

00:00:00 Sometimes I wonder, how is everyone actually doing right now? As I record this at the beginning of April, 2021, it feels like no one is talking about the fact that life is still freaking weird. I mean, for most of the world, we still can't travel across borders. Easily. Many of us are still unable to see family and friends, especially those that are older or immune compromised masks are the new normal.

00:00:24 And so is being more alone, isolated and lonely here in Canada. A lot of businesses have been shut down again. Rules are changing and even more distancing is a reality. Again, navigating childcare and school situations is still tough. And overall the rules, the science, the timelines, the guidelines, they keep evolving. And I feel like for me,

00:00:45 maybe for you too, it's hard to know what's even real anymore. Well, let's be real about this. What is real is we took a two week sprint last year to flatten the curve. And now it's become a 13 month ultra marathon. And we still don't even know how far there's left to go or for how long we're supposed to be running biking,

00:01:02 walking, swimming all while at the same time, working from home, probably with kids asking for snacks. And yet it can feel like even though the whole world is going through this, it feels like we're the only ones feeling like what the heck is going on here. If you're wondering how other women are making it work in these wild and crazy times,

00:01:22 his episode is for you. If you want to know how others are really doing what is helping and what they've learned to navigate through life right now, you're in for a treat today. I am honored to be joined by three members of our Goalden Girls, community Dunia Meredith and Megan sharing their open and honest journeys from the last year you're going to hear from real life women,

00:01:43 women that are entrepreneurs, mothers, dreamers, rebels, and everything in between, because that's what we are as women. We're a magical blend of so much. It's time to normalize this conversation. These conversations about struggle, the human experience, thriving, achievement, success, striving expectations, worthiness, and loving ourselves. And this is what this episode is all about in our community.

00:02:10 We stand up for each other. We show up honestly openly and we make incredible things happen. Despite the challenges, if you're listening to this right now, like, yes, let's go. Let's stand up for each other. And also please tell me, I'm not the only one thinking this is hard. Keep listening. In this episode, you're going to hear a powerful stories from Dunia Meredith and Megan,

00:02:31 as they share, what are the biggest challenges they face in the last year and how they overcame them? What mindset shifts they recently made that made their life easier and more joyful. How focusing on one goal help them. And of course, they're going to share what

goal they focused on and what they achieved. Believe me, when I say some of these answers will definitely surprise you.

00:02:49 These brave women also share how having a community surrounding them has helped and how life is better because of community buckle up my friend, get ready to be inspired, to feel connected. And to know that you're not alone. Get ready to hear about the magic. These women are creating the magic. These women are even through the mess and know that you too are magic.

00:03:14 Welcome to the Goalden Girls Podcast, where we believe you can have it all. I'm your host, Lisa Michaux and I'm spilling tangible tips, goal, 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.

00:03:40 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 self, get confident and truly have it all golden girl. Let's dive in. Welcome to this episode of Goalden Girls Podcast. This is a very special one.

00:04:03 If you don't already know, I may speak you're in coach. And two of my favorite parts of my business and the work I get to do is I run two different offerings, or you might know them as called programs side note here, I am starting to move away from the word program because I feel like so much of what we do. And so much of what our groups are all about is actually deprogramming a lot of what we learned growing up and in society.

00:04:27 But that is a story and a rant for another day. So alas, two of the offerings, we have our Goalden Girls Community and Goalden Girls mastermind. And I'm not going to go into a sales pitch here. But what I do want to say is this, they're both based on the idea that we are better together. So often what I see is women thinking they're alone thinking everyone else has it all together.

00:04:49 And you're the only one who struggles. The only one who fights with your partner. The only one who has laundry piled up everywhere, whose business isn't profitable yet, whose family isn't supportive of your dream, who feels like everyone else is doing, and they've missed the boat, or they're so far behind or who feels anxiety, self-doubt loneliness or any combination.

00:05:11 And what I've learned in over almost five years now of doing this work is that we're never alone. One of the central tenants of everything I do. And my passion is to create connections among women to be able to empower. So women can empower themselves to overcome these limiting beliefs, to get accountability and support and love every step of the way. Now,

00:05:33 usually the magic that happens in our community and mastermind is kind of like Vegas. What happens there ends up on Instagram, just kidding. And some of you may not know this, but before social media, there was a saying, what happens in Vegas stays in Vegas. And the shocking part is that it would, I know I'm old and those are the good old days.

