topic,

00:18:37 because I think is something that really changed for me. And I think you might be able to help you,

00:18:41 all the ladies out there as well. Something else that worked really well in my personal life is dates with my husband.

00:18:48 Oh, this is so essential. I can't even believe how having a baby has just shifted everything. I don't know if any of you guys can relate to this,

00:18:56 but when I had a baby, it felt like my whole world. It was like this earthquake, and all of a sudden all these cracks that I didn't that were just little anybody cracks before it just shook my whole foundation of these cracks became giant,

00:19:09 and these cracks showed up in my own self worth in my own self care. My relationship with my husband in my work and my relation with my parents.

00:19:17 Like all of these things, the little anybody cracks just exploded when I had this birthday had this burning this birthday,

00:19:23 his baby and it just felt like this earthquake came and shook everything up. One of the things that's really helped I do believe this helped keep trying.

00:19:31 I connected through the challenges of being new parents is doing date nights and being very intentional, pretty much at least every month,

00:19:39 if not more. We go on a date and I want to say this and I know baby sitters are not cheap and they're not easy to find.

00:19:44 But we have made sure to find a way. We have traded baby sitting nights with other moms and dads so well like take their kid for anything and they can go have a date.

00:19:52 And then we tried it the other way. So that way it's totally free. We have Whenever we have family come to visit,

00:19:57 we always ask, Hey, could you guys watch cinema for a night so we can go out and our family is So we're so blessed like they've been really glad to help out,

00:20:04 which is awesome. But we've to have to ask, you know, I've had to say, Hey,

00:20:07 this is what we want. If you're gonna come for four days, kid, for at least one of those evenings,

00:20:12 could you make sure you watch that almost got this thing for us. And a lot comes when we have the power to ask for help.

00:20:17 So I encourage you guys to do that, to find trades or to ask for help. We also had to hire sitter.

00:20:23 Sometimes our family does not live here. Um, especially Friday and Saturday nights like we didn't always have other people to trade with.

00:20:28 So, yes, we had to invest, and I know that it's expensive, but I really believe that are really shit was worth it.

00:20:34 And I hope that you see the same thing for you to that your relationship, your marriage, your your sanity is totally worth it.

00:20:41 And I'm really glad that we kept this commitment now that cinema is in day care. We've also been doing kind of dates and lunches cause trying.

00:20:48 I had a conversation where he mentioned that It felt like every time I had a moment, I was just working,

00:20:51 which is the truth. And so we've now consciously been able to chef that and due date. So I think this is such a such a big thing for me.

00:20:58 And if you're listening and you've been busy with, you know, families or businesses or, um, other kinds of goals you've got going on and you've got a relationship like that is so important quality time with people that are most important to you really matters.

00:21:09 So make it find a way to do it doesn't have to be expensive. And if you do have to pay once in a while Hey,

00:21:15 considering an investment and not just an expense along the same line here, Troy and I this year took two trips together without cinema,

00:21:24 which is pretty cool. So the first thing we did for our five year wedding anniversary we went and spent a couple days at Harrison Hot Springs,

00:21:29 and it was really nice to just basically sleep. That's a lot like a lot of what we did and hung out in the pool and read books and just relax.

00:21:37 And that was so nice. And honestly, it is good for cinema to to be with her grandparents and spend time with them.

00:21:43 We also took a whole week off later this year in October. And I know most people when they have a week off for their husband and no kid,

00:21:50 they go like Mexico or Cuba Our summer fancy. We went and looked at real estate properties in on the other side of the country in New Brunswick.

00:21:57 So it wasn't like a relaxing vacation. But having a week together of just us and a traveling and having some kind of adventure was just incredible.

00:22:06 And it mean it reminded me I was like, Oh, yeah, this is fire it again. This is why I love you.

00:22:10 This is why we have so much fun together. And I don't know that we would quite get that even if we took a vacation with our daughter.

00:22:17 If there really is something so special about just being husband and wife for, you know, the two of us,

00:22:21 like who we were, who we are, who we what the foundation of this family is, um so that's definitely something that I want to do Every year is take a trip for at least us.

00:22:31 And I think at least a week is nice. And Troy was so cute, he came back and he's like,

00:22:34 You know, I think that was too long for me to be away from cinema, which is so sweet.

00:22:38 Um, so we have to figure that out. But I really I really would love to continue doing the time taking that time with him,

00:22:43 because it's just so special, and I really appreciate that time with him. Okay, real talk. I just had to pause and ask sure if he's making noise downstairs.

00:22:50 So if you hear some boxes moving it because we're taking down Christmas and that's just real life at home.

00:22:55 All right Now, the great thing that worked this year was doing my own personal growth. I went on a couple trips this year.

00:23:03 I went to the Job Be Impact Summit in California. I went to TRIBE in Toronto and did a conference here in Vancouver called Rise by the East Class.

00:23:11 This year, I got to see some world class speakers I learned from Rachel Hollis, Brennan, Bouchard,

00:23:17 Shalane Johnson, Amy Porter, Fields, Daniella Port, Sarah Nicole, Andrew Roberts, Papaya, Terry Coal,

00:23:23 Mark Groves and so many more. I am so grateful that I got to do these kinds of experiences and I gotta be honest with you.

00:23:32 I used to go to events like this and then I would just come back right back and get into regular life like I would just be like Okay,

00:23:38 well, I went to have my weekend of inspiration or whatever or saw Speaker one night or did whatever and then,

00:23:43 like right back to life. And this year, I because I knew I had so much last time and because I think I finally realized what how amazing it is that I get this opportunity to go and learn for myself and grow and invest invest,

00:23:55 really the time and the money. I decided to really make the most of it, so I got better at a couple things.

00:24:00 I got better at connecting with people and with real humans while I was there and actually staying in touch afterwards because,

00:24:06 hey, what's value of networking? If we're not actually continuing these relationships? I also got really good at streamlining my notes.

00:24:13 I know I'm such a nerd, but like, I have different pages now when I go to a conference or an event and I have a page on actions I want to take and a page for quotes and a page for ideas that I have And so I'm not overwhelmed afterwards,

00:24:24 actually know what I can do afterwards to integrate. I've also got unconsciously good at taking a few days after every conference after me,

00:24:32 every major event, and I block my calendar so I can build in the learnings and integrate and take action.

00:24:38 So often we go to events or we read a book even or listen to a podcast. By the way,

00:24:42 I should say this like applies everything. But we just, like, listen or re attend and then go right back to life.

00:24:49 And I really believe that there's so much power and integrating what you've learned. Even it was just one small thing,

00:24:54 but being conscious about integrating it. So this is something that I want to do even more of next year,

00:24:59 and you listen to this. Maybe you make a commitment that you put aside half an hour every week in your calendar to integrate something,

00:25:06 you learn whether it was from this podcast or from a book that you read or from maybe a mentor or someone you learned from at work.

00:25:14 If you're going to events block off a few days afterwards, toe, actually integrate what you've learned otherwise,

00:25:20 you're not gonna get the full effects out of it. So I'm really proud of this year of getting out.

00:25:24 They're going to these events focusing on my growth and also learning to actually integrate what I've learned. Okay,

00:25:30 this is something that's a little heavier, but is something that, you know, I guess worked in and kind of didn't.

00:25:36 So this year is the first time that I really struggled anxiety, and I'll talk about this more in event.

00:25:42 But I have been paralyzed some days and not able to focus or work, or just being so, so upset and so in my head.

00:25:51 So this year I actually leaned out and did something that was very uncomfortable for me, and I decided to work with a psychologist to work on.

00:25:58 In the beginning, it was around kind of my goals and just kind of getting to the next level,

00:26:01 and it really transformed into working on my anxiety because that's what really came out so hard and so and all my projections.

00:26:09 This is being my first time doing something like this. And I got to say it's been incredibly valuable when I think about.

00:26:15 I was in a car accident about 10 years ago, and the healing from that has included everything from acupuncture to occupational therapists and massage and physiotherapy and,

00:26:27 um, osteopaths and so many different things. And I I feel like with my personal growth, it is being now,

00:26:33 adding, on this different modality of a psychologist, that is really phenomenal and really helping me grow. Not my body,

00:26:39 this time, not helping that you, but helping my mind and helping my general general energy and my soul and all of those good things.

00:26:48 So I have worked with lots of coaches in the past, had mentors, which is incredible and now having a psychologist and learning from this modality and this different perspective,

00:26:57 it's made me about a person. It's brought different parts to my brain into the way that I operate the way that I show up and it's also something new that I can also bring to what I'm sharing with you guys here and also with my clients.

00:27:09 I always know that I can only go as deep with other people as I've gone myself. And so the more that I learned about myself,

00:27:15 the more that I I push myself and challenge myself to get uncomfortable and to learn more about myself in to dig into my own shadows,

00:27:21 the more I can help my clients too. So this was, you know, such a win win,

00:27:25 and it came from a bit of a dark place from wanting more and from having this anxiety. But it's brought such a light in my life and I hope for you guys too.

00:27:33 So I just wanted to share that as being something that's been a really big win and a big blessing in my life this year.

00:27:38 Another thing that was really cool. Well, our net worth grew quite a bit. We started investing several years ago now and honestly,

00:27:46 we've been pretty good savers and it feels like it's just now starting to pay off. Ah, we own nine different real estate doors that pay us and they're starting to do well.

00:27:57 It's been like some ups and downs for sure over the years, but it's really starting to just get consistent and we're starting to see some cease,

00:28:04 um, I guess growth and also stability, which is really cool because you put in a lot of work of the last few years,

00:28:10 so it's really need to see that actually paying off. We also saved a lot, and there's pros and cons of this for sure.

00:28:17 I'll talk about a couple of events, but as far as you know, our our network and the security and I don't mean security in like this old fashioned,

00:28:28 tight way, but in the way that, like we have freedom, that's what I mean. I guess we have freedom,

00:28:32 and that's really special and the freedom to be able to choose how you want to live our lives, where we wanna live,

00:28:37 how we want to give back to the community, into to the causes that we care about and what kind of businesses we choose to support.

00:28:43 We have the freedom to do that, and that's really cool. So I'm very proud of that and that's something that we're obviously doing some good things.

00:28:49 I think I should also say this Something that's really working is tracking it like every pie three or four months,

00:28:54 I just do a quick update on our net worth to see how are we doing up, down? Where are general accounts doing?

00:28:59 And that's just a really great way again to reflect and look back and learn from. So if you don't already,

00:29:05 I highly recommend that you create a networth statement. Even if you only have two items on there in one of the major closet,

00:29:10 That's okay. But get started because that is, could be a great indicator of what direction generally you're heading in in terms of your financial freedom,

00:29:18 if that is something that is important to you, and I know it is for us. So if that would help you,

00:29:22 then I highly recommend doing a network statement and checking in. All right. Here is another thing that worked really well for me personally.

00:29:30 Well, I have a hard time shutting off. I really do. You know if anyone else can relate to this,

00:29:34 but it's really hard to look. My phone is just so tempting. One of things I did they did just recently actually was setting limits on my social and turning off my email notifications.

00:29:45 And I also have most modifications on social media turned off a swell and a holy moly. This has helped so much I can feel my anxiety significantly and lowered juice from turning my email notifications off when I also when I set those limits on social media,

00:29:58 I have to sit consciousness a like Do I wanna break this promise myself and a lot of times I choose no,

00:30:03 and it's gotten me out of, like, the mindless scrolling. It's got me out of the habit of checking my phone because there's no reward there.



00:30:09 I don't get to see the updates that I can't go back into the app without really disappointing myself. I'm still not perfect.

00:30:15 I still check my phone too often. I still spend too much time on a I still take it to bed with me,

00:30:19 which I'm hoping to change here soon. But taking the notifications off and setting those limits really has helped.

00:30:25 So, um, I got something that might help you, too. I hope that that inspires you to look at what you might do,

00:30:29 what tools might be able to use for your phone? Top it and able you have a better year.

00:30:34 Okay. Next, I want to share something that is both business and personal and was both a good and a bad.

00:30:40 So last year we made a conscious decision to travel way less like basically no traveling Thio give you some contacts.

00:30:50 I am a big traveler. I love traveling is one of my passions. My vision boards always have pictures of exotic places.

00:30:56 One of the goals was to hit 30 countries before I turn 30 and I did it. I've been to 34 countries now.

00:31:02 The year before I had Sonoma, I was on the road for about 100 and 60 days. So it has a lot of traveling and they loved it.

00:31:09 So to make the decision to travel less and basically not travelling all was really, really hard. We did it,

00:31:17 though we did it for two reasons. Number one was for me to actually have the timeto work, which was really hard to do because we had a little daughter and when you're traveling,

00:31:27 it's it can be hard to work, you know you don't necessarily it WiFi and time zones are challenging.

00:31:32 And when I'm other places, I want to actually experience things too. So it was definitely something I had to work on,

00:31:36 so we made the decision to toe do last traveling so I could actually do my work. The other thing is,

00:31:42 we wanted to save money. At the end of 2018 we bought an apartment building and we wanted to invest in that We also wanted to continue saving and putting money down on our mortgage.

00:31:52 We have an ambitious goal pay off our mortgage here in the next few years. We wanted to save money for cinemas,

00:31:58 education and for our own retirement. And so, yes, we could have traveled, but it would've meant that we wouldn't have saved as much money.

00:32:05 And this is like a tough one. There was such a bounds, and we're still trying to figure this out.

00:32:11 So I guess this is just me being honest here with you guys that I don't know what the answer is here.

00:32:16 I really believe that there is and balance you need to decide whether you're gonna live life now some days or whether you're going to save for the future,

00:32:23 and we have gone back and forth on that and we're finding the balance every every year, every month.

00:32:29 Heck, sometimes every day, like do we eat out because it's delicious that we save money and cook in all these things.

00:32:33 But last year we did make the decision that we were going to save the money and continue to save aggressively for our futures.

00:32:39 So I got to say this. I still got to do some traveling. I went to California in April.

00:32:44 That was the first time I got to be away from so no more for a couple days, all for personal growth conference.

00:32:48 I got to go to Toronto also by myself, without her and without Troy for business conference. And in October we went to New Brunswick,

00:32:55 Troy and I, And by the way, I got to say, shouted to Saint John, we went to New Brunswick and so such a cool city,

00:33:00 such a great part of the country, it was super special, so I still got to do those things.

00:33:04 We also went to Vancouver Island for a few times I got to visit family. I spoke of some events and I got to leave meet ups for our Goalden Girls community.

00:33:11 So that's pretty cool. Like I still got to travel. And I realize I probably sound like a giant whiner.

00:33:16 Um, but, hey, I'm here to be honest and, um, judge away, I guess now,

00:33:21 here were the pros. Here is what was good about this conscious decision. So I spent way last time packing and unpacking,

00:33:26 which is great because that takes a lot of time. I'm just the slowest in the worst. You know,

00:33:31 I've got to do like, a little lists and everything. It still makes me forever. So last time,

00:33:35 what about, like we say that I had more time to work or more time to be present? The other pro is truly I was at capacity for most of this year.

00:33:42 I cannot imagine trying to do anything more than I d dead. Another perk of not traveling was being able to build a great community here.

00:33:51 We strengthened a lot of our friendships and community and got to do some really cool things. We really enjoyed Vancouver and living here,

00:33:57 so that is to me is a huge pro of not traveling. And even though it was a tough decision in there,

00:34:03 talk about the concert in just a minute. It like it was really special. And it's pretty cool to actually get Tau love where you live and experiences lives.

00:34:10 That's a really big win now the con I missed it. Oh, my goodness, I just did in your interview.

00:34:16 Obviously, Nelson did my decade in review and one of things that came up as something I missed and I could already feel some regret around was not traveling more.

00:34:23 So that was something that I definitely I did miss. So while it was a pro, you know,

00:34:27 we got to save some money. It was a conscious decision. I got to work more. I felt like I was maxed out.

00:34:31 So we got to enjoy the city more, build some great friendships. I did still feel like that.

00:34:36 There's a part of me that is a traveling solo, and I actually love it. So this year it's only we're gonna look at again.

00:34:41 Okay, now let's talk about what didn't work. Who? There's a lot. All right, so first of all child care.

00:34:49 This is a big one, and I'll probably talk about this in both episodes. And I want to acknowledge First of all,

00:34:54 this, because there is a really big blessing here. And I think this is This is the key here,

00:34:58 by the way, with anything that didn't work, there's always a blessing. This always a lesson is always,

00:35:02 you know, many of these beautiful things that come from it. So I've got to say that I got to spend the majority of the 1st 20 months of cinemas life with her full time caregiver.

00:35:11 Troy and I were her sole caregivers. We didn't have any any help way had. I should say we have our parents when they would come down.

00:35:18 They were really lovely and would help and takes it. Almost weakened dates took her for for us to do a couple trips,

00:35:22 but really like day to day. It was Troy and I and toys away for half time. So for two weeks at a time,

00:35:27 it was you asked me. So I am very grateful for those memories for that that time with her,

00:35:33 and I know that it's such a special thing, and I'm sure for a lot of years listening, and that might make you feel lonely,

00:35:38       jealous. And I know, especially for those of you coming from three us or other countries where you don't get things like maternity leave or it's just not as long as I'm grateful and can we get long ones?

00:35:49       But that was like it is a gift. And so I know some of you guys may not understand what I'm about to say,

00:35:54       and that is OK. I really believe that the beauty of beauty, of the community that we have and the beauty of the work that I get to do is that we are all different.

00:36:02       And what's most important is that we listen to ourselves what we need and what kind of life we want to create.

00:36:08       So I am very grateful that I got to spend that time in Sonoma, and also it was there was some hard things for it.

00:36:13       I am anonymous. I actually didn't get a maternity leave. I didn't get paid, whereas most of my other friends,

00:36:19       anybody in Canada that has a job, you get paid for that and I didn't the other thing about,

00:36:24       and this is like way more important than the money, which is that I personally love the work that I do like.

00:36:28       I love personal growth. I love writing. I love speaking. I love coaching. It is a life giving to me in so many ways.

00:36:35       And for the 1st 20 months, basically until September, I could only work a few hours here and there,

00:36:40       and it during naps and during early mornings and late nights. And not being able to create and do what's in my heart was really challenging at times.

00:36:48       You know, Troy has a big job and he's away. For a long time we have rental properties,

00:36:51       and so we were doing a lot and honestly, we were exhausted. Our relationships offered, you know,

00:36:57       we were just both that capacity all the time, so we lost some connection there, our household organization.

00:37:03 I talked about how it was really great that we prioritized work over household organization. But man that definitely suffered like a house is a bit of a mess,

00:37:10 and our life suffered in some ways. We finally got childcare in September for work full time, and that just changed everything and only now,

00:37:20 you know, three months later, do I finally feel like I'm starting to wake back up and I feel like I have the mental space for more things like texting people back my blowing right or planning get togethers.

00:37:29 There was just a lot of things that I didn't feel like I had the mental space or capacity for that.

00:37:32 I now do so it just really giving you back freedom and giving me back like this mental capacity, which is amazing after that.

00:37:38 I have to say this to, you know, the first day that said, I'm going to take care of Troy and I sat down for about an hour and we're like,

00:37:43 Oh, my gosh is so great to just have a conversation together And here's the thing. He's a morning person and I am a night person.

00:37:49 And so cinema obviously is awake for all the other power. So in the morning we try and talk,

00:37:53 and I was a bit of a zombie in and nine time. I try and talk to Troy, and he was a bit of a zombie.

00:37:57 So it's just great to build have, like a midday conversation, uninterrupted like sounds small, but really it is a big thing.

00:38:04 The other really great thing is not. Cinema loves daycare like she's just having the best time. She's got great friends.

00:38:09 She's learned a lot from being with other kids and a new care provider who was wonderful on trees or so well,

00:38:14 it's really been amazing for our family, and I know that not everybody's family has these kinds of choices or the decisions or these situations.

00:38:22 But this is just our experience, and I would just want to share with you for me what really worked and what?

00:38:27 Well, I guess that didn't work and what's now working really well. So we actually take her 3 to 4 days a week,

00:38:32 not even full time. So we still do get the extra time with her, which is really special.

00:38:35 But now we have space for ourselves. Oh, space, So dice OK. Something else that I really struggled with this year was anxiety.

00:38:43 So there was a lot of days, something I never had before. But this year I found some days so hard to focus or accomplish anything.

00:38:51 I just got caught up so much and worrying, like I would look at my to do list and,

00:38:54 like, I can't even don't even know where to start because everything needs to get done yesterday and I was basically spend the whole day just spinning and could not figure out how to even get started.

00:39:03 I've struggled to be present for my daughter, for my husband, for for friends like, I just would feel myself getting really anxious or thinking about my to do list,

00:39:12 even when I did fun things that I would be doing fun things on the service. But in the moment I was actually worrying,

00:39:17 or I'd be just making more mental to do lists, and this is something that's a journey for me.

00:39:22 I I feel like I've gotten some some tools, which is really amazing and, like even December versus November has been way better for me,

00:39:30 and I know that it's gonna be a journey, so I don't have all the answers. I'm figuring it out something that was really hard.

00:39:35 But I think I'm on the upswing. I think I'm learning some tools, and I know that, um,

00:39:39 I know that everything that's happening to me is happening for me and for the lesson. And so I do keep looking at it like that and wondering.

00:39:46 OK, what is this here to teach me? And I know it already has been so much something else that did not work this year.

00:39:52 I thought that having more time would fix my problem. I thought that's no being in childcare would magically free everything happen.

00:39:58 My business would explode. Everything will be okay. Not the truth. And talk about this in Episode seven and eight on time management,

00:40:04 which, if you haven't listened to them, go back and listen more time for me actually meant more opportunity for destructions.

00:40:10 It made me stop focusing. It was like, Oh, I have all this time I can do whatever I want.

00:40:15 And the truth is that no matter how much time you have, whether it is two hours a week or,

00:40:20 you know 100 hours a week to do whatever your goal is, you still have to focus. Because trust me,

00:40:25 there are a lot of things you can do, and you shouldn't do them all. And you just can't getting child care.

00:40:31 I thought it was gonna help, absolutely change a game, and it definitely has. But it took a while to get there.

00:40:36 And it wasn't this thing that instantly having more time fixings. No, I had to keep. And I will continue to have to keep recalibrating and bring out what's actually important.

00:40:44 And stop putting everything on my candy list on my to do loose and stop having busy as my default,

00:40:49 which are two of the things that I and now aware of which I would never have been if I didn't have a child and didn't have this problem.

00:40:55 So those are some of the lessons that came from thinking that time would be the answer. It's not.

00:40:59 And if you're listening to the spinning Billy Cabot Lisa, you don't understand time. We'll fix things. I promise you it won't if you have more time,

00:41:05 you're just gonna cram it like I did. So make sure you listen. Absent seven and eight there so,



00:41:10 so good. And I say that as homely as I can while also trying to encourage you to really go listen to them.

00:41:16 The last thing that didn't go well and already touched on this, but I want to call it I was miss traveling And this is why I love reflections,

00:41:22 by the way, is because the chance to look back and be like, Hey, what was good and what wasn't.

00:41:25 And so we did this reflection, and I was like, I missed him traveling. And so this morning,

00:41:30 we just booked a trip to Mexico. So there we are, changing it out. There is something that I learned and reviewed,

00:41:35 and I may not have actually picked up on what was missing from my last year if I hadn't reviewed.

00:41:40 That's the really the power of it. So make sure you do your review and getting off a link to this.

00:41:44 My guide in the show notes Lisa me show dot com forward slash your interview. Do the review and,

00:41:48 heck, you never know. You may end up on a trip to Mexico. Okay, what am I still working on?

00:41:53 So something I'm still working on and definitely gonna be Probably forever. I mean, a lot of these things only work out forever,

00:42:00 like the time management thing. I think it'll be it for everything is as a busy body person, but something else I'm definitely still working on it is getting over people pleasing and guilt.

00:42:08 You know, Even just now, as I was listening to Troy downstairs, making some sounds, I was like,

00:42:11 Hey, what are you doing? Making sounds. That call sorry is like a castle to sit in the corner and be quiet for the next half hour has let go.

00:42:18 No, no, it's okay. It's okay. It's okay. And that just by default, my default is I want to be the nice girl.

00:42:22      Want to be the good girl And this is just an example of how it shows up, but and this isn't really that big of a deal.

00:42:28      Cassie probably can't even here in many ways. But I often give up what I want or what's important to me for other people.

00:42:34      So this is something that I'm still working on and figure out my own, standing in my worth and releasing the guilt and releasing the need to make everybody else happy and even the co dependent co dependency that comes from that.

00:42:45      So it's definitely been a journey, and I'm really proud of how come far. Come on this and this awareness and also I know that this is probably be a lifetime journey for me,

00:42:53      and I'm okay with that. That's all right. I'm learning so much and just getting better as much as I can.

00:42:59      There were two really big lessons for me this year that I want to share with you guys. And the 1st 1 was Is this whole concept of everybody around us being mirrors for us and that we're are mirrors for other people?

00:43:12      So I talk about this in episode 11 which is around the holidays about, you know, me snapping at my family.

00:43:18      But this really comes up in everything. You know, What I've learned is that any time that somebody else makes us angry,

00:43:25      it's actually us in something in us that we don't like a part of our shadow, our ego, our darkness,

00:43:30      something that we don't like in our personalities. And what happens is we. That's why we don't like some people.

00:43:35      That's why certain people annoy us or trigger us is actually not about them. It's about us. And this is,

00:43:42      um, very philosophical, very deep and a tough one to learn. But this has being a total game changer because I can see this and everything.

00:43:51      The story a shared in the holiday tips is about me sniffing at my mom, and I was getting mad at her and snipping.

00:43:57      But I what I realized deep down was it was because I didn't feel like I was good enough in that relationship.

00:44:02 And so subconsciously, what I was doing was then projecting that on to other people, making them not feel good enough and totally subconscious did not realize this until I did my my deep work.

00:44:10 Am I reflecting working with my coaches and my psychologist on this? But that allows me to then learn more about myself.

00:44:17 And when any ever anybody else triggers me on Michael, what are they here to teach me? What is it about myself that I don't love?

00:44:22 And how can I give this person grace and get myself grace? It has allowed me to judge myself less and judge others way loss,

00:44:29 for sure. I also have a lot less resentment and Lois anger. I feel happier and feel more and flow.

00:44:36 It's also been incredible way to release, you know, as a people pleaser. It's so easy that anytime anybody gets mad at me or I feel like any kind of defensiveness or attacking towards me.

00:44:46 I always take it really personally and understanding this concept. I now realize that those things are actually that people are mad at me about or or I annoy about people find annoying about me.

00:44:58 It's not about me, it's about them. And that's not toe to be cruel or tow. You know,

00:45:03 say that I can never learn anything cause I can. I can always be open to feedback, but it's to recognize that I don't have to own that and that that's their journey and what they're on in that I don't have toe change myself.

00:45:12 In fact, I can't to make everybody else happy that everybody's on their own journey. And I'm just mirroring back to them.

00:45:17 And I am there for you guys, for everybody, for for And that's what you guys were there for.

00:45:22 Me, too, And what people in my life we're here to learn from each other about ourselves, and so that has being like one of the biggest lessons,

00:45:30 and it shows up in every part in my business, in my relationship, in my family dynamics and my friendships,

00:45:36 everything, this lesson and it is a deep one it's one that I will be working on forever. Prime makes me a hard person be friends with,

00:45:43 because if you try and vent to me about someone else, I always try and figure out what is actually about.

00:45:47 So I apologize for all my friends. Put this. I think this is so game changing. So I hope that that that little shift are you being open to that will change so many of your relationships,

00:45:57 too. The second big lesson for me was that focus really works, and at this season in my life,

00:46:03 it is critical. I can't do all the things I can't be volunteering for community programs, going back to school,

00:46:09 starting my business, hosting all the mom played AIDS, doing all of the things. Right now I just can't and that's okay.

00:46:16 And I'm all right with the focus, and I know that it's gonna pay off its little tiny movements.

00:46:22 Being consistent day after day after day is making a difference in my life, and that's what really matters.

00:46:26 So being able to focus has a simplified things, and for someone that's multi passionate, this has been a little tricky,

00:46:33 but I'm really proud of what I've been able to do from focus and I believe in it now. And so I just want to say for all of you guys who I love doing all the things I feel yet I know you.

00:46:42 But if you've struggled, if you felt overwhelmed, if you felt like there's too many things focus, focus really does help.

00:46:48 It'll help you prioritize, help you simplify and get the success that you want. Okay, so 2020 basically anything that worked while in 2040 I'm gonna keep doing it.

00:46:57 So definitely gonna continue to focus. That's definitely happening. And I'm going to continue to fail. Like I said,

00:47:02 that was such a funding. I love challenging myself and say, OK, how can I feel today?

00:47:06 And it really just got me thinking in different ways. So I'm definitely gonna keep that up and integrate that all the time into every single week.

00:47:14 Personally, I need more downtime. So I am putting efforts like I just said, we just find our vacations actual happening in,

00:47:20 like, two weeks, so that will definitely definitely help. But I'm gonna consciously put more downtime in the calendar because I think as an entrepreneur.

00:47:28 As soon as I have a day in my calendar that I'm free or a free minute, I'm like,

00:47:31 Oh, what can I do all my work to do it? I feel like I'm never done. But that's led to me being,

00:47:36 frankly, a little exhausted. And so I definitely need more downtime and more conscious time from me from making that happen.

00:47:42 I'm gonna sit down with a heavy over the next couple days and plant a few vacation time's over the year and again doesn't have to be anywhere fancy.

00:47:49 It probably will be, but just the downtime and that's gonna be really I know so helpful for me and everything is just keeping up with exercise and even more of it.

00:47:58 I definitely reconnected in my habit of consistent exercises here, which is great, and I love it, and I would just want to continue to do more of it.

00:48:05 So I'm really excited for that. The last thing I want to do personally is more conscious trouble. So what does that we just plan our trip,

00:48:12 which is great. We are gonna be visiting with family really close by, but a little family trip in March,

00:48:17 which I'm already really looking forward to. It doesn't think about travel. It's not even about the experience,

00:48:22 always, or I mean it is. But it's also like what you how excited you get looking up to it and the memories afterwards.

00:48:26 It's just like the gift that keeps on giving. And we're also possibly planning a little trip to our condo in Kelowna in the summertime.

00:48:33 So I think there's gonna be a few other little things. So, um, I'm looking forward to just having more travel and having that fun back in my life.

00:48:41 One last thing I want to talk about this is being surprised, tied to some of the lessons. But,

00:48:46 hey, we're gonna go with it one of things I realized and that I'm still realizing, and I'm gonna have to shift into the following year into this year.

00:48:53 Coming up, I guess I should say, is realizing that what got me here isn't gonna get me there.

00:48:58 And this is with everything in my life. This is with you know, it took me different skills to start a business than it will to actually run a profitable one.

00:49:07 It takes different skills to find a romantic partner than it does to keep a romantic partner. It is different skills with a newborn that it is of the toddler.

00:49:16 This is just everything in life that whatever it took to get us here, it's always changing. Let me give you an example of us where I realize is a high,

00:49:24 by the way this has gone in my business and I'll talk about the business one in the business episode.

00:49:28 Let me talk about the one personally that's coming to my mind, and that is in my work of causes.

00:49:32 As I mentioned, I was in a car accident about 10 years ago, and when I started exercising again,

00:49:37 I had to be very conscious of what my body was feeling. And when I felt any pain, I had to stop.

00:49:43 I had to work with trainers to make sure that I was using the right muscles, that I wasn't triggering more pain or making my injuries worse.

00:49:51 And so over time I what I had to teach myself was just like I would tell myself, Lisa,

00:49:56 you've showed up and that's awesome. Like Lisa, you're trying. We did your bastard. I don't have to say things like Lisa.

00:50:00 Okay, that hurts. It's time to stop. And I'll have to temper that and have to say,

00:50:03 OK, everybody else in the room is ahead of you, and that's okay. You're just gonna do it at your own pace and that help me show back up.

00:50:10 That's help me for the last 10 years to build back the strength and be able to continue to exercise and run 7/2 marathons from there.

00:50:16 Now, what I've realized, too, is that now I've got some strength back and those same thoughts and voices and messages are actually holding me back.

00:50:24 It's holding me back some days from giving it my all, and I assume, as I start to hurt and again,

00:50:28 I shouldn't let me be really clear on this. Like, as soon as I start to hurt, Period,

00:50:32 I'm like, Oh, well, maybe I shouldn't be doing that. That's hurt. Her is bad.

00:50:35 I've associated that thing even though the things that I'm doing, they're not the one, but not the injuries that I'm triggering it just TRIBE,

00:50:40 triggering my muscles, getting stronger. So does she. Holding me back from on cable of and just saying Haley said,

00:50:46 You shut up. That's good enough. I mean, that was good enough then. But right now I really need Thio.

00:50:49 I want to feel stronger. And so that's gonna mean Hey, you know, what can you do to more reps than you did yesterday?

00:50:54 That's gonna mean, Hey, could you run a little faster than you did yesterday because you run a little bit further.

00:50:59 It's gonna mean challenging myself because, well, got me back into shape and got me back to consider.

00:51:04 Kisses and excise isn't. What's gonna make me stronger isn't gonna be what's gonna put me in the best shape of my life,

00:51:09 which is what my intention is. So this is where is an example of what got me to this place won't get me where I want to go.

00:51:16 And so I want to just share that and also challenge you to look in your life. Where else can you shift your mindset and story that you're telling yourself,

00:51:22 You know, good and bad to shift those to where you want to go. So that's a lot.

00:51:29 That's basically my all my thoughts and my heart on the table for you I truly hope that sharing this makes you decide to do something different.

00:51:37 If you haven't already, please hit, pause on your year, reflect and figure out what worked, what didn't and what's next for you.

00:51:44 I know, I know. I feel it. It is so tempting, especially if it feels like we failed or our year didn't go as we intended to or we had a tough one.

00:51:52 It's so tempting to skip over the reviews. You think I just I just want to write that off.

00:51:56 I want to forget about everyone. Think about it again, my friend. I highly highly wanted, like,

00:52:01 shaky right now and say Dive in and check in. There's a free playbook, even ground right now to review year.

00:52:07 And so go get it at least to me. Show dot com forward last year in review or get that link in the show notes.

00:52:11 I promise you it's gonna be worth your while, and no matter how your year went, you are gonna learn from it.

00:52:16 More than likely, you're gonna find something to celebrate because there was always something positive, even in the mistakes.

00:52:22 Even in the messiness, there's always something to learn it always something that's gonna make you a better person and set you up for more success.

00:52:29 Stay tuned for the next episode, what worked and what didn't with my big goal growing my business. And this episode is not just frontrunners Acela printers.



00:52:37 Whether you are a professional or working at home or on athlete at pretty much having any goal, you can apply those lessons to yours.

00:52:44 My biggest wish after hearing this. Oh my gosh, I just hope that you hear. And you know that no matter whether you finish this year better than you imagined or if you cannot wait to close the book on it,

00:52:54 you're enough. You have lived. You have learned. You have learned from my ups and downs my wishes for you to know that anything is possible for you in 2020 and beyond.

00:53:06 Take the things for me that you think might help you and apply them. Integrate them. You have the power to create any life that you want.

00:53:13 So set the intentions and have the audacity to go for it at the end of 2020. If you do that,

00:53:19 you will be celebrating your best year ever. Thank you so much for listening to this episode. I have a question in a request to ask if you have a friend or a coworker or a family member who you know,

00:53:30 needs to hear this and or they're asking you. Hey, what's a good podcast Recommendation? Please, please.

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00:53:40 Help us spread the word and help us grow. So thank you so much for listening. Thank you for your support this year.

00:53:45 And I cannot wait for even more amazing episodes to connect with you in 2020. Thank you so much for listening.

00:53:54 If something spoke to you, send me a message by sharing this episode and tagging me on social media.

00:53:59 If you know someone who loved to hear this episode, please share it with them too. Because I love surprises.

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Episode 15 - The Successes, Failures, and Mistakes I Made in 2019 (and Which Ones I Hope You Make Too!). 2019 Year in Review Part 1 - The Personal Stuff

00:54:14 Thanks again for listening. That will talk to you in the next episode of the Goalden Girls podcast.