

00:00:01 We all have fears. You already knew that though. There are the more generic fears, the ones that we know everyone has that are kind of surface level and easy to talk about, you know, fear of failure, fear of what others will think, fear about making mistakes. And when we talk about it in those generic terms, it's easy to understand.

00:00:21 And yet doesn't really require us to get vulnerable. Then there's the fears that we all have that struggle to admit to ourselves and definitely struggled to say out loud, these can be things like fear of actually losing all of our money and ending up broke fears that were not loved. Maybe not loved by those closest to us. Fears of quote, getting fat and fears that we're not good enough,

00:00:48 not good enough for our job, our business, not good enough as moms, as partners, as friends or just not good enough period. This is some deep stuff and yes, we're going there. And so many more incredible places today. In this episode, we get real and honest. We'd have Thetis Angola and Mexican Canadian blogger and content creator. I think this is also a marketing strategist,

00:01:13 a business owner, as well as a proud mother of two. And on this episode, she gets real and opens up on everything from motherhood to self-love manifestation business and more listen up because today you're going to hear, I think this is experience of becoming a full-time entrepreneur and then how she ended up hating her business and quitting to take an extended break. Even when she was at the top of her game,

00:01:38 you're going to learn about how fear stops all of us. And in this case for you personally, how I may be stopping you from even taking the time to notice what's going on in your life. We talk a lot about how important is to reevaluate what you want so that you can create what it is that you want in your life, in the best life possible for you.

00:01:56 You're going to hear a lot of ideas and tips to face fears in your life so that you can build confidence and find solutions for whatever challenges you face in your life. You also are going to hear what Athena's regrets, some travel and some of the juicy stuff, which you're going to have to listen to find out the best part is that she talks about how her regrets guide her in how she lives her life today,

00:02:18 and even how she's raising her kids. Trust me. When I say that this episode has plenty of the unexpected, including a heroin kidnapping experience that resulted in Athena's living in Canada. Believe me, when I say by the end of this episode, you are going to feel inspired to do whatever it is that you want in your life, even to recognize that your time is so precious and the most important thing you have,

00:02:39 you're gonna have tools, ideas, and support to face the fears that may be holding you back. And I know you're going to find a new friend in Athena's just like I have. I hope you enjoy this episode. Welcome to the golden girls podcast, where we believe you can have it all. I'm your host, Lisa Michaux and I'm spilling tangible tips,

00:03:02 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. 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.

00:03:27 Empowering women is time to tap into your best self, get confident and truly have it all golden girl. Let's dive in. I am here today. Golden girls with Athena's. She is a mother marketing strategist and business owner. She has a deep passion for wellness, connections, and empowerment, and Thena is super inspiring. In many ways. One of the ways being that in the last four years,

00:03:52 she's been able to grow her audience to 50,000 people and work with international and local brands manifesting and creating the life she wants. And I'm so honored to have you here at the United year. Also a friend and someone I just adore us to thank you for being here. Thank you so much for having me here, Lisa. I know you don't take many guesses in your podcast,

00:04:11 so I truly feel very, very honored to be here. Well, you have an incredible story and so many inspiring takeaways that I know our listeners are just going to love. So let's dive right in. You know, what is, you've lived a lot of lives, you know, you're a Mexican Canadian mom marketing strategist business owner. You have lived a lot of different lives.

00:04:29 So what's your story. And how did you come to be where you are? Well, I was, I was born and raised in Mexico. I came to Canada when I was 17, the first time as an ESL student. And as soon as I write in Vancouver, I fell in love with the city. I knew this was a place that I meant to be.

00:04:51 I always like to share that before. So I stay here for one year and then my plan was to go back to Mexico and study my degree in communications. And I, they, before I leave Vancouver, I remember being at the Canada place, which is like my special place where I go and through all of my like, desires through the universe.

00:05:15 And I remember money fisting saying, I'm going to go back here one day. I'm gonna have a family here. I'm going to work here. This is what I meant to be. I didn't know how will that happen? I just threw it out there and just leave it to the universe. And then five years later, I was living in Mexico and Guadalajara.

00:05:39 And I was finishing my degree in communications when something happened. So my mom was kidnapped. And after that, she became extremely since like, she was very scared of me and my brother and she wanted us to like leave the country. So we apply for permanent resident and we got, we got accepted. Of course. So I moved to Vancouver five years after.

00:06:10 Wow. Oh my gosh. I had no idea about your mom. Yeah. Are you open to sharing more about that story? Yeah. So I used to go to the gym with my mom all the time I live with her. It was only me and Carrie in her home. And we used to go through the teams together. And that specific day I was chatting with one of my friends and I told him,

00:06:34 I told her, you know what, I'm going to take my own car. Like that never happens. How crazy is that, that, that specific date? I got suddenly BC talking with afraid friend chatting and I stayed there. So she left in her car. I left mine. I saw her at the gym and I say, okay, I just finished my workout.

00:06:56 I'm going to go back home. She told me she will stay a little bit more and she will go to the spine, then come back home. So I just went home and I wasn't paying attention on the time to be honest and around 8:00 PM. And this was around 4:00 PM. So I left the game, let's say at 5:00 PM, it was 8:00 PM.

00:07:13 And her husband called me and he said like, Hey, where does your mom? And I say, well, I don't know. I just left her at the gym. And he said like, what do you mean? You don't know I'm calling her. And someone is hanging out that the cell phone something is happening. And I S I, I never ever thought that my mom was keeping up.

00:07:34 Like, that was the last thing on my mind. Like, I never thought that that will happen to someone in my family. So I didn't believe you. My thought was she's with a friend. She probably talked to one of her friends and went to her home. I don't know. Like you think everything is set up. So he told me like,

00:07:54 please go and look for her. He was living in massive land, like six hours away for a while her, so I just put on the shoes. And while I was putting the shoes to go look for her, suddenly the door was like, she was hitting the door, screaming, open the door, like very, very, so I started walking towards the door,

00:08:13 but I wasn't completely shocked, like, what's happening? Like, why is she screaming like that? But I couldn't move. I was so scared that I couldn't move it. She was scape is screaming for help. I didn't know what was going on. So I just went there, opened the door and she was crying and crying. Then she told me that she was skidding up,

00:08:31 that she stopped by the pharmacy. And when she was like going inside of her car, three people came, they put like bushcare inside of the car and took her. And they were, they had guns and everything. So they were failing Kyla. You never gonna see your kids again and just say goodbye to your kids, say goodbye to old. Your husband is calling you.

00:08:51 You never going to see them again. So you lose a lot of psychological trauma that she was going, like just my, you know, day hours. So she knew that they were going away from while they were on the highway. Like they were going to do another CT. And then my mom used to work with these, with this man, this important man in Mexico with that time.

