

Doctor dentist backup dancer, teacher singer, Oprah accountant, professional speaker, author. I mean, those are just a few of the jobs that I knew I wanted when I was growing up. Something I find so funny is that when we're little we're told we can do anything. When adults ask you, you know, what do you want to be when you grow up and you answer the smile and they encourage you.

But then there's a certain age that hits and suddenly that changes and only particular answer has seemed to become acceptable. Now I can't speak for everyone, but I can certainly speak for myself. And the experience that I know a lot of you have gone through, which is this at a certain point, when you tell someone what you want to be, when you're up,

that isn't a professional, for example, you know, a teacher or a police officer, or a lawyer, doctor accountant, you know the jobs I'm talking about. When you say that you want to be selling that isn't one of those professional jobs. All of a sudden people start to talk you out of it. Maybe they're completely rude and they laugh or they tell you you're dreaming.

And if so, that hurts and I'm sorry, maybe they try and protect you. And they tell you that there is no jobs or you'll be broke, or your chance of success is itsy bitsy, teeny weeny. But often I find it, the message that certain career choices are unacceptable comes through in a more subtle way. You may notice that other people nod at everyone,

else's replied to the question, what will you do after school? Or even what do you do for work now later in life and they don't nod, or they don't know how to respond to what your answer is. Maybe you noticed or still notice that your parents proudly proclaim your siblings career or your neighbor's career choices, but not yours slowly over time. So many of us have learned that certain career choices are more acceptable,

more realistic, more practical, and hence, maybe better than others. Now let me say this, no matter what you do in your life, there's going to be naysayers. There will be people that don't support you. Sometimes people are just jerks a lot of the time though, people project their own fears, their own insecurities, their own unfulfilled dreams,

and frankly, their crap onto you. In other times, people love you and are genuinely trying to protect you, but still end up projecting their own fears and insecurities in an attempt to try and keep you safe because they care deeply about you. For most of us, those around us really do love us and want us to succeed Elvia based on a narrow definition of what success means today.

Well, I think it's incredibly inspiring to see how many of us, you and me and today's guest Shantelle, Tavares are redefining success for ourselves. And a huge part of that is redefining

what career success is and what that means to you. Our guest today, Shantelle is the millennial money coach for creative freelancers. She helps creative millennials to budget and save so that within six months they have more than enough money to focus on what they're passionate about,

which of course includes helping them save their first \$10,000 to make that happen. Let's be real here, careers like social media management, Canva, graphic designers, audio book, narrators, take doc dance instructors and craters virtual assistants. None of these things existed 10, 20, 30 years ago. And today there is ample opportunity to do any of those things and more, and be successfully financial successful financially and fulfilled personally.

So listen to this episode, because if you've ever doubted yourself, if it's ever felt isolating, pursuing a creative passion, you feel like people don't understand you or they invalidate it as a legitimate option. This is the episode for you. If you've ever felt like you will have one of two options, you either do your love and you stay broke, or you do a nine to five that makes you money,

but also makes you miserable. This is the episode for you. If you think, or feel or have experienced that your creative passion hasn't ever helped you or won't help ever help you with your financial goals, then let me tell you today's episode is going to help you turn that around. In this episode with Shantelle, we're talking about making a life it's recreative freelancing.

You're going to learn that there are a lot of ways to make money as a creative freelancer, and you don't just have to be a big name like Brittany Spears or Oprah to be successful. Shantelle shares a ton of ideas to this episode that I know you're going to be. You're going to leave this episode with an exciting list of ideas and options that are also in demand today for how you can make money with your creative expression.

You're also going to learn what's important to find in a job or perhaps in a person part-time work when you're also creative, freelancing, and specifically how and where you can find those kinds of opportunities. Finally, you're going to learn the financial basics that are so important for people to have before they start creative freelancing, because you know, it's not all about just living on a prayer.

It is important to blend those big dreams with the practical and those day-to-day realities of life. We want you to listen to this episode and know and see a real life example of how it's possible and remind you that you don't need to know everything now, but we can help you create a plan and help you get started. Well, there may not be a tried and true one size fits all path to creative success.

That's also, what's so exciting about it. You get to chart your own path and create it for yourself. By the end of this episode, you're going to be done stuffing down your desires and pushing away your creative talent, and you're gonna get ready to start owning it. You'll be more trusting of your skills and be ready to plan your budget. Plan your next couple of steps and implement the tasks you need to reach your creative career goals.

All right, friends, let's do this. Welcome to the golden girls podcast, where we believe you can have it all. I'm your host, Lisa Michelle, and I'm spilling tangible tips, go getting strategies and real life stories to inspire you to tackle your biggest dreams. You're a woman who knows you're made for more, get ready to leave the excuses and self-doubt behind by being vulnerable,

sharing your truth and having honest conversations. So you can succeed on your terms together. We'll set goals. You'll actually achieve by staying motivated, having fun and building a community of women, empowering women. It's time to tap into your best self, get confident and truly have it all golden girl. Let's dive in how lo golden girls and welcome to this episode of golden girls podcast.