00:05:53 But today this changes and what happens in our community mastermind is not just staying there. We're actually peeling back the curtain on some of the amazing stories and humans. I have the pleasure of knowing and you too will get to hear their stories, to feel inspired and hear how real women are making it work. Even in this wild, weird, crazy time that we're in today.

00:06:16 I have the honor and privilege of introducing you to a few of the incredible women in our Goalden Girls Community Dunia Toesy Meredith Garrison and Megan O'Dowd. I asked them to share their wisdom from the last year that has undoubtedly challenged and stress them on so many levels and share they did. In this episode, you're going to hear them share what the biggest challenge they face in last year and how they overcame it.

00:06:40 They're going to share mindset shifts that they've made that helped make their life easier and more joyful. Again, you can listen to this and know that you can do the same in your life. You're going to hear them share how focusing on one goal made things a whole lot easier. You're gonna hear what they focus on and believe me, a lot of these will surprise you.

00:06:56 They're not the kinds of goals that you may expect from a podcast called Goalden Girls Podcast. They also share how having a community surrounding them has helped and how life is better because of community. And when I say, you know, I'm going to share a little bit about our community at the end here, but this isn't about necessarily joining just by listening here today,

00:07:17 just by being a part of the conversation you're already in our community, your life will already be better. You're going to feel more connected from listening to these stories. So we're going to start with Meredith Meredith Gerritsen is the founder of her Vonda collective an online community of driven women. She also helps them in scale their business through her work as a contract COO that's the official bio,

00:07:37 but the truth is Meredith is so much more, as we all are then a job title. She is motivated by the challenge and change onto the passion for sharing knowledge, to impact change. And she's dedicated to improving the lives of others, women in particular, to help them overcome the barriers they face to surpass their own expectations and achieve outstanding results. Here is Meredith story.

00:07:58 There is a subtle aggression to constant self-improvement these words I heard from my counselor in January of 2020. I heard them, but I didn't know. They'd take on a new meaning in the coming months. What I thought I thought they meant was that I didn't have to fix

everything all at once that I could accept myself as a flawed human being, as everyone is and add those flaws to my roadmap of self-development that I had laid out for myself.

00:08:24 I could tackle it in a month or maybe even next year. This is my biggest mindset shift from the past year, the news of the global pandemic started popping up in my world and weird and seemingly unrelated ways. The first I'd heard of a virus was in a news article about how the Dow had dropped a record breaking amount in a day, all due to some virus somewhere,

00:08:46 a couple of weeks later, I was about to board an international flight, and it briefly crossed my mind that travel was being restricted on the other side of the world. And just, maybe there's a tiny likelihood that my return flight might look different. I got a cold on that vacation in boarding my return flight. I was a little more self-conscious about coughing and sneezing on the plane.

00:09:06 I lied at the airport on the digital form of vote. If I'd experienced any flu symptoms in the last seven days, it was a question that wasn't asked when I went through customs seven days prior. And judge me if you mass, but this was early February when the West was still laughing at images of people wearing water jugs on their heads. And no one knew no one knew what was coming during the initial self isolation phase.

00:09:30 I didn't get caught up in the baking trend or the new language trend. I thought I was smarter. I knew not to get caught up in these wild internet trends by may. I was going a bit stir crazy, and I coped by making lists and check marks on my calendar. Noting the exercise I'd had each day reviewing my step count. I signed up for zoom exercise classes.

00:09:54 I was started a journaling routine. I tried to journal every morning, had some prompts and, and was struggling but doing it. I made sure to shower every day and I got dressed every day. I got up early and I ate breakfast every day. I was definitely not going to let the pandemic better of me or make me turn into a lazy wear pajamas all day kind of person that was not going to happen.

00:10:21 At some point around September. I heard the words my counselor had said again, there is a subtle aggression to constant self improvement and it was different this time. I felt it, it was in the little things, the, for my own good things. And I think that that was the day that my good girl complex finally died. Waking up at 7:00 AM was important.

00:10:46 And it was good for me when I needed to leave the house every day by eight, hitting a step count is great for my health, but I am not unhealthy. And I can skip a day when I'm just not feeling it journaling. It helps me to work through a problem or a feeling, but I do not need to aggressively force myself to work through every thought.

00:11:04 And every feeling on a regimented schedule, eating healthy is great, but I can still have takeout. None of these things are the massive self-improvement that I thought about when

I was talking to my counselor in January. And now when I've inspired moments, and I think I'm going to spend 10 days, 10 minutes a day stretching for the next 30 days I stop.

00:11:22 And I ask myself why. Sure. It's overall. It's great for my health, but what else is it addressing a particular issue? Do I have mobility problems that are impeding my health and my quality of life? If not, let it go. I'm not saying that stretching or any other small life adjustment isn't worth doing. It's just not my priority right now.

00:11:42 There is a subtle aggression to constant. Self-improvement feeling the need to be at my best when it's not my best time. This has been my, my biggest mindset shift. And it's set me free in a lot of different ways. And it helps me to also enjoy some of those things like taking a walk and having a shower. It's not a chore.

00:12:09 It's not a mast. It's an enjoyable part of my day. Thank you Meredith for that powerful mindset shift. First isn't Meredith so real. I could fangirl on her all day for Leon on all these ladies narrow to the shines, a light though on something that's very important to talk about. And isn't mentioned enough, the fact that constant self-improvement can actually be harmful if it's always feeding into,

00:12:35 as opposed to healing and changing. If it's feeding into the belief that you're not enough, that you should be doing more and that you can do better. And now this is a very subtle nuance. The times where stretching would be good for you or going for a walk is healthy. When you can do more with your life and you don't want to settle for more,

00:12:54 maybe you've been telling yourself that you should just be grateful for what you have, which is to borrow Meredith counselor phrase, Sully aggressive. There's a difference between that and the times and feeling that you are enough, that you are doing amazing. It's okay to not do all the things and how you feel, who you're being, which is a whole worthy and beautiful that you are enough.

00:13:17 This is such an important shift in awareness to have. And one that I am very conscious in creating and especially leading a podcast and a community focused on personal growth. Truthfully, I'm even aware of it in my marketing. Now, I don't want you to ever join something I offer because you don't feel like you're good enough, or like you're chasing this improvement and then the next improvement and then the next,

00:13:38 and you're never going to truly arrive. I want you to join because you know, it will change your life for anything that I have. I want you to join because you're excited because you know that you're worthy of support because you know, that support is going to serve you. And you're ready to step into your higher self, your best self. One of my biggest missions for you listening and for all the women in our community and mastermind and for myself is that we can learn that you can learn to distinguish those voices.

00:14:03 You can learn to distinguish between that inner critic that tells you to do more, to be more, that you're not enough and your best self, your true self, that tells you you're worthy of everything you desire that you deserve to be supported and that you're capable of learning and creating whatever dreams and goals you have in your life. Thank you so much Meredith for reminding us of this.

00:14:25 It's not about constant self-improvement or development, improvement and development, just like stretching and walking and growing itself. Isn't bad, but there's also, it's okay to step back. It's okay to ask why before we just feel that need to do the next thing. So this is your reminder in this moment right here, right now, you are enough. The next story you were going to share is from Megan.

00:14:50 And I'm to tell you it is a very powerful one. Megan is a working mom from Alberta, Canada, where she lives with her husband, Ryan and her two kids, Elliot and Dunkin. Megan is a lover of a life at the Lake. And yoga sounds amazing. I want to join you and be prepared with the story. If you've ever felt guilty for not thriving,

00:15:10 when it feels like you should be, if you have ever felt that you don't have it that bad, they don't deserve to be sad. That asking for help makes you a burden. This is for you. And I will warn you this story. It brought me to tears. It gave me shivers and he will probably do the same for you. This is Megan story.

00:15:32 Hello. My name is Megan and I live in Alberta, Canada with my family through my adult life. I've experienced significant anxiety, low self-esteem, lack of motivation. And I've been full of excuses. I wondered why I wasn't truly happy and why I could never find time for myself. I always had a reason that it wasn't doing what I wanted even before kids.

00:15:49 And I felt justified in feeling like that. I felt like my life was happening to me. The way that it's supposed to happen. I had my first child, my daughter in 2017 through my maternity leave, which is a year long in Canada. I had postpartum anxiety. I gained a lot of weight and I just generally stopped taking care of myself.

00:16:07 I thought it was normal pain. And this is just what parenting is. Like. I told myself that all new moms have it tough and they do just fine. I believe that my pain would be a burden to someone else. Don't get me wrong. I had helped with everything I needed. Me and my daughter and my household. We were all taking care of my husband and my family were there for support,

00:16:27 but I didn't tell them about the emotional struggle that I was holding on to eventually the baby phase ended, which I felt relieved about and the days got easier. And I came out on the other side of it. I went back to work and I felt like everything was okay. I started a new job, a job that I thought I liked for a great company and in an exciting new industry.

00:16:44 But in hindsight, it was a mediocre nine to five job where I was overworked underpaid. And it was truly a very toxic environment, but I thought the struggle was normal. Now, sadly, I know that I'm not alone. These are situations that happen to incredible women and people everywhere. But what I want to clarify is that I'm painting this picture because through it all,

00:17:01 I did not think I deserved anything better. The bar that I had set for myself for the support that I deserved and for help, I let people treat me was painfully low. So in 2019, when I got pregnant with my son, I was filled with mixed emotions. I wanted my son. I wanted my family to grow. I was excited to go on maternity leave to get away from my toxic work environment,

00:17:20 but I was terrified to go through the postpartum phase. Again, I didn't show my family, my fears, because I felt like I didn't deserve to feel sad. I didn't want anyone to think that I was anything but thrilled to be having another baby in a vulnerable moment. I was talking to a friend of mine and shared that I was feeling anxious and that I didn't know what I actually wanted.

00:17:37 She told me that my feelings were valid and she referred me to her therapist. I booked an appointment and went to see her. And within that first session, I found some clarity on how I felt about myself, the glaring word that came to my mind unworthy. I felt my pain was normal. And in March of 2020, along with the rest of the planet,

00:17:54 I entered a global pandemic. But my unique story is that I entered it with a brand new baby in my arms. I had previously decided that this time it was going to be different. I was going to put in the work to make sure I didn't fall into my postpartum anxiety. Again, I knew what to expect. So this time I was going to do more,

00:18:08 I was going to do better, but with the lockdown curve balls, we didn't have childcare for two year old. My husband actually had to go back to work because his job was deemed essential and fortunate that my parents were home and they live with us through the summer. So I had help and I couldn't have been more grateful for their participation and support during this period of time.

00:18:23 But even with this help, I was still operating at my max capacities since I was already getting help. I didn't want to ask for additional help. I would only wait for offers of support. I still let myself believe that I didn't deserve extra help because I was already receiving too much. When I joined Goalden Girls in summer of 2020, it felt great right away.

00:18:41 It was a supportive third-party unbiased group of women that I could talk to about my struggles and my desires, Lisa and the community helped me to understand where I could make changes to get me where I wanted to be through several conversations, trainings, live group coaching sessions. I ended up starting out with a habit focus goal and decided to start getting my fitness in daily.

00:19:00 Before my kids wake up, I set a goal to start waking up at 5:00 AM to move my body every single day. Since my kids wake up at seven, this gave me two hours to myself before they wake up. The school continues to be a work in progress, but I'm proud to say that I've successfully maintained my early morning workouts for the past seven months.

00:19:16 And it's something I will continue for the rest of it. I, life of all the goals I sat in my life, the school is the first real commitment to myself that I have followed through on. As my goals started to feel more like a habit. I started to think about what my next goal was. I was still wasn't admitting out loud that I knew what I truly needed,

00:19:31 which was finding my value and finding my voice my whole life. I've allowed myself to be disappointed first. And I've always felt so much guilt at the mere thought of disappointing someone else. Now I want to add something and I don't want it to reflect negatively about my first goal, but it was still a safe goal. I didn't have to ask anyone for anything to achieve the school.

00:19:49 This doesn't make it less of a goal, but it stayed within my comfort zone because I was afraid that if I started to expand myself and what I'm willing to do to get what I truly want, it would start to infringe on someone else's comfort. What I realized at this point is that for me to grow and to find my voice and to get what I truly want for myself,

00:20:06 it meant that I was going to have to show people in my life that I'm raising the bar, the bar that I had set for myself and how I allow myself to be supported and how I allow others to treat me. So the new goal that I set is to no longer allow myself to be uncomfortable, just to make someone else feel comfortable. For me,

00:20:22 it meant asking a family member to take my kids for a day so that I can paint my house. It meant forcing conversations with my husband and I disagree until we find a middle ground. It meant asking for the salary increase that I know I'm deserving of. It meant ending a toxic friendship that no longer serve me. It meant revisiting uncomfortable encounters that left me feeling disrespected or undervalued by bringing it up to the other party and making sure they understand how they made me feel so that I can prevent from happening again.

00:20:48 I finally, at 33 years old, I made the choice to speak up, to be seen and to be understood because they know my value now. And I know that I'm worthy. The best part of all of this is that almost all of the encounters I've had in pursuit of my new goal. I've been met with kindness and understanding because they already knew I was worthy of being understood.

00:21:07 The only difference was how much I let them see Isn't Megan's story incredible. There's so many insights that she shared that really resonated for me. The thought and the shift from my life's happening to me, to my life is happening for me, her thoughts and her feelings that, you know, all new moms struggle. We're sharing that what she felt. She was a burden.



00:21:26 My heart just aches, because I know that right now, there is someone else listening to this also thinking, and maybe that's you, maybe you're thinking that you don't have it that bad, or you don't deserve to feel sad. Someone else has it worse than you. Maybe you're worried that if you share your, your story or you ask for help,

00:21:41 that you're gonna be a burden on someone else, and you don't want to do that, or maybe you feel like you don't deserve anything better. I hope it's that to you, that you can listen to Megan's story and remember that your feelings are valid and that if you're struggling, it's real and it's okay to share. And even just that process of being honest and sharing where you're at and what's going on for you can be incredibly healing.

00:22:02 Her story is such a powerful reminder that sometimes we are our own worst enemies and that you, my friend who are worthy of getting support, help and love. I know that I speak for everyone in our community. When I say it is humbling to be a part of Megan's journey. And we're amazed and in awe of her, as we are of everyone in our community and everyone sharing their story on this episode,

00:22:22 this is what our community is about. And Megan touched on it. And I think it's important to just bring that out on biased support. That means that the women in our community don't have an investment. We don't care which way Megan, what Megan chooses to do with her career or her family or anything else, not more than we care about how she feels.

00:22:44 And that really makes a difference when you have unbiased support, when you can get outside opinions and even just someone to witness you and validate and hear you and feel listened to, that can make all the difference. And as you can tell, that made all the difference for Megan. We are so grateful that we got to be a part of the love and positivity and uplifting for her.

00:23:03 And Megan took that. She gets a credit for that because she took the action. She got honest with herself and with us, and this is why we do what we do, you know, support. It's so important as well. And also for, I can only speak for myself and others in the community. It feels so good to be able to help others too.

00:23:22 And I bet if you're listening as well, no matter what your struggles are, you've overcome things. And you also have wisdom to share. You also have stories or examples or tips or tools or tricks that could help someone else too. And that's one of the magic parts of being in a community and being able to have these real conversations. I love that Megan called herself on her safe goal.

00:23:41 And once she felt good, she had some success under her belt. With that goal, she was able to then claim the true goal, the real goal, the really scary one. And dang it. Is it ever a good one in case you missed it? Megan's goal is to no longer allow herself to be uncomfortable, just so someone else can be uncomfortable.

00:23:59 And if any of the story resonated for you, I encourage you to claim that goal as well, to not allow yourself to be uncomfortable, just so someone else can be comfortable. And as you saw, as you heard, Megan was met with so much kindness and understanding because everyone else already knew she was worthy. And I bet you, what you'll find too,

00:24:18 is that when you step into your authenticity, when you get the courage to get uncomfortable for a minute so that you can be comfortable, it can make a big difference to Megan. We hear you, we hear your voice. You have found your voice. And man, it is so powerful. I think the biggest takeaway, the thing that is so,

00:24:36 so incredible is that Megan's found her worthiness, her worthiness to speak up, to be seen, to be understood. She knows her value and she knows she's worthy. And everyone around her, we all knew she was worthy. Her family knew she was worthy. She's an incredible woman, but the best thing is that. Now she knows it too. Our next story is a little different.

00:25:00 This is our community is so diverse. Dunia is a Lille award, nominated TV, host artists, video journalist, filmmaker, photographer, and entrepreneur, born and raised in Baghdad, Iraq. She's now based in Vancouver, BC, a mom to two wonderful, sweet little kiddos. And you're going to hear that she is a very multi-passionate busy woman with a big to-do list.

00:25:21 Sound familiar to anyone. I know I have my hand way up in the air here to dune is a woman with a lot on her plate and she knows, and she learned that trying to do all the things is just not possible. As you listen to her story, I know you're going to find Dunia is energy contagious and her spirit vivacious. And when she created is a super cool project,

00:25:40 all because she was able to focus, decide on one goal and focus to make it happen here is Dunia story. Hi, my name is Dunia Toesy and I'm an artist video journalist, filmmaker photographer, and a mom to two little ones. I own a media company called love to media in Vancouver, Canada, and I'm also an artist. So I create coloring books.

00:26:02 I'm hoping to expand, to have my own line of products and stationary that feature my art. And as you can probably tell I'm one of those people who have 10 million goals and my to-do list is usually ever-growing. So I've always had trouble focusing on one thing at a time. So sometimes that led me to not achieving anything at all, just because I have too much on my plate.

00:26:23 So when I signed up for Lisa's Goalden Girls Community and took the workshops that really helped me focus on one thing. So having one goal every a hundred days is really achievable and measurable. And following the guidance and support from the community members, I was able to focus on the goal of publishing. My first multi-lingual coloring book called joy around the world and joy around the world is a book that features illustrations of the word joy in 15 different languages.

00:26:52 I don't think I would have been able to do this within a hundred days without the help of Lisa and the community members, because I was able to remain accountable to them because I announced it to the group. So I had to do it once I've announced it. And the group really cheered me on throughout the whole time. So their help was totally invaluable.

00:27:12 And I used the same hundred day goal afterwards to achieve my second goal, which is a second coloring book. That's called love around the world. That features the word love and 22 different languages. I managed to publish that before Valentine's day. So I really think that the hundred day goal thing is so, so useful for those of us who have so many,

00:27:33 so many things on our plates. So many things on our to-do list, and I'm really thankful to Lisa and the great community for helping me do this. Thank you. Doesn't Dunia make you feel like anything is possible. Her energy is so contagious. I know this story is now a little different Dunia is a little more tactical than what she shares. And it's just as powerful would.

00:27:56 How Dunia can also help you start, start today by focusing on one goal for a hundred days and commit to that thing. If you can't commit to it for a hundred days, I'm just going to say it right here right now. It's not a goal as you can hear, Jr. Has a lot on the go. So she picked the one thing she knew.

00:28:11 She wanted to make progress on focus on it for a hundred days. And now she's actually done it twice. Launching two brilliant new coloring books. Something else you can do is get accountability. Tell someone else what you're doing. As soon as Dunia told us what we were doing, you better believe all the, I mean, not all the time, not annoyingly,

00:28:28 but we were like, Hey, Jr, how's that calling? But coming along, how's it going? Is there anything we can help with? And as soon as you do that, as soon as you get accountability, as soon as you get support, you're way more likely to achieve the thing you said you were going to do also important is to surround yourself with positive support.

00:28:43 And I kind of talked about this with Megan story too, that unbiased support people cheering you on because sometimes we all forget how awesome we are. Don't forget to go check out her beautiful coloring books. Donya has two, one for the word joy and one for the word love. I've got all the links for you below in the show notes, go check out what she's created and give her some love.

00:29:05 Those are the stories, just a few of them from Goalden Girls Community. You can hear it, the diversity, the space for all of it, the successes, the messes, the vulnerable, the rule-breaking, the highs and the lows, the doing and the slowing down these stories are representative of real life and what it means to be human. It's not all perfect.