00:09:13 And they took the cell phone and they start seeing some numbers in there, like big names on the cell phone. So I guess they thought that my mother was one important note. I don't know. And they decided to let her go. They threw her in the highway and they told her like, just turn around. So she was like, they're going to kill me now,

00:09:31 but they left and just left her there. Oh my gosh. What a, what a horrific experience for your mom and for your whole family. And I am so sorry. You had to go through that and such a humbling reminder of you just want a different, and I realized life in Canada is not, is not perfect. And that's just something that we never really think about or experience.

00:09:58 So, yeah. Thank you for sharing. And that was, it sounds like it was a real turning point for your whole family. That was a completely turning point. And that's how I ended up in Vancouver. So for money, first thing that I will get back to Vancouver one day, five years prior, and then here I am moving to Vancouver for these reasons.

00:10:18 Like, I will never imagine that this how, that all of this will happen to me in five years. Like, obviously that was not On my<inaudible>. Maybe it's not on the form that you were thinking of. Oh, you know, one of the things I really, I want to also call attention to in your story, that's really different.

00:10:43 A lot of the women that I work with, one of the biggest things we struggle with, and literally I've had clients that I've worked with them for five or six months before they let

themselves even say, this is what I want. And I don't know how, I don't know what's going to look like, but this is, I know what this is what I want.

00:11:00 And I think that's one of your real gifts. And so I know we're going to talk about this more, but I just want to call this out, like how much, how hard that is, how rare that is and how courageous that is. And also it's freaking important to be able to say, this is what I want. I want to be back in the city.

00:11:15 I know this is where I'm meant to be. I'm going to have a family. I'm going to have a job. This is going to be my home. And like, yeah, I don't know exactly what it's going to look like. You know, I'm flying back to Mexico tomorrow. No idea when I'm going to be back with us, gonna look like,

00:11:25 but to have that, like that courage, even say a dream out loud, and then to just trust in yourself and believe and know that you'll find a way to make it happen. Like, that's one of things I love about you. And I hope that even just that message right there, like everybody listening, that is the first step. The first step is not figuring out how the first step is figuring out what that is that you really want.

00:11:45 And Athena is. You're such a great example of that. Yes. I completely agree. We do. I share a little bit about what happened to me in January. We do. So in now that we're talking about this subject in January, so back in, in July last year, I was laid off from my full-time job because of the pandemic and I,

00:12:11 before, like months before I remember going to the canal place, of course. And I remember saying, I want to become a full-time entrepreneur. Like I, haven't already going to waitress to Starbucks to monitor mental SciShow and customer service operations. Like I have done all of this marketing. I have like with jobs going into like my dream career, et cetera.

00:12:38 And what's next now. So I, I guess the next step is entrepreneur. And I said, I'm just want to put it there. I don't want to become an entrepreneur right now. Like, whenever it happens is going to happen. And then six months after pandemic hit, everything happened and I became an entrepreneur. I never liked the way you expect it's going to happen.

00:13:00 Right. Yeah. See, I don't know how I haven't, but they happen. And whenever I say something, it always happened nodding the way I'm expecting to, or in the time I'm expecting to, but eat those happen. So I think that's why it's extremely important to pay attention to the wars that we say out loud, because I feel that whoever does out there,

00:13:29 that's what they're peaking or wards. So back in January, I, I was doing like, I started to work on my business, concentrate on my business. By the winter, I was making great money. I was working with all of these friends. I was taking everything that it was coming in. I was wilting websites. I was running social media accounts for several different clients.

00:13:54 And I was doing all of these partnerships, but then I started to feel burnt out. And not only that, I started to hate marketing. And for me, that was a big fear because I was like, I thought the marketing was my passion. What is going on now? So I, one of the lessons that I learned during that time was that I was taking all of this lens,

00:14:24 but they weren't. I loved them. They were not aligned with my values. I was handling all of the social media accounts without realizing that even when you run social media accounts, there is a difference because you are creating the content, you're creating the copies and the is

not the same to create a copy for it, your design company, then from our hotel or from my lifestyle log,

00:14:46 like everything is different. And if you're not passionate about the subject that you're writing to in the pictures that you're writing to is you're not going to feel happy. So one of the lessons that I learned is the importance of meeting down in your business and the importance of working with brands and, and clients that align with your values in myself. I was so focused about the money in that time,

00:15:13 because I mean, I, it was my first time being an entrepreneur. I didn't know how that would work. And I was scared is the only income that I was like having coming in. I lost the government hell because I was making enough money with my business. So I was incompletely. Like, I didn't know what to do. So I was boarding myself during that time.

00:15:39 And then I realized that I didn't, I lost my purpose. I lost, I lost everything that I wanted to, like, I wasn't living the life that I wanted to live. So I decided that I wanted to stop everything and make some time to think. And I remember telling that to my accountant. And he was like, but you cannot just stop anything you mean?

00:16:04 And I say, I have to, like, I have to, because I don't know what I want anymore. Like, I, I usually know, like, I always know what I want. Like this was the first time in my life that I didn't know what I want. Like, I usually try to visualize where I'm going. I don't know how it will come,

00:16:25 but I, I always know what I want, but this time, I didn't know, like market, I thought that marketing was what I wanted and now I don't know what I want. What am I going to do? So I stopped everything and took around three to four months to think, which I know it sounds crazy. And I think this has been one of the most challenging times and things that I have ever done,

00:16:51 because when you don't have any money coming in, you start getting like, I don't know, like fear, honey, honey, I have to be clear. Like you were brands were paying you \$2,000 an hour. Yeah. I have some, some brands that they will pay me \$2,000 for one hour of my time. And, but I equals two.

00:17:20 I don't know, like, I don't know how to explain that the money was not what I was looking for anymore. So yeah, the money was important. Of course it's important. You, you have to feed your, I have kids. I have to feed them, but I feel that money can be fixable, but time wasted cannot like, I'm neat.

00:17:43 I knew that I had to be very intentional with my time. I, I started become more aware of what was really like, wore my energy. So I've really need needed to see like take the time to think. And I know a lot of people, they don't take the time to think because they get that fear.

The fear of, I like,

00:18:07 I cannot take time off because I'm going to stop making money. But if you don't make the time to like review everything that is happening in your life, if you are feeling that something is missing in your life right now, just take that time to think. Do the survey, do the survey to take the time for you to make a plan. Like you are co-creating with the universe.

00:18:34 If you don't know what you want, how, how do you want the other side to help you? Right. Oh, there's so many good things in there to unpack. So, okay. This, you know, I think we

all kinda know in our minds or think we should be intentional, but, and you did this, like you were unhappy,

00:18:57 you were burnt out. And this, I think this is also very, very, very common. You would be surprised how many women that I talked to. And even our mastermind members, they create a business or they get the job. And then later on, they're like, holy crap. I have everything that I wanted, but it's not what I want.

00:19:10 And I'm not happy. So I think very courageous that you took the time to do this and reflect for yourself. Why do you think most people don't do that? And what gets in the way of being intentional and taking the time to reflect and, and how do you make time for it? I think it's fear. I think people, they don't want to like confront their fears.

00:19:34 What I seen when I talk with a lot of people that they want to start a business and they don't take action is because they have all of these limited belief inside of them. And a lot of those fears are coming from our childhood. That's why I said, it's very, very important for us to pay attention to what we say, especially for kids that happened to me growing up with my mom,

00:20:02 there was a lot of, a lot of talk about self love. So my mom has always struggled with self love. She was putting me on a diet since I was five years old. She was always like very saying all of these wars, like putting me against food. And I think obviously she is not that she wanted me to, to live in fear or to not love myself.

00:20:32 But I think it was a way for her to protect me, but I understood that later on. So I, she was telling me all of these wars, but at the same time, she was also telling me other positive words, like manifestation, like you can have everything that you want and she was leading by example. So I, I think it's extremely important for us,

00:20:57 not only to say to our kids things, but also to show them the way. Yeah. Yeah. And thank you for sharing all of that. One of the things that you talked about and you shared with me was wanting to be the shape versus the shaper. Yes. What does that mean? And like, how does this relate to this? You know,

00:21:19 the wake-up call that you had in January? Yes. So in one of my, so when I, when I entered to this panic mode in January, I was completely blocked. I was like, I don't know what I want. Like, I cannot even manifest anything because I don't, I don't know what I'm going. So I did a lot of work on myself.

00:21:39 I hired a healer, I was meditating. I was working out. I was taking really the time for me to go within and trying to find some answers. And in one of the meditations I thought about that. I said, okay, I already know what I want. I want to be very intentional with my time if I take. So I actually manifest the job that I'm doing right now.

00:22:03 I remember being sitting there and I say, I want to have a part-time job that I can have some sort of security right now. And I want that part-time jobs to be something that is within detention. I don't want to be selling cell phones or selling. Like, I want something more meaningful for me like that. I mean, for some people that can be meaningful,

00:22:27 like for me, that that was not what I wanted. So I, I threw that and I thought to myself, okay, I want to be like, the only thing that I can do myself to make this happen is to be the shape. I'm not going to be the shape or I'm going to let the universe decide, like what, what will come up next?

00:22:47 Like, I know I want to be more intentional with my time, but I don't know. In what way, like, I don't know if I want to stay as an entrepreneur. I know that it will be great to have a part-time job so I can, I can have like some sort of security, but he feeds the universe or God or whoever it is out there,

00:23:04 desire. The decide side is going to come in a different way. I'll take it. So myself being the shape means be prepared. I'm going to be the best version of me. So when the opportunity comes, I'm ready. So I'm going to take care of my mental health and what I take care of my physical health. I'm going to take care of learning all the skills that I can own.

00:23:26 The things that I like. So when I was burning down and I starting to think that I hate marketing, I, I took the time to review everything that I was doing, all the tasks that it wasn't. And I said, okay, what do I like about what I'm doing? I know I liked some. I love, I truly enjoy working with brands.

00:23:45 I love creating content. I love writing. I don't like building websites. Like I hate building websites. I, there are some things that I like and some things that I don't like about marketing. So I just wanted the things that I like. These are the activities that I want to concentrate on. And all of these activities have to have like a meaning.

00:24:07 I want it to have a meaning, a goal that is meaningful for me at the end. So anyhow, so I started taking more courses about content creation and copywriting and everything that it was related to the task that I love. So that's, that's what it means for me being the shape is for you to get ready. So when the opportunity comes,

00:24:30 you're you you're ready. You don't have any fear. And that's another thing I also, during that time, it started to face some fears that I had I'd review when I lost my job. I think I panicked, but I didn't panic as much as I should, I guess, because when I lost my job, I stop and think, Hey,

00:24:53 what Amina? I think here before. So when I moved to Canada, I got a job as a waitress, in a Mexican restaurant. I didn't have any savings. Like I, I was just living by check by check and the restaurants suddenly closed. They gave me one week notice I didn't have any savings. I didn't have any help from anyone.

00:25:15 I was just, I didn't have any education here in Canada. So, or Delta experience. I only had my, the only experience that I had in my whole life, not only in Canada, it was a waitress position in a Mexican restaurant and I was 24. So I was looking at the Panorama there. And I remember sitting down, I'm like,

00:25:36 what am I going to do back in that time? And I, I decided the solution that I found is I'm going to invest on myself. I'm going to invest in myself. I'm going to get myself a student loan and I'm going to study marketing. And that's what I did back in that time. So now when I lost my job, I love back to that experience.

00:25:56 And I say, well, I have been here before and now, I mean a way better place. Now I have all of these daily experience. I have all of these skills. So I basically copy what I did before. I got myself a business coach. I was like, I need, I need to improve what I'm doing right now. And a friend of mine told me,

00:26:21 like, why would you spend money right now when you don't have any income coming? Like, what are you doing? I said, that's exactly when you have to invest in yourself,

when you're already in your lowest, lowest point, that's when you have to invest in yourself. Like if you don't have money fine, the free content that is out there,

00:26:41 there is so much free content and tutorials and workshops and everything that you can join. Don't panic. That is a lot, there is always solutions. Just sit down and review all of the possible solutions. It's not that I didn't have another solution back in that I could easily say, you know what? I'm going to go back to Mexico and live with my parents.

00:27:03 And they're, they're more comfortable solutions, but I went for the long one. I was like, no, I want to stay in one court. This is what I'm meant to be. I'm going to make it happen. So you always go to find a promise. You, if you are struggling in you sit down and do this brainstorming. You're going to find more than one solution.

00:27:24 Oh my gosh. So good. I mean, I want to like everything you said, I just want to unpack in like eight different directions, but w you know, one thing that I just really love about you is your confidence in what you want and your unwavering commitment to it. It's really inspiring and so powerful. And you're right. Like, there's always a solution.

00:27:41 And doesn't mean that you're not scared. It doesn't mean that other people aren't going to tell you you're doing it wrong. It doesn't mean that you're not going to have setbacks. It doesn't mean that, you know, you might even fully achieve your goal and to be like, oh, crap, this is not what I thought it was going to be.

00:27:54 But it means that you can get back up and super inspiring. Okay. A couple of things I want to, oh my gosh. So much to pull apart here. Can we even like, do the spoiler alert of what happened? Cause you planted the seed, you know, the shape versus the shape, or you said, I'm going to be the shape.

00:28:11 This is the work I want to do. What actually happened from that? Like where are you now? So from January to here, I, so, you know, around, around March, I, I started to, to review all the fears that I had and everything. So while I was doing this, I started creating a program that is called conquering your fears.

00:28:35 So by April, I was my business, my influencer business, I, I knew that I wanted to keep working with brands. So I start getting some partnerships in there and I started to coaching women to come to conquer their fears. So that's how I got this program set up. I just run everything thing. Like every single thing that I did for me to get out of that,

00:29:00 of all of those fears. And so I sort of go to women and then I got suddenly I got a call from a job that I apply a year and something before and inviting me was a part-time job with like that. Exactly what I was looking for. Like the meaningful goal that I was looking for. And I just took that opportunity. So right now I'm working,

00:29:25 part-time in that. And I'm also working on my business and I've been, I I'm super busy right now. Like I just can't believe that as soon as you know, where you go, like as soon as you know what one, and you start taking action, doors, start opening. I feel that it's like an unblock. Like when you don't know,

00:29:48 when you are upset or not satisfied, completely satisfied with what you're doing, all of this energy start, I feel start accumulating and start creating in blocks. But as soon as you find that thing, that the spark like spark your, your, your, your mind and everything, things to start opening, like things to start happening by, by themselves.

00:30:15 Yeah. I, you know, I think even, I think people don't even realize this, but sometimes also knowing what you don't want is also very powerful. And I think we sometimes like, make ourselves wrong for that. It's like, oh my gosh, I should just be happy with it. I always wanted to be an entrepreneur. I should just be happy with this.

00:30:30 Or I love marketing. I should just enjoy this. Why aren't I enjoying this? And we kind of like, ignore it or squash it or push it down and think we're wrong. And that's, I think that's actually what creates the blocks is not listening to yourself. It, whether it's something realizing the call of what you do want, whether it's,

00:30:47 you know, living in Vancouver and you and I both have that similar call or a call to marketing or brands or a call to whatever, or it's also the call, that's saying, no, this is not for you, but we have to listen to that because when we don't, that's I think, I believe that's what creates a locks, the blocks in ourselves.

00:31:02 And it's being able to listen to that, even if it's what you don't, because if you don't, if you know what you don't want, it's a heck of a lot easier to den work your way backwards and be like, okay, if I don't want this, or I don't like this, this is not working for me. And what do I want?

00:31:15 And that's a, that's an important starting point. So I think, yeah, I just wanted to, I just wanted to call that out because I think a lot of people don't recognize that. And for you, you use that as the jumping off point, instead of making yourself wrong, we're like, well, this isn't, this isn't working. So let's figure out what's not working here.

00:31:30 And then what will work? So I love that. Yeah. Another thing that I will say is, so Kali do the things I like to be socialized myself in five to 10 years. Then I, I started working on manifesting that by mining facing. I mean, I tried to do every single day, a step forward, that goal, you don't have to do like something big every day.

00:31:55 You don't have to be working full time in your job. And in your part-time in your business, you can, as long as you put some time, every day, the key is every day, the key is consistency. If you're consistent, knowing something for that dream of yours, the rest will come. You will see suddenly you you're going to be like,

00:32:17 whoa, what's happening. Like, that's exactly what happened with my blog. I started my blog back in 2017. I never thought that four years later, I will be able to pay my bills. Only with this blog. Only with this side hustle that it was like my fun thing to do. Like I started doing this as like something for fun,

00:32:38 like shedding, all the recipes chatting all day, like Helen wellness tips that I was getting on my wellness coach certification. And then I start shooting of a mother who had the nosy stuff. But every single day I was doing something for this blog. Every single day, I was writing captions every single day. I was taking pictures every single day. I was connecting with someone attending events.

00:33:01 I was trying to, I was doing something every single day. And then four years after I lost my job. And guess what? I had a side hassle that I was paying my bills. So I think it is important. Like, that's, that's another message that I want to say in, in these non necessarily to become an entrepreneur, it can be something else.

00:33:24 Like sometimes I talk with friends and they said, I hate my job. I just came a job. And I'm like been meaning your job for five years. And they say, well, this job doesn't, they don't

value me. I been there for five years and I think given all of me and they don't, don't give me a raise. They don't like remove me.

00:33:45 And I say, have you ever asked them? And they're like, well, no, but they should know. And I like people that some people are busy. Like people, like no one thinks about you more than you. So if you want something, that's something that has helped me a lot as well. Whenever I want something, I try to let everyone knows that I want this because you never know what opportunities can come from your friends,

00:34:13 from coworkers, from whatever. Like, when I want something I wanted to race, I wanted to change positions, backing in a job, like food jobs. I go, and I remember going to my boss and say, I want to move to marketing. And my boss says no. And I said, okay, then I'm leaving. So I knew,

00:34:35 could you imagine, I look back to that time and I'm thinking, you know what? You will be. So if I wouldn't be like, okay, they say no, then I'm going to stay on my job. And I will be still there for another 10 years doing a job that I wasn't happy. Like I wouldn't come all of these things that I have,

00:34:53 but I see they told me no, but no doesn't mean that I never going to have what I want. So if they say, no, someone else is going to say yes. So they said, no, just look for another opportunity. You don't have to do what I did quit your job, get out, but you can just start looking for something else,

00:35:13 everyone, you know what you want. And yeah, don't give up, This is what the things I really love about you. What I hope that people, and I know that people listening, are we going to really feel your energy, which has such a commitment to figuring it out, to keep moving forward? Like, it's just, it's a great message.

00:35:29 And I'll double down on what you just said as far as, you know, asking for what you want. That is so true in every part, like you never know who's listening or who who's, who maybe needs to hear what you have to share or who maybe knows somebody and you're right. Like, I think, gosh, I wish I'd known this.

00:35:45 When I first started my career at like, literally my first job, even like, I don't know where we get this idea that anywhere in life, that like our partners are gonna be able to read our minds or our bosses are gonna know when it's time for a raise or what opportunity we want. Like I, and I learned that lesson the really hard way,

00:36:00 definitely in past relationships. And, but also in my career, you know, I remember my first year and like my, like my first like really good corporate job that I had and I worked my butt off. And that year I went through four different managers. Cause there's a lot of changes happening in the organization. And I worked on a big project.

00:36:18 I think it was, I worked about a thousand hours of overtime and just a few months, like it was, yeah, it was like 800, 800 hours or something in like just a couple of months. It was wild. And I remember going to my performance review and I was so excited. I was like, I'm going to nail this. Like,

00:36:33 and you know, I've always been like the good girl in the front row student, like the teacher's pet kind of thing. So I was like, this is gonna be great. And I get there and the team and my boss basically said to me, you know, you successfully met the expectations. And I was like, okay, but like, what about all the other things that I did?

00:36:50 And he's like, oh, well, like I didn't really know about that. You did that, like, that didn't really get passed along. And I remember, I was like, oh my gosh. Okay. And because I'd gone through four different managers and no one had really communicate, no one had really properly communicated that and never got through to it.

00:37:07 And that was just such a powerful lesson for me that like, no one is going to advocate for what I want and what I need. And definitely I could have been bitter about it. And I, I wasn't, I took that as like, ah, this is a really good lesson. Like, yes, this lesson probably cost me a couple of percent of a raise and a bigger bonus,

00:37:26 whatever, but I'll never forget this lesson. And from then on like every month, every two months I would sit down and like, I would, I actually kept a list. I kept a PowerPoint presentation and you guys, I love PowerPoint presentations of like all my accomplishments. I, every time I had a meeting with my boss, I'd sit there and be like this,

00:37:43 this, this, and this. And I would tell him exactly what I wanted and these are my goals. And these are things. And I reached out and found mentors and I asked people and you know, every year after that, I, I got the highest, you know, the highest raises the highest performance ratings that I could get and got promoted multiple times because I advocated for myself because I was able to say,

00:38:01 these are the things that I did. This is what you wanted from me. This is what I did. And, and having those conversations. And I know for sure, I never would have had the success that I did and the opportunities and the promotions and the mentors I got to work with in the projects I got to work on. If I hadn't asked for them and said,

00:38:14 this is what I want. And then also been able to say like, this is what I did and stand up for myself. So I think that, yeah, I just want to echo that. Raise your hand, girl, raise your hand. You want to be seen, you want what you want people to know what you want, raise your hand.

00:38:31 Yeah, absolutely. You know what? I think that's another lesson I learned when, when I was taking this time back in January, that was like, what can I do to impact the world? Like I want to be famous so I can, I can change the world so many people can see my message. And then I realized, you know what?

00:38:52 You can change. Like my only job here in this air is to enjoy this time. I think we are here to learn, to grow through love, to seek, to teach. I think that's the reason why we are here for us to be the best versions that we can be. So we can spread that love to others. At the end.

00:39:18 I feel that when I, when I say like money, get me fixable, but I cannot, I always think about like, when I go back, like when it's time for me to say goodbye to this aired, and I go back to my life, I don't want to be regret with regression. Like I don't want to be for grading that I didn't do this because there so many things that I'd regret that I have,

00:39:41 that I didn't do back in my teenage dream in 19 years. And my twenties that I don't, I decided that I don't want to regret anything. I want to be doing everything that I love. I want to be the best version of me. So when I go back and I say, my thirties, my forties, my fifties, they were the best years because I was very aware of what they wanted and I was doing what I want.

00:40:12 So good. Now I'm guessing this came because you had some regrets, I'm guessing that you now know you don't want to grab because you did regret things. What is some of the things that you do regret? Well, I do regret not, not traveling enough. Like I am also jealous of

my brother because he was taking all the summers going back back in south America and Europe.

00:40:37 I never did that. And I know it's never too late, but like right now, it wouldn't be the same experience with two, with two kids. Maybe when they get to, I don't know, like they're fourteens, but right now, like, it's, it's just like, I cannot go back and it will be a completely different experience. So we wish I,

00:40:57 I did that. I also wish I was raised in a very traditional hometown and I was a very good girl. I was like a very, very good girl. And I, it's not that I regret being a good girl. I mean, I like having these values and stuff, but I wish it wasn't that good. I wish I had like,

00:41:18 oh, would you go back and do, oh, I can. I was getting married while I was like sleeping around going party guy. I thought I did find a guard, but I was like a very girl, but I think I will try different, different things. I will do sleeping around. I don't know. Like I will do a lot of stuff that I didn't do.

00:41:42 And also I learned a lesson from that. I don't want my kid. Like for me, there was not sex. Talk with my part. Instead, it wasn't a lot of taboo, like racism, like a lot of subjects that we never ever thought. And I didn't know how uneducated I was until I arrived in Canada, to be honest. Like,

00:42:06 I feel that I'm like, I'm learning now. Like I'm, I'm 25 years old and I'm just learning all of this stuff that I should have learned when I was a kid. But those subjects, they were not in the top in the table. So I want to bring, I want to do that different with my kids. I mean, Mexico,

00:42:28 I feel Oracle 30 is very traditional in general. We, our biggest religion is Catholic. And so is there a lot of subjects that are not on the table and here in Canada, I think it's a completely different experience. I'm not saying that Canadians had a wild. Yeah. I feel that I have more freedom. I feel that there's more transparency or I don't know if he's a times the pointy 20.

00:42:57 I have no idea what it is, but I just feel that there is more important subjects that I wish I was educated about when I was at tile. Thank you for sharing those and being so real. And what I love about it is that you have regrets and you're using them to now to guide the rest of your life. You're using the regrets that you have to guide the conversations you have with your kids that are different than the conversations you had growing up.

00:43:21 And you're using those regrets as a reminder too, as we, you know, pulled the right through to prioritize pleasure in your life. You know, now maybe you maybe didn't do that in your teens and twenties, but now you are. You're like, what do I want? What do, how do I make this the best decade of my life?

00:43:35 Like that's so, so powerful. And so as much as you know, I hope I don't wish necessarily regrets on people. There can be power out of regrets. If you can look at it and then recognize what, what is it that I missed and how can I then shift my life intentionally to change that That's way. You know what, I,

00:43:54 it's funny that you pulled that car from Daniella. I really liked her in her message about like, knowing how you want to feel. And that's, that's the reasons why I like your, your planner, because it does make me think, like, if you don't have the time to think, just get, at least as planner has done a good thing every single week and,

00:44:16 and do it like the whole, yeah. The whole review. Like, am I going on the right direction? How did I feel this week? What activities I I've been doing to full file, like to fill up my

cup, why? Or that he was, I don't like to do. So I think it's extremely important for us to see the whole pictures so we can be living the life that we desire.

00:44:42 Yeah. Thanks for the shameless plug. I appreciate that. So, you know, I definitely agree with you and love Daniella part's message around the, how important feelings are you also say that words are very important and like, how does that guide you? You know how I, you shared a couple stories and if you've got more, feel free to share them of how words have, 00:45:01 and energy has affected your life, but like, how do you actually implement that? And how do you, how do you, how does that shape who you are on a day-to-day basis as a, as an entrepreneur, as a coach, as a mom, how does that shape you? You know, I've been doing the station for like forever. I had the,

00:45:19 I have these books that is called, what is it? It's in a Spanish. I haven't seen a version in English of this book. However, it's kind of like the secret. I think whoever wrote the secret, they read this book first. I don't have any doubt of that, but it's in the book. There are a lot of words,

00:45:36 like just say, like, today's going to be the best day of my life. Money flows to me all the time. So every morning I repeat those words over and over and over, over and over. I have the interpreting those words since I was 14, like I know this by like in the morning, I don't have to read them anymore.

00:45:53 I just repeat them over and over, over and over every morning. And I see, I feel that when we'd repeat constantly those thoughts and those words, they will affect your it's. Like the positive words will affect you. The negative words affects you too. Like when you are with a coworker that is constantly or with a person that is constantly negative,

00:46:16 the worst are going to get to you. At some point, even you can be the most positive, great energy person in the world, but is going to start getting into you. So try to, that's why I, that long time ago, I'd read this book about Massaro and model is called, is this guy about, I experiment that he did with water.

00:46:41 So he put in a room, he put all of these bunch of people in all of them. They were saying like positive words. And on the other room, people, a bunch of people say negative words. And then in the shape of the water, when they like, they're, they're have this instrument that they can see like the shape of the word.

00:47:00 I have no idea how they can see that, but they show you the pictures in the book, just Google it, masato Emoto and you will see like, how crazy, how the impact that your words have in your body. What we are, I don't know, 80% water or something like that. I'm very bad on this, but I know we are like 80% water.

00:47:22 I'm pretty Sure. And like, I'm chugging water here. So I'm probably closer to like 95 right now, but yeah. Yeah. So imagine all the words like that, all the energy that is flowing into your body, if you can shave that energy to positive, just with words. So I, I truly believe in the impact of the words that we say.

00:47:48 I try to practice that every morning, right now I'm doing this very quick meditation, because I don't have much time that it says today is going to be a good day. Say it, whether you meet in or no today is going to be what can get what could go right today? Like how can they, how, what can make these the best day of your life?

00:48:12 So just start, say those words and see what happens. Just practice this. I would recommend everyone to practice saying positive, positive words every morning, with whatever you want to manifest, even if face money or sees a new job or being a better mom or being whatever it is, just write a positive sentence and repeat it over and over, over and over for a month.

00:48:38 And you will start seeing the change. I promise you, you will start seeing the change. I got that. Everyone, those, your invitation and your challenge. I love that. Yeah. Yeah. I'm, you know what I've been in con consistent sometimes inconsistent, overall, not super consistent about it, but I, every time I do do that or do those kinds of like mantras or something that,

00:48:57 especially when they're related to my goal, it changes things. So I will leave it really cool. And I also, I need to like put in this caveat because I had a conversation with a client earlier this week, and I I'm going to record a podcast episode about it. This is not about toxic positivity. This is not about pretending like everything is okay when it's really not.

00:49:16 Like, I think your story, I think is really a highlight of that. But like, it was actually the fact that you were not happy that brought you out and, and allowed you to then figure out what you do want, right? So like it's not only about choosing positive or always being happier. Only say thinking good thoughts, like the negative things,

00:49:35 negative emotions, negative thoughts that we have. They also have a purpose. If you use them with purpose. The reason that that colleague that always complains that trains you is because they're not, there's no purpose to it. They're just complaining and being negative with no purpose. But I, so I just wanted to, I guess, make that distinction. I'm going to do a podcast episode on this,

00:49:53 in the future. But I want to say, this is not about like, forgetting that there's other things that may be negative, that we may need to change in your life. But it's about being that that has a purpose to like it did in Athena's life. Like, like it has in mind to, and you can also, there's a lot of power with intentionally adding positivity to your life and positive words and thoughts.

00:50:14 Exactly. It's not that nothing bad happened to us in, or that you're not allowed to think bad thoughts. Exactly. Like I of scores get and society and get bad thoughts and everything. When I, when I was, I didn't share it about this, but when I had me, I remember with all this trauma that I grew up with your daughter.

00:50:39 Yeah, me as my daughter. So when I grew up with, with, with this self-love trauma and I have Mia, I always said, you know what, when I have a doubter, I'm going to understand my mom. And then Nia came and I was in the middle of the night, feeding Mia. And I remember looking at her and say,

00:50:57 how is it possible that my mom was looking at me and thinking that I'm the most beautiful thing in this world? Like, I just can understand this. And these fear of my mom doesn't love me, came to me. And I was like super sad and probably depressed for a few months, thinking about like what? And I start hating my mom.

00:51:21 We own it. And that time I was like, she never loved me. Like she did all of this to me. I wasn't a big thing mode. I was thinking on the big them, like, she was such a bad mom. And I was thinking all of these things until I say, you know what, by the why under I start asking questions to that fear.

00:51:42 So why like, why would she, why would she don't love me? Like, what is wrong with me? And then I started asking and asking questions until I realize that, or fears are not against us. They want to protect us. Like my mom was the fear. She is no, that she didn't love me. She wanted to protect me.

00:52:04 So I should try to protect you from, I think from curse. Like, because she suffered a lot from her own self love. She was scared that people will not like me or that, that I wouldn't be enough or that I will not gonna love myself. But that's exactly what it was happening that I was telling myself, but she was always putting me on a diet so I can be happy.

00:52:29 That was her because that for her happiness was related to self image. She thought that that, that would, that will be the same for me, but it wasn't like happiness for me was completely achieved. Now she told me, I shared this with her. Like I, after I was confronting my fear, I confronted her and I say, you know what?

00:52:50 I felt all of this. Like I remembered a Berry Berry about. So when I was a child and she screamed to me, you're fat girl. And I, those words, I think, you know what? I don't have many memories from my childhood. So I can believe that I have that memory because I don't remember many things from a tech,

00:53:10 but I remember exactly that moment. That's what I'm saying. That words mattered. The worst can be a very impactful thing. It needs to know that she likes, she has always been there for me. Like I know she loves me, but probably in time she lose, I guess she, she lost her. I don't know, bro. I don't know.

00:53:30 Maybe my brother and I, we were fighting, who knows, but she lost it. And she said those words to me and they stay with me for whatever. And I was seven years old when the, and I remember the age, I can't believe that I even remember that age, but I remember the age. I remember where we were like,

00:53:46 I remember everything. And I remember her to scream that to me. So since then I became like, I was eating and eating and eating a lot. Like I wanted to bury fat when I was a kid. And as soon as my parents got divorced, I became obsessed to lose away. Like my mom move away. She, she was like very far from me.

00:54:10 I became obsessed, lose the weight and I'm not psychology. Like I like psychologist. I don't know how, how really mind wards. But when I analyze the whole thing, I think that the reason maybe why it started trying to lose weight, it was because my mother was not there anymore. And maybe that was my way to be like, oh,

00:54:32 now I'm going to be, I'm going to be pretty. That was like, so she can go. She can come back I don't know, like, I can be many things, like I'm not a psychologist, but I know I, I became obsessed to lose the weight I wanted to. I didn't, I always say I don't want to be like here,

00:54:50 but I want, I was becoming her. Like I was taking like all of these diet pills, exercising diet after diet, after diet. And I, I, I totally relate that all of this. I mean, after I had Mia, everything like change for me, it was like a big wake up call, or finally, finally confronting that fear.

00:55:13 I never knew I was not aware that I had that fear until I had Mia and it was time for me to be confronted. Wow. And I thank you so much for your vulnerability and your honesty in that. A just I see you and that's, that's so hard. How has confronting that fear, that fear that your mother didn't love you, that fear of getting fat,

00:55:40 that those fears, how did confronting that? Change your life? If, Oh my God, I just felt so light. So light. Like when I realized that everything I knew about and wellness and love and acceptance, I feel free. That's the word I feel free. Like now I don't care if I show up naked, then people doesn't like,

00:56:05 it is their problem. Like, this is my life tomorrow. I can die. I don't care. Like this is my book. This is my, yeah. And then I feel that I'm like them political, like protagonists of this, because this is my, so I, I want to do whatever I want. I want to love me and do whatever.

00:56:29 Like if I want to wear shorts, I wear shorts. If I want to wear a bikini, I'm going to whatever. I don't care anymore. What people thinks, because I truly got to the point in, make the word to love and accept myself in every chapter. And by these doesn't mean that I don't like taking care of myself. I love taking care of myself and I do it because I love me.

00:56:51 No, because that is society has standards or because I want my mother to love me or my husband to like me or I don't do it for anyone I do as for me, Mike dropped so good. So good. Yeah. That, that's amazing. Just such a great message. Because I think sometimes we avoid the fears. We avoid the uncomfortable,

00:57:14 the discomfort. And when we can actually look at that, explore it, that's actually what liberates us and makes us feel free and makes us evolve and move on. Right. And it sounds like, you know, you exploring the self love piece is very similar to even like the job, you know, like your job loss like you are, because you'd been through it once,

00:57:34 because you'd face those fears. The next time it happened, it was like, yeah, I got this. I'm all in as an entrepreneur. No big deal. Yeah. I just hired a business coach. Yeah. I'm making no money, no big deal. I got, this is the only way to make this happen. And so, because you've been able to confront those fears and,

00:57:47 and really dive into them, move through them, that is what's allowed you to, to, to keep rocking it. And in so many aspects of your life. And I know that that's what you're so passionate about sharing with people. Isn't it? Yes. I love, I love, I love encourage people to face those fears because one, once you do,

00:58:08 you do phase one, fear is going to be way easier to fear another and to face another interface. And it becomes a practice. You start becoming more confident. That's the word. You start becoming more confident because you know that you can do it, that whatever it is, you're going to find a solution. So I've been going through the, the fear of thinking that my mother doesn't love me.

00:58:36 I've been going to the fear of job loss. I think discussing one big one, the fear of not having enough money, the fear of not knowing what is next, like feeling completely lost there. I think everyone faces fears. Like constantly. Some of them ignore them. They just say, you know what? I just want to pretend he's not there.

00:59:03 Others decide to take half action. I will say the action and the other ones, they are like, no, I just want this to be gone. So go for it, go for them. What would you say is somebody listening, being like, all right, I know I have fear. Whether it's fear of leaving this job, that's really crappy or fear of leaving the business.

00:59:27 That's maybe successful, but not working or leaving your relationship or leaving a toxic work environment or whatever that is. What is the first step in facing and conquering a

fear? The first step is what I do myself is I like to go to my past. I like to go to my past and ask questions about that. So I like to go and say,

00:59:50 okay, I sat analyzing myself. Like if I were to sit psychologist. So why do I think that that I'm not good enough? Okay. What are my fears? So first of all, I find, okay, why are you successfully? My fear, my fear is to be rejected. My fear is that I'm not going to have enough money.

01:00:08 My fear is whatever the fear state is. Then I will try to find out where is this fear coming from? Like what experiences have happened to me that make this fear come here after I, I find that then I start asking questions so I can start meeting the fear halfway. And then after that, I will come up with solutions. So good.

01:00:34 So simple. Then this is why you're coaching women on this. It's brilliant. So good. Okay. Before I let you go, I want to ask you one more question, because I know it took you four years to leave your job. And, and in the end it was very liberating for you. What's your best advice for someone who wants to leave their nine to five or wants to grow their side hustle,

01:00:55 but the are scared. Cause I, I know that there's a lot of mindset pieces that you had to get around to make that happen. Do what I did is exactly what I say right now. Just write down all the fears that you have, then look at the past because most of the time, those fears come from words or they're coming from actions or episodes that happened in the past.

01:01:18 Write down what happened in the past and start asking those questions and then ask yourself what can, like, what can go wrong? If you go to your, towards that fear in what can go, right? So you can balance it out. In most of the time, you will see that there are a lot of the, most of them is going to go,

01:01:41 right, fine, write down all the things that you can do every day to make that goal happen. Even if he's only five minutes, a day, 30 minutes a day, connecting with someone, sending a message, raising your hand. There are many things that you can be doing today that he would take that much time and whatever you do every day,

01:02:04 that's what they say, whatever action you do, whatever. Yeah. Whatever things that you do daily is going to shape your future. That is so true. So every single day make something that he will get you closer, where you want to be. And I listened to Lisa's episode the other day and another episode kid in the, the girl book,

01:02:26 when you share, you know what? I thought that I will be in certain that I will be making, I don't know how much money by this time with my business, but you have to understand that things are not always coming on the time that we wanted. They come on the right time because there are many lessons that we have to learn. And that's where we here to learn,

01:02:48 to grow, to, to seek, to find. And we are not every chapter. This is like, I see. Or life like a book that in our books, we have many chapters with many lessons. So pay attention on the lessons that are around you make, make the most of them and overcome them. And if you do all of this,

01:03:14 you don't have to be having palaces of followers for you to inspire, inspire others like with doing what you like. You're living your true self that is inspiring. You don't have to be like changing the world, just living your truth itself. Such good words. Okay. I feel like it's hard to, hard to go anywhere with that because it was just such a,

01:03:42 such a beautiful place to such a beautiful reminder for everybody. Oh, you also have a very generous offer for our listeners. What is that? Yes. I want to offer to whoever is listening to this podcast are 50% off on my phone during your fares program. So these programs, I said it has helped me a lot to overcome all of my own fears.

01:04:07 And I hope you can tell one of you as well and of August, you guys can, can book me Amazing. So that's how we ended August 31st, 20, 21. How can I'll post links in the show notes? Like, is there a certain link that people go to or a promo code or how can they use it? They can go to my website,

01:04:29 Athena single-A dot com and they can read more about what this program is about and they can be MEB, Instagram Athena's Angola. And yeah, I can, I can, we can arrange that at the End. Oh my gosh. Thank you so much. That's super generous. And what an amazing opportunity for everybody listening, who is facing a fear to learn Athena,

01:04:53 this is amazing method to overcome it. So good. And you did say where people can find you and follow you, but I just want to like highlight that. Please go love on Athena's and give her lots of support. So, oh, excuse me. Tina's Angulo on Instagram and your website is emptiness glow.com. Is that right? That's right. Amazing.

01:05:12 Well, put all the links in the show notes. Please go give her some love. Okay. Now we're going to do some rapid fire before we wrap up. What is a goal that you're working on right now? Cool. Right now my goal is still growing my business. I, yeah, my goal is to keep growing the business from here to the end of the year.

01:05:35 That's what I'm working on right now. Awesome. What is the best lesson that you learned in the last year? Do we intentional when, my time, How did you learn that? Like how, what was that moment that, that taught you? That the time was more important than the money? It was a time when I was making enough money,

01:05:58 but I wasn't feeling completely complete or happy. Yeah. Okay. Well hopefully for everybody listening, you can hear that. That is that's real and you don't have to go down that path, but yeah. So good. Okay. Tell me, do you eat Canadian poutine? No much. I like it, but I don't need. Okay. So if you like it,

01:06:20 would you rather have cheese curds or shredded cheese on it? Try to tease. Oh, okay. I'm going to have to take you some for some poutine and then we'll go eat at Canada place with Kurds because the right curves are so good. I'm biased, but that's my opinion. Okay. If you had a magic wand, what would you use the magic for?

01:06:43 Thank God. I will use the magick to help people. Like I don't like if people were hungry, I will just put it my first thing that came to my mind and I will be walking around with people that I'm worrying as friends. I will just put the mind declining like this and their minds. That's exciting. Yeah. That's so cool. I hear in that,

01:07:13 like your passion for helping, you obviously have a connection with food as well that you, you know, like can come up. Like I know you did nutritional and wellness, right? Like there's obviously some pillows. How curious is that? That's the first thing that Came to my mind was to give people. Yes. Yes. And the last thing you said was like alleviate their stress and their mind,

01:07:34 which is what you're doing with what you're doing in conquering your fears. So, oh my God. Dang. So, I mean, there you go. I may not have a magic wand, but you're already

making these things happen, which is super cool. Okay. Last question. If you could travel anywhere right now for food, where would you go and what would you eat?

01:07:53 Oh my God. I mean, I, the thing is I love Mexican food. So obviously when I'm craving right now, it's Mexican food, but I have never been in Paris and I'm dying to go. I don't know why. I just want to go with me. I know when my daughter and my boy, but I feel that I want to do a girls street with me at Paris and eat all the Chrisanne and in the world.

01:08:18 That's another goal that I have bring me like in a girls treat two part is one day. Oh, oh, that's so beautiful. Oh my gosh. At the end, thank you so much for sharing your wisdom with our audience, for sharing your stories and being so honest. You know, I think all these things, complicated relationships with foods and mothers and motherhood and entrepreneurship.

01:08:39 These are things that we all experience and not everybody is willing to talk about them. And you talk about it in such an honest way, and then also such a way that you create change. You take action and you get what you want. I think anybody listening to this episode, they've now had that takeaway. Like they, they can also get whatever that they,

01:08:58 they want in life. And you've, you've done your shining example of that and your stories happen. Thank you. Thank you so much for having me, Lisa Isn't at the Ennis. Amazing. I gotta tell you this episode is definitely a little different than some of the other interviews that I've done. Although we initially started out really wanting to focus on sharing fears,

01:09:20 facing fears, the power of words and manifestation, and we tackled all those things. We also went so many other amazing directions and so much honesty and experiences came out. That, I mean, there was just no way we could take them out. Right. There's so good. One of the things I really wanted to call out is that we talked about the importance of being intentional, 01:09:40 the importance of taking time to think and reflect, especially if you're unhappy or burnt out, they must make the time for yourself to reflect and figure out what it is that you actually want. I'm a big advocate of this for taking the time to reflect often weekly, hello, weekly planning, right. Monthly yearly. And I think what Athena shared is such a reminder of that in such a powerful example.

01:10:02 I mean, she literally quit her business when it was what she thought she wanted and was at the top of top of her industry and still was at, was not feeling fulfilled. And I feel like that's just so powerful and so inspiring. I also love what she says, everything she says about your timing, more precious than money and how important that is to spend and invest it wisely.

01:10:24 I have to say though, one of the most inspiring things, and probably the biggest takeaway from, for me from this whole conversation with Athena's is her positive attitude. This is a woman who has overcome a lot. This is a woman who has faced many challenges and she continues to show up, I think has continues to do the hard things, to challenge herself,

01:10:47 to choose, to do uncomfortable things and to be positive, to be committed, to doing better and going for what she wants. And she does this in a way that's not about toxic positivity, but just about real empowerment, real strength, and this relentless pursuit of what she knows is possible and what she desires in her life. My friend, I hope that this episode inspired you to now you have some,

01:11:11 some new tools, some tools to tackle your fears because you know, we we've all got them. I hope you also have some new awareness and reminder of the importance of how the words you speak to yourself and those around you. How, how important that is. Maybe it's also

inspiring you to be a little less of a good girl. I know I laughed a lot and smiled when I listened and relisten to Athena sharing her regrets.

01:11:36 And maybe it's just me, but sure makes you want to get a little more wild and I'm not going to lie when those clubs reopen look out, cause I'm gonna be there ready to dance it up. Athena's tell me your camera with me. Anyone else send me a DM. Let's do this. All right. Well, most of all, I've really hoped that after listening to this,

01:11:54 you're ready to go take action on whatever big or small goal that you have and keep on creating the life that you want. You've got this. 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 to his,

01:12:14 I love surprises. Make sure you subscribe to go 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 golden girls podcast. Yeah.