I am so honored to have Shantelle to virus here with me. Thanks Shantelle for being here. Thank you for having me here. So Shantelle, you are a millennial money coach for creative freelancers, and specifically you help create a millennials to budget and save so that within six months they have enough money to focus on what they're passionate on. And this includes helping people and yourself save your first \$10,000 in six months.

So that's obviously just a snippet of what you do. Let's like step back a bit. Tell me your story and how you got to, to helping other creative freelancers as well. All right, sure. So this started back in 20 20 15, that great year where I was graduating from college and the year that everyone expects, you know, you should be able to have everything set,

have your career set, and hopefully everything runs perfectly. But yeah, that, that hasn't really happened. So for my year, my senior year, I was pretty much struggling to find some work and struggling to figure out if I really wanted to do what I was aiming for, because I was good with math. And a lot of people were like,

oh yeah, accounting. That sounds like a great career for you went to college first two years and like, okay, it's not bad. Then I went through my junior year, which was the pretty much the elimination round year. So if you see, let's say 10,000 people in the accounting, their junior year, by the next term, you see it drops by half,

maybe more. I'm asked to survive that year and my senior year, but I was starting to like the idea of being like a normal corporate accounting less. And at that time I met my first mentor who I pretty much had. I had no idea what I wanted to do. I know I want to do something that, you know, gives me the income I need,

but I also had my passions in creative arts and singing and acting. And as I was talking with her more and discussing more of my goals, she brought the thing of like, okay, one, you sound like you can be a coach and two who says you can't do your passion. And for the first year of still kind of struggling to see that I did start pursuing the whole money coaching side since I was already like mentoring peers in college about like,

oh yeah, have you tried this app? Oh yeah. Have you tried try and save here for the strip that you're working on. But 2016 was when I was slowly feeling that pain of like, okay, I'm pursuing the entrepreneurship. That should be good. But it wasn't until later on, I was reading Dr. Phil's book on like self matters and warning.

If you ever read that book, expect to cry a lot. I remember one chapter is discussed. Like the reason why you feel kind of that in their misery is you not expressing yourself. And it went back to that conversation I had with their coach and realizing, oh God, I have not tried or even attempted to, but music or acting or any of that in my life,

I kept pushing like, okay, until coaching is like perfect and everything. I need to put that on back burner for now, for now, for now. And I'll make myself kind of miserable with it. So later on, I started to fix up my resume and I can tell you right now, after years of working with different actors and such the resume format was wrong,

but, you know, lesson learned and getting my material ready, music it's I did use to get locally trained and had some material from then. So I'm like, all right, I got my music, got my resume. Let's see how his first audition go. And it was a bit crazy, but great, crazy. Cause it was a circus Olay theme.

So they told me singing was involved. They forgot to tell me there was dancing involved and I can sing pretty well. I can act pretty well dancing. Yeah, no, I, I can learn subs, but I can not just free style. And yeah, I still remember when I was doing the dance audition and thankfully they has dance in pairs with other people.

So I've just follow along with the other dancer and pray to God that I did not make him look bad. And you remind me how much fun it was from back in my high school years when I used to be involved in these are playing different roles, doing different things. And maybe you realize, okay, this wasn't perfect, but this brought back something that I miss.

So I have to keep doing this. And that started me on my journey to start more into my acting and music. And the past few years, it's been a little more exploratory and seeing like what works and what doesn't work. But the fact that I started was that big, first step I need to do. That's so awesome. So many things that you said,

I think are going to resonate there, resonate with me. And I think you're going to resonate with, with everybody listening. You know, I don't know if you know this about me, but I actually also have my undergrad. It's a double major in accounting and finance and I can completely relate to the first year. You're like, oh, I can do this.

And then by year three, it's definitely starts to dwindle the amount of people that are still in it. And obviously spoiler alert. I'm also not an accountant or a anybody in finance, but you know, that's, I think very whether you went to school for accounting or not, I just think it's so interesting. How many times you go into things thinking it's the smart thing to do or the right thing to do.

And I mean, even from like first year to fourth year in a degree, the number of people that dwindle is huge. And then if you think about the number of people from the degree to, you know, five or 10 years or 20 years into the career, how many people, how many people drop out it's I know the number must be astronomical.

If anybody has any research on this, please send it my way, because I would love to see it. I also love, I mean, I don't, I can't, I don't love that you said this, but I can relate to this. And I think so many people can also relate this. Or you said you put expression on the back burner,

or you put the joy on the back of the thing that you really want it to do. You put it on the back burner. And if anybody's listening to this and you're nodding your head, because you've put that on the back burner, then I know that this, this conversation in this podcast is for you because, and Shantelle, I think you're gonna agree with me here.

Like there's a heck of a lot of people out there that are doing that right now. Right? Like there's a lot of people that have this talent, this joy, this passion, this thing that they want to pursue, and they're not doing it in their, with their lives. Is that fair to say? Yes. I would say like of the people I've met,

there's like 30% that are actually pursuing it full or part-time. And then the rest of it was like, well, as a hobby or yeah, singing, I think I like it. That it's not really my thing. Like, but you're great. Or, and I wonder how much of that too, is is people being afraid to really step into it?