00:29:27 It's not all uphill. And that's what it means to be in our community from the bottom of my heart. Thank you so much to Dunia for sharing. Thank you, Megan, for sharing your story

and your heart and Meredith. Thank you for your honest dog. I know your story has changed a life today. Someone will hear this and it will be the aha moment.

00:29:47 The clarity that wake up, call that nudges them to something different. If you're listening and this is you, please send us a message on Instagram or send us an email. We love hearing from you. And I know the brave women who share their stories would love to hear from you too. Please go ahead, give them some support, give them some love.

00:30:05 All their details are in the show notes, go find them on social media, go check out their websites. They're an amazing women in all that they do. So here we are at the time that I'm recording this April, 2021, the world is still really uncertain. And for me it feels like it's still hard from not being able to see family members to schools and businesses being shut down and a lot of unknowns.

00:30:26 And it feels like in the rest of the world, no, one's talking about it. When we talk about how our day's going, everyone's still just saying, Oh my I'm good. How are you? Except I'll say this. We are in our community. We are talking about this. You know, we still may not be able to travel and may not be able to cross borders.

00:30:43 Easily. Masks are the new normal. And while a lot of the world feels more alone and more isolated and lonely in childcare is difficult in schools is challenging. We've we're now in this 13 month ultra marathon with no definite finish line, nobody that I know could honestly say that it hasn't been tough. What I love about this episode in their stories is that it shows that despite all the hard times,

00:31:07 these women are still doing it. And when I say it, it's not just about doing more. They're finding joy, they're finding and creating success based on all different definitions. In some cases they're doing less because that's okay too. Most of all, they're finding the voices, the voices within them, that their best self, their higher self, their authentic self,

00:31:29 whatever you want to call that they're having the courage to share that voice and becoming stronger. We're resilient and powerful. The best thing is that they are listening to their voices themselves. If you want more of this, if you want more focus and clarity on what's actually going to move the needle in your life, if you want support in those good times and the bad,

00:31:51 if you want unbiased support, if you want people cheering for your success and reminding you of your magic in the lows. I mean, also, if you just want accountability to do what you're going to say, you're going to do, and you want the blend of inspiration and strategies and tools and a little woo and a little do cause that's what we're about.

00:32:06 Think only heroes community is for you. It's been home for a year since we opened up registration to our community, it's been awhile and registration is now open until

Friday, April 9th at 1159 Pacific standard time. And now if it's okay with you, I'd love to take a moment and share with you an invitation and tell you a little bit more about Goalden Girls,

00:32:27 community and our community. Every month we have a focus topic. This month is burnout and how to avoid it. And I know I'm not the only one that needs to hear this in the past. And you get access to all these trainings. We tackled prioritization. Self-love time management, beyond the strategies, energy management boundaries, and more, but it's important for me to tell you this,

00:32:49 that the community is not just about knowing more and getting more information, more tools, more strategies, not just that, because the information is out there. It's on a podcast. I mean, heck is on this podcast. We're 45 episodes in and continuing to share stuff every week. It's on blogs. It's on YouTube channels. It's in courses. And so many Google go,

00:33:08 Google you'll find anything you want on Google. This community is an all of the offerings that we have are about integration and implementation. It's not about knowing something in your head. It's about being able to translate that to how you live your life, to how you share your voice, to how you get up in the morning to how you navigate those uncomfortable situations and the challenging times.

00:33:29 It's about transformation. Yeah. You, you know, you don't need me to tell you that you should have boundaries, but have you set them and have you kept them? And yeah, of course, you know, Bernard is bad, but do you know how to avoid it? And are you consciously doing things to be proactive and caring for yourself?

00:33:45 The emphasis in our community is on learning one thing, focusing and implementing it into our lives. And it's also on connection, not just information, but connection. We meet twice a month for live virtual co-working days. You can bring your housework, your business work, your corporate work kids, anything goes. And we do that every month. Once a month,

00:34:04 we also do a mastermind call where you bring a question, a struggle, something you want feedback on is when you need to be heard on ideas or inspiration you're looking for, and you get suggestions feedback, and to be witnessed by your fellow community members. We just had one today and I've got to tell you, it's always incredible to see the synergy and the power that comes from mixing diverse women in a room that all just have really good hearts.

00:34:27 We also, every month do a friendly seat coaching. It used to be called hot seat coaching, but the ladies told me they don't like that. So now we call it the warm friendly seat coaching. And that's when two to three members every month get live coaching with me. And I answer any questions you have. Let me tell you about Goalden Girls Community.

00:34:46 This is not just another course. This is not one more thing to listen to another book to read. This is about real life connection. It's about coaching and getting support when you're stuck. And it's about integration of the things you are aware of in the personal growth space, but you're not doing and getting awareness about these things that will be helpful for you.

00:35:07 It's about having that and actually putting it into practice. We all know it's one thing to listen to a podcast, to read a book, to take a course, and it's entirely different to be supported along the way. Do I believe honestly, that a book, a podcast, a course, a live stream, social media posts can change your life.

00:35:25 Yes I do. I really do. And I also know that it's not always enough. I know that life gets busy. I know it's easy to put everyone in everything in front, you, your growth, your rest and your goals. This is why I created golden goose. Meaning this is why it exists is white thrives Because continuous support when you need it is the difference maker.

00:35:52 So do a lot of fun bonuses. We do virtual networking parties, at least quarterly. We have 300 day goal cycles a year for extra support and cheerleading on the way to your goal. We bring in incredible experts, have giveaways and whole lot more. We love surprises, but I can't tell you all the things because otherwise then it wouldn't be a surprise,

00:36:08 right? If you are listening at the beginning of April, 2021, this is the first time we have opened this registration In almost a year and a half. We have a Loyal, incredible community who comes and they stick around and I spend, I love to spend in my well, my team to spend time focusing on supporting them instead of constantly learning. So basically what I'm saying is if you want to join now is your chance.

00:36:30 If you are listening at any time in the future, you can still go to link and hop on the wait list. But if you're listening before Friday, April 9th, 2021, this is your time. You can join Quarterly or you can join annual. And I will tell you, no matter when you are listening, This is the lowest price it's ever going to be able to Nine 21 pricing is one 79,

00:36:50 us per quarter or five 99 annual. And if you're listening in the future, you will be able to get on the wait list. And we, while we do try and keep the price accessible, the price will be going up next time. Also, let me be clear about this. This is not A marketing strategy. I'm not saying this so that you feel like you need one more thing or that you get this crazy FOMO.

00:37:11 And the only reason you want to join us late, you can save money. That's not what this is about About. I'm telling you that the price goes up because we continue to improve To layer in value and service for each of our members And create time for us to spend together. And once you're in, that's the price that you pay, That you have the pay.

00:37:30 When you join, you are legacy and you will never pay Anything more. This is also not A marketing strategy because I'm not about the FOMO. I'm not here to just give your inner critic any more ammunition. I'm going to say this right here, right now. If you're not interested in joining a community of Sort of women and supporting them, making time for you and getting out of your own way,

00:37:52 don't join. That's it don't join because the price is going to go off The price isn't going up so that we can just have say this. And hopefully you join. The price goes up because we continue to layer in value and service and love on you in our community. So this sounds like something you're interested in, go on over to Lisa, michelle.com

00:38:10 forward slash community. And of course, we've got the link in the show notes, Go check that out. That's all I'm going to say, my friend, whether you joined Goalden Girls Community or not. Thank you for listening to Megan and Dunia and Meredith, thank you for opening your hearts for letting us be a part of your journey and for sharing your stories for all of you listening.

00:38:29 I hope that this episode has inspired you in a hard times, too. You are, you are so worthy. Thank you so much for listening. If something spoke to you, send me a message by sharing this episode and tagging me on social media. If you know someone who loved to hear this episode, please share it with them too, because I love surprises.

00:38:52 Make sure you subscribe people only girls podcast today. It's the only way to find out about bonus surprise episodes and make sure you don't miss a single beat on your golden journey. Thanks again for listening. And I will talk to you in the next episode of the Goalden Girls Podcast.

Goalden Girls Podcast Transcript

Episode 44: Real life stories from inspiring women: The powerhouses inside Goalden Girls Community Transcript