Like I do think there's so much for your hair. You and I were talking before we recorded this, you know, why, why this is important. And you know, we really think that there's a problem out there today that a lot of people, it feels like when there's like you think about a career, that those are the two choices that it's either you do what you love and you go broke AKA,

like the starving actor stereotype, or there's no money in this, or it's unrealistic, all that kind of stuff. Or they have to do a nine to five that you eat that will make you money, but will also make you miserable. So what would you say to anybody that feels that way, that, that has been taught that way? What do you say to that person?

I say to whoever is feeling that if you're one of those that are on the starving artist side, you don't have to starve. You have the skills to like make the income and the fact that you're willing to already put the time and money to start on that you need to find the right people, the right resources to take it the next step. And for those who are like me and sadly fell into the trap of,

you must find a normal nine to five and you'll have money and you have a good life. I think 20, 20 kind of proof all that wrong already. But even without the 2020 experience, I can say, I mean, no nine to five job is going to be perfect. And even those are like, oh yes, they'll have all of my new world and you'll be well taken care of it kind of goes back to,

do you really want what's offered? I mean, I still remember this one conversation I had where I was doing temp jobs. And one of the agencies mentioned this great procedure offer where I be permanently placed with a accounting firm. And it's like, oh yeah, they have this, they have all these benefits. You'll be set for life. And I'm talking to my mentor about this and she's like,

oh Kay. But do you really want that? I mean, that sounds great. But then you say you want, you know, time flexibility. Cause again, this is another job that if you're familiar with the accounting field, you're going to be stuck doing for a good 60 or more hours a week. And that's one of the really good popular companies.

So it's like knowing really what you want. And at the time I realized, oh, why do I keep wanting to go for all these like normal things that people suggest when I know time is very valuable to me. I want the time flexibility to be able to do my passion while still do some of the additional stuff to earn money, whether it is in my true passions or in relation to that passion.

And I mean, I've seen more and more people doing it more, especially this past year with docent greenfields learning, how's a user freelancing skills to like build their income and go from freelancing to full on. This is person that'd be like, all right. And in business I'm so Kirky so hi. Okay. So I want to pull two things out of there,

what you just said. So number one, I think you hit the nail on the head, you know, as far as like figuring out what it is that you really want. And I think honestly from the work that I do with so many women, and I don't know if you can relate to this too Shantelle, but I feel like that's where most people get stuck is that they can't even be honest with themselves about what they really want maybe because nobody's ever really asked them,

or because they've been honest in the past saying things like, you know, I want to be an actor and someone said, oh, that's not realistic. Or didn't, you know, only like 0.0, 1% of people make it or you're going to be broke or whatever. And, and I have to tell you one of the hardest parts of my job,

which is, am I do goals coaching. One of the hardest parts is just getting people to say, this is what I want because they don't even allow themselves to say out loud, this is what I want because they're so afraid of being unrealistic or not possible, or what other people have, have projected onto them. So I just want to say,

you know, I think it is so super, super duper important to know what you want. And also it can be very hard and it's something that is worth pursuing. It is worth pushing through, you know, read the Dr. Phil book, get in touch with us, whatever you gotta do to figure out what it is that you really want,

because that is definitely the first step then. So I want to say that now I want to also talk about what you said there, which is, you know, making money with your creative pursuits and that you've kind of surrounded yourself with people you're doing it. You're, you're actually making money in. And I love what you said there in relation to your creative creativity or relation to your talent as well,

or your passion. So can we talk about that? Like, what is, what does that mean? Like, first of all, maybe what is a creative millennial period and how do you turn that into making money? All right. So a creative millennial will be someone who they have some sort of creative interests, whether it's something in the visual arts,

something, and you sick, something acting or something that's maybe not in those direct lines, but still have some sort of creative field to it. I mean, example would be like social

media. I mean, a lot of people need that, but people don't really think about how it's still kind of related to the visual arts and sometimes a little mix of music in there.

Right. Does that like is graphic design kind of one of those things as well that might relate in there? Absolutely. Got it. Okay. Okay. And dancing, dancing counts. Oh yes. Dancing. I mean, I don't have the skills, but I know of many people that do so that's in there. Got it, got it. Okay.

So I mean, obviously us growing up and I think it's super fascinating that you, you work within specialized with millennials, but I think this kid probably relate to most, most people that probably listen to my podcast with the exceptions of those maybe born in the last like 10 years. But when we were growing up, like there wasn't tech talk there wasn't Instagram there wasn't social media there wasn't this like,

you know, there wasn't even this huge need for graphic design as there is today. So I think a lot of people grow up, grew up probably in our parents, I think did their best like telling us like, well, there's not a lot of jobs in that. There's not much you can do, but that's really changed. So how, what are some of the things like late on if let's say that I have,

I have no idea how someone that is creative could make a living. Okay. So you specialize in working with millennials, but really what we're talking about could cut applied at anybody. Probably the people born in like the last five, 10 years. They're probably not listening to this podcast. And B they'd grown up in the generation of tech talk, Instagram,

social media, graphic design, being ever, all those things. But for everyone before that, you know, who grew up thinking, you know, you have to, it's really hard to make a living as an artist, whether it's visual, singing, dancing, music, any of those things, how, how do, how do people make a living?

Like I genuinely want to know this. I want to know for all of us who grew up with parents, trying to do the right thing and trying to help us and make sure we did get a good job and that we did have a good life. You know, how do people make money in this? What do you, how do you see people making this work Say one way is,

is figuring out it's like, where is there a need? So what would be the example would be forum, television, which I mean, most of us have, or I guess now most of us are watching from our phones or laptops, but what television, there's a lot more in detail with that than people think about. For example, as a kid and for you guys that might be familiar with this,

I was introduced to MMA by, so my cousins now I don't really think of details is like, oh, this is cool. Cartoon, not thinking, oh, they're a C, M and a major who drew up and made all these

great details. There is a storyteller who initially created the story for this there's whoever helps with the coloring and make sure that it has this specific style.

Because if you look at different cartoons, even the ones that are on like the Saturday or Sunday nights that people watch, each of them have their own style. And that's because each of them, each, a crater has their own like style that they're into or so that they want to portray. And then of course, all of these cartoons have voices which require voice actors.

And if you want to get a little bit more business, the only on Yes, yes. I think this is, yeah. Keep going. All right. If you want to get a little more into the business side, let's talk about commercials like commercials you have, of course, some of your background afters that you don't think about, but they have to bring them from somewhere.

And I can say that certain cars here in Orlando, they actually had auditions for people or requests for people to be put in for maybe a guest station commercial. And thankfully I live 15 minutes away. I was able to just go in, walk in where it needs to, and now I'm in, well, I was in one of their segments for the video.

Sadly, my segment was not selected, but I still got paid. Okay. This is so fascinating because we actually, I'm going to completely butcher this, but we have a couple of friends that are illustrators. And I remember chatting with them and my friend said, she's an illustrator. And then she said, specifically, she's the person that does the color.

And I'm like, oh wow. I didn't even know it was down to that level. But it's so true. Like there are so many different opportunities and different ways to express talent. I just met someone the other day who may have to also have on the podcast, Jessica, who is a stylist. And like, in my head, I was like,

a stylist must be like, you work for a magazine, but she freelances. And she works with everyone from like realtors trying to stage what, what actors, for example, will wear for commercials. Right? Like what's the kind of person that would live there to helping people like style at home. So there's just such a wide range. And it's so fascinating because I feel like growing up,

it would have been told, like, you know, you know, can you imagine the kid that's like, I just want to color. I just want to color for my career. And I can just imagine so many parents being like, that's not a real job. That's not a career. You can't color the jokes on them, but it turns out you can just color.

And that could be your job. I mean, it's so, so wild. So I love those examples. So, so good. So good. All right. Let's get a little personal here because I know for you 2020 was a hard year. So what is your story and what did you go through and what prompted you to change in 2020? So 2020 at the time I was initially working one part-time job and a little bit freelancing with,

if you guys are familiar with Uber and Lyft. So doing a little of that while in between squeezing in a few editing gigs here and there, and at the time trying to push a little bit more towards flexibility. So I can increase a little bit more as well as do more in my coaching business. However, as I fell opportunity and was getting started,

that was sadly March and the opportunity canceled and the world got flipped upside down. So I went from having ideas and seeing the opportunity to having to hunker down with what I had, because thankfully both of those things were essential, but at the same time they were essential. And I had to pretty much be on high alert to make sure I'm healthy and didn't get sick.

But June of that year, I did get sick. Thankfully it was not COVID. But as you know, during that time, I was still kind of early and no one knew like, okay, how bad is it? How bad will the text me? And I was internally freaking out, cause I have friends who were around my age and some of them,

although they were healthy and good, they had some severe symptoms. So that thank you. So I just remember got sick, not sure if it was COVID or not having to pretty much go through. I don't know if it was a full seven stages of depression, but it felt that way. I just remember first thinking like, oh my goodness, what the heck am I going to do into until like day two,

where thankfully there wasn't any other symptoms and I was kind of a conversation, but then reflecting like, okay, God, I'm gonna take the time to reflect. And right now I know I do want to do more and adding do want to do more in singing as well as some of my other pursuits. But At the time I've mostly met people that were in kind of the part-time gig style.

Like I was, and I love full-timers. So I'm like, all right, God, you put this on my heart. So if you really want me to do is I'm gonna need some clarity and some signs because I'm having a lot of doubt right now. And I want to know that there's option because after a while, like doing these types of jobs and especially when 2020 was going on,

it was stressful and very miserable. So I remember, I think it was a week or so after I had that moment, thankfully I was alive and well, and it was a sore throat and maybe a bit of a cold

Dianne as remember, like going through the lovely world of Spotify and wondering like, Hmm, all right. I don't want to have to be lean towards day jobs stuff and found the podcast.

Don't keep your day job. And if you have not heard of that podcast next to this one, highly recommend both of them are awesome. Thank you for the shameless plug. I appreciate that. Definitely. So I remember listening to the first two or three episodes of that and the person I hosted she is full-time singer and has her own programs to help singers with going into music sync licensing.

And she explained in one of the episodes how she'd gone to it and I'm like, wait, she made six figures doing this. So this is the option. All right. Thank you, God. I see there is no options here. So I started to listen to more between those episodes, as well as some other ones. And as I was listening,

taking notes, seeing like, all right, what resources can I focus on to book into that? And what other things can I do? And eventually led me to connecting with people in my area. Eventually. I'm not sure if you've heard of the app clubhouse. I started to go on that and I met a whole bunch of amazing actors and people that are full-time in their stuff.

And it started to really build me up more like, okay, all right. So this is definitely possible. And right now I'm actually involved in a course for actors are trying to improve on their chances with auditions and then working on my branding and working with my agents to see what we can do to improve my chances there. Wow. So I'm curious,

and I did, I just for like transparency here, I asked you if I could ask you this question beforehand, so I'm not just like springing this on you as a guest, you know, how do you make money today? What does that look like? Because I think a lot of people maybe don't understand or don't know what that looks like. So,

you know, as transparently as you feel comfortable to be, what can you share that might inspire others to see what that looks like to get, to make an living, to make an income that isn't from a nine to five job, or isn't also, you know, a gig here and then nothing else for six months and struggling, like, what does it look like for you and how do you make money?

What can you share there? All right. Sure. So because of 2020, I did have to lean towards one nine to five contract, but it's one of those things that I like where I'm for you guys that are struggling. There's an option called temp contracts. And it's great cause both you and the player know that it will be a temporary contract.

You help them, they help you. And then you don't have to worry about having that long-term commitment and dreads. So there's option one there. And then the other ways I'm making, I love that even there I'm like, that's good. Sorry. I think our internet is a little bit, but I think that's so good. Okay. Continue. I just think like contract work,

we don't talk about it enough. So thank you for bringing that up. Continue on, tell us more. Alrighty. And then relating to that is doing your own type of contract work. So there's the temp one dimension. And then the other stuff I'm doing is I'm building up my own clients. Cause one of my services is bookkeeping because of all the accounting stuff was the one thing that I am comfortable with and actually enjoy.

Versus if you tell me to do the corporate services and using older programs, well, you'll probably hear many stories from me and some of my peers talking about how he liked to pull her hair out every time we're like fighting with the programs. So I'll take a little bit of work with QuickBooks over that, anything. So I do work with a few clients on that and as well as doing virtual admin work,

and I actually started working on that more through 2020 with mentors helped me figure out like, okay, how to better your package, which if you don't have a coach that helps you with that highly recommend because you never know a, if you're undercharging yourself, cause you wanna make sure you're getting that money and B make sure you're not overworking yourself, which is another thing that I had thought bouts,

where if I offer one service, I make sure that, okay, I specifically doing these four things. If you want something else, I have this higher package over here. Mm, got it. Okay. Okay. So you've got a contract. You do some bookkeeping, you do some virtual assisting and millennial money coaching and acting and singing. Is that right?

Yes. What I'm hearing is, and this is something that I kind of talk about. Well, I talk a lot about focus about focusing, picking one thing and sticking with it. And it can sound like on the surface that you're doing the exact opposite of that. But what I think you are actually doing is finding the perfect blend for you, for what work looks like and what your expression looks like and what creating a life and a living looks like for you.

And so even know, there's lots of different facets to it. And of course, you're not going to be able to fully explore or express all of them within a year or even five years. It's going to no, it's a whole lifelong journey. I think that's, that's the piece that I think is really important to say is that like you don't have to necessarily know all of the steps,

right? You don't necessarily have explored every single route within the first 12 months or even in the first five years, because things are going to evolve. Things are going to change. It takes time to build up these things. It takes time to build the connections, the community, the resources, the support, the ideas. It takes time to listen to the podcast,

to get ideas from people you meet to maybe you've refined certain talents or, or skills that you have. But it's the pursuit of it. That is the really cool part. And that's, that's the journey that you're on. That's the journey that I know you help others to go on. And that's what we're hoping to inspire everyone listening to also figure that out for themselves.

Definitely. I mean, that was definitely one of the areas I was concerned with, whether I'm like, okay, I know I want to do all these, but the, my calendar is saying, this is looking a little crazy. So, all right, what is what isn't possible? And Ashley had to talk to someone I'm like, help me,

my calendar. This is a wreck. And thankfully I now have a semi balance. Cause some weeks are a little more chaotic than others, but when you're involved in acting music, that's going to happen. But there is at least some sort of like routine where I'm like, all right, I know right now in the mornings, focus on auditions and research for acting.

Most of the day will be my contract stuff. And then the evenings meetings and any additional stuff regarding my money, coaching stuff and bookkeeping. And of course, certain days of the week, if I know I have a show coming up, I will reach us everything and bounce it from there because right now my focus is continue to build up more in the flexibility.

And as I build more in flexibility, I'll shift my focus towards my next school. From there. I love that you don't have to have it all figured out. So good. And it's really cool. Like how radical from somebody who really grew up that like the nine to five, nine to five, nine to five to hear how you're piecing it together,

how you making it work for you, how you're tweaking it is, is super inspiring for me too. I think one of the things you said in there that I think is good is like balance isn't necessarily every single day, you know, there's going to be some seasons that are busier than others. If everybody's life has this. And I think that I just want to share this one little tip.

You know, I've heard to look at your life like day, like throughout your day. Like what day, what part of your day is maybe the busiest look at your week? Well, how does your week balance out? How do your, how does a month balance out? How does your year balance out? And when you start to understand that,

then you can start to figure out what your ideal life looks like. You start to understand that, like I know for us, for example, like December is always really busy. Cause it's Christmas. It's also goal-setting time, which is so busy in my business. It is ended end of the year in our businesses. It is like just crazy time.

So I know that in December, I'm not going to add a whole bunch of other stuff. One of the summertime, no one really cares about goal. There go very few. Let's say this very few people care about the goals in the summer. So I take some time off in the summer and it kind of balances out. So I'm sure with acting or singing or graphics it,

depending on what field or industry you're in, like that's all going to be different, right? Depending on when a season comes out or when the tourists are there or whatever that looks like, right. Whenever it's commercial producing time, I don't know what that is. But yeah, I think that that's such a great point that you just brought up and it's really interesting to hear.

I want to know how do you plan for inconsistencies in income? Cause I would guess there probably is some, Yeah. I mean, there's, there's no way around that part. Pretty much like with all I'm freelancing or gig type of workers, there's going to be some inconsistency. And it was one of the things that I didn't really think about much until I would say 2017 with my work at that time.

Cause before that I was in dorms was college where I had money from my scholarships. And so my student loans, as well as 2015 to 2017 at the time, I was pretty much saving up on rent by either renting a room or sharing a house with our people. And with those is like, okay, I mean, this is easy manageable then later in 2018 or no 2019,

the mullet came for me to have to make some choice of, do I want to look again for new roommates or do I want to try be on my own? And I'd say, okay, let me try be on my own because as much as I enjoy having roommates, I, I want my own space, especially for work. And reality hit me very quickly at that point between seeing like,

okay, I now have more expenses and before I had some buffer and I was always able to refill my savings free quickly because I didn't have so much to deal with on the expenses, but once I'm fully on my own, it's like, okay, my base income needs to be, bring up a little bit more. Cause my savings has suddenly gone a little lower than I would like it to be.

So I would say for that, I'm definitely finding the one or two, ideally two sources of income that you can have consistently. And if you're especially coming from nine to five background

and mindset, either a nine to five or something that, you know, you're really good at and using that as your main tool and then can explore what else you can do,

which I think you did discuss a little bit in one of your podcast episodes on having like 6, 7, 8 sources of income. And it's one of the things I definitely want to work on right now. I have like my two sources and I'm trying to see if I can grow some more, a little bit more steadier because the other ones are still on the gig side,

but I want to see if I can make them more consistent. Mm got it. Okay. Yes. That I, that podcast episode, I also say it takes time. Like it's not something and I, I'm glad we're having this conversation and kind of reiterating it because it doesn't just happen overnight. Like I don't know anybody that creates multiple income streams in a year.

Like it does take time or Mo and especially like passive ones or ones that are perhaps a little unconventional. So what I'm hearing you say is that it's really important to have some consistent income. This is the money coaching you, the accountant coming through, being like that is important. And I think that's super practical because it's so easy to be like, okay,

everything is unrealistic. You can't, you have to have a nine to five, the most like steady whatever, or to be on the other side. It's like, no, I can just do whatever I want. But the truth is like the middle is where there is some that were the gold is, and it's important for you to, to as the car we pulled to want.

What feels good to want to desire what you want to be willing to go for it. And also to make sure that you do have the steady income to keep your life going. Is that right? If I got this? Yes. I mean, one, you want to make sure that you're comfortable with like eating and sleeping and to use specially want to have money to invest in yourself for what you want to work on?

Because I mean, with like something, I think stuff I do have to make sure I have gas money and maybe toll money. So yeah, you kind of need the additional money if possible. You believe a lot. I know in investing in yourself, why do you think that's so important and what do you want everyone listening to take away with that?

So I say investing in yourself is definitely important because I remember when I started with the whole acting classes, I was taking some of the local ones that were, you know, good and got me started. But I also realized later on, I was kind of plateauing in the same level and not like growing. And it hasn't been until I started to invest more with,

I think group and recently actually got a new acting coach and starting to learn like, okay, with the group, how to improve more on my skills on auditioning because I've been doing one thing, but realizing, oh, I need to brand myself differently. If I want to get more gigs and make that more consistent. And with the acting coach seeing like,

okay, so I've been learning these different styles, but what pacifically works for me. So I can really bring out the character and have my own like personality in that character. So they're like, okay, I like this person. All right. You're in. And I wouldn't have known that if I just like stuck to the cheaper option and just be like,

okay, that's kind of more my ideal price range. I'll, I'll be okay here. I mean, I'm not growing, but I'll be okay here. No, don't, don't you willing to like learn to invest yourself a little bit more when you can, otherwise, if you're not investing yourself, you're just on growing And can really tell us something that you value,

because you've mentioned several times, like different coaches that you worked with, and I really commend you for that because it feels like you had a big flip, it feels like when you started, you know, five, seven years ago, you were like, I have to have everything perfect before I can invest before I can do this thing. And I feel like what you're saying here is that you now see that you won't actually get to your next level,

that you won't become the, the person, the actor or the singer, the, you won't have the life you want in the future. If you're not willing to go for it now. And I really hear that mindset flip that you made. And I think so many of us, it's so important to make that, to understand that you're not going to get to the next level.

You're not going to get better if you're not willing to invest in yourself, you're not willing to step into it today because it's never going to be the right time. It's never going to be the right price. It's never going to be cheap, right? Like it's, oh, we always are going to want it for cheaper, faster, all those things.

But at a certain point, we have to say, yes, I'm here for this. I'm ready. I mean, I trust myself. I believe in myself, here's the money to make this happen. Yes. And that's definitely, and I have to say this as a money coach is definitely one of the tough ones where it's like, okay, knowing,

I guess your comfort level, as well as knowing like, all right, how much are you willing and able as a one person, I mentioned able to stretch yourself to like grow in this area and still be in good a station financially because yeah, don't be there. They'll go completely broke please. Yes. Thank you for the, thank you for the caveat.

Yes. If yes, if I love thank you for listening to the podcast, by the way, for the, for the plugs again, but you know, anybody listening, I hope, you know, this is not about going broke. It's not about spending every dollar you have, but it's about, it's about the mindset. It's about questioning and really looking at what you have.

And I've shared this before, you know, even like I get meals delivered now, which I never did before. I always thought it was something I couldn't afford. I always said, one day, I'm going to get a, I'm going to have a sh a chef. And I'm like, okay. So I need like a hundred thousand dollars a year for a private chef.

And it felt like this big unattainable dream. And then when I started to look at it and break it down, it was like, okay, well, you know, what, what I actually want is just to not have to cook everyday and not have to meal plan and put clean up and all those things. And then I was okay, what else could,

could that look like? And when I really looked into it and looked into meals, I found some meals that are very well, let say this. When I first I look into it and I was also like, oh, that's too expensive. I can't afford that. But when I truly looked at it and looked at my budget and was able to see,

okay, what if I didn't, didn't get my nails down? What if I got my hair down a little less? What if I didn't buy some new clothes? What if we did other things a little less, could I then spend this money on the food? That something that would make me really happy? And the answer was yes. And so my answer was not go out and hire a hundred thousand dollars a year,

private chef for myself because I want it and go into debt for this. The answer was, how can I really look at this? How can I challenge myself? Whether it is to, to make more money, to be able to afford this thing, whether it is, is there something I could maybe do less of now? Is there another ways that are more creative way to get this?

And so, yeah, I, a hundred percent agree with what you said. It's not about like going into serious debt or putting yourself in a really bad spot financially to invest in yourself. But it is about challenging yourself to say, how could I afford this? What would it look like to do this? What's the most important part of this and how can I get that?

And that's where I do think not everybody listening, if you're the kind of person that was like me 15 years ago and went into a lot of credit card debt, this may not be the message for you, but for those of you who that feel like you never have enough and never, never have enough money. And I know I've also felt on that spectrum.

I feel like I've been on all ends of the money spectrum, you know, really challenge yourself and trust yourself because when you invest in yourself, that's, that's how you can grow to the next level a hundred percent or just have your meals made for you, which is really amazing. It's, I'm very grateful for that. Okay. So let's, I want to,

I know you gave some really great ideas before we started recording, and I want to share, share some of these with our, with our, our people listening. Because when we think about creatives and creative work, we often think like, to be a successful singer, you have to be Brittany Spears level or to be a successful artist. You have to,

I guess, basically be dead. Cause that's when people value your paintings. Right? But we think that there's really only one or two ways to make that money. And so along those lines of like, okay, if I want to invest in myself or I want something, how can I afford it? What are some other ways that you might be able to use some of your creative skills to make money that we haven't already talked about?

All right. Let's see. One big example that Ashley has been exploring is relate to the acting. Cause without thing, people will automatically think either these are our film, but as I mentioned, acting has like several different facets. So for those of you that maybe like acting stuff, but you don't want to really be like visually in front of people.

There's a bunch of options for you. Like I mentioned earlier, there's the voice acting. Or if you enjoy those really cool commercials or the funny ones narrating, and if you don't want to go on the TV side, I mean, there's the audio narration, there's the audio voice asking for that? Oh, it must be like reading audio books too.

Yes. And that does include Amazon. Oh, interesting. Yeah. I would imagine too, like podcasts, intros and outros would be a thing or podcasts commercials. Yes. And you can actually look up either on Upwork or Viber. You'll see people who are like marketing themselves for that Upwork and Fiverr. Yes. I'm so glad you brought that up.

Totally. For those that don't know what it is. A Upwork and Fiverr are places you can free get freelancing jobs. So like literally anything you want to find. If you're looking to hire someone, you can find it there. If you're looking to do whatever, get paid for it, Upwork and Fiverr, go check it out. Yeah. I love that.

So good. Any, here's a question for you. You said that it's really important when, cause there's inconsistency an income that is important to have some stability or some, some kind

of consistent income. So when you're looking for some kind of a job, whether it's a contract job or like a, maybe a smaller job or creating a business or something like that,

what are some of the important aspects to that? If you want to be creative, freelancing, because I'd imagine you can't just be like, I want to say like, you can't just have any job, but like you really just can't have any job. Like there's certain things that are going to be more important when you also want to create a freelance.

So it kind of reflects back to what I said earlier about helping a need. So you have to know what needs are requested. So I guess kind of tying into your friend that did the designing, I mean, who would've thought about designing into like homes and costume designs for different commercials, but that is a need because sometimes I've gone to two or three different productions where a,

you were asked to bring your own clothes and have to cross your fingers, that everything you brought is good or B you are maybe a couple steps higher. Or you're one of the lucky few that because of how well you acted in your audition and connected with the people, you get to have a designer, like bring out the outfits for you based on skin tone,

the character you're playing and so forth. So pretty much seeing like where there is a need. So one of the other example would be with music because I know this is one thing that I'll be exploring more later on as I continue my own journey. But I remember one person asked me like, okay, so you want to do music? What are your options?

And at the time I could only think of like three or four because people are familiar with Christiana, Lira and Britney Spears, just being pop stars and go on stage and CDs. And now the Spotify and those types of things, not really thinking like, oh, well there's an option to be like a session singer. So singing behind the scenes for those big stars.

Cause sometimes they like to have some good background singing. There is yes. So there is music forum shows. So I'm kind of tying into that music sync licensing and there's two or three other ones like royalties and such. But that's, I mean, people don't think of like the TV shows that you hear whether a, for the singer to have their own tunes,

because believe it or not TV shows, they love, they love supporting in the artists. And if you're not sure what that term is, it's pretty much local artists who are pretty much making their own music and offering it. And people don't think about, oh yeah, you can make your song, make sure it's marketable. And then if he knows towards a certain genre or certain type of show,

you can either follow an audition. Cause there are different sites that requests for those type of material. Or if, you know, there's a show that you really like, and you're trying to tell her your type of music, similar to the styles that you heard already can, nothing with the right people from that company and be like, hi, I love your show.

I know that you have been there a couple of seasons coming up. I love to provide my music for your openings. If you like, I love to send you some of the pieces or set the meeting and so forth. But that's only a few of the options that I know about. And I know there's a couple more because last time I wrote my list,

I think I got up to 70 or 80 options with just the singing alone. Wow. That is incredible. I like, yeah. How inspiring to hear that. You don't have to be Brittany Spears. Good living. I mean, I've your Brittany Spears. That's great too, but yeah, that's so awesome. Okay. So that, I hope that, that anybody listening now has tons of ideas for what to do with their creative pieces.

I want to know, I have a couple last questions and then we're gonna wrap it up. So any last thoughts in terms of like, okay, if you're going to have so a job or something steady, you know, you talked about contract work, what else might be helpful to look for for some steady income while you're creative, creative, freelancing,

And this kind of ties into my current contract, finding something that's remote. And especially after 2020, I feel this, that option is a lot more accessible. Not to mention a lot more companies are seeing the benefits of giving workers more flexibility and especially for actors. Cause I know one actor I was listening in from one of the clubhouse clubs she was talking to us about how she works as an executive assistant for a company in a complete remote company and emphasis on it's a company is a full-time remote company,

because that will be difference between those that are just transitioning into it. But because this company is fully remote and has the flexibility allow people to work whenever and have a little bit more limited time to take off that, like one of the good option, Sarah, if you want say, oh, I have to take off tomorrow. Cause I have a addition.

And of course, make sure that you communicate with that employer, that, hi, I'll be more happy to work with you, just so you know what my goals is to do this type of career. So I will be taking some time off if that's okay with you and we're able to work things out with your schedule, then I would love to continue this work relationship.

Then that's one option there. And I mean, that's what she's been doing and still doing her auditions, still getting her roles. And it's definitely one of the things that was like, all right. So

for those of you guys that maybe not fully ready to let go of the nine to five, but want more flexibility, then that's a great option right there.

So I'm hearing, you know, remote work is very helpful. Anything flexible is probably really helpful contract work could also be a great option. You didn't mention this, but I'm just thinking off the top of my head here too. I feel like in your business, having any kind of a retainer ship. So for example, Rick retainer, bookkeeping clients,

or retainer virtual assistant clients, or things like that. And that just means that, you know, they pay you a certain amount every single month free for your services. Like that kind of thing as well. I could see being really helpful. And you know, you can literally have like your side business or your business to be kind of your consistent income there too.

If you have it on retainer or memberships and subscriptions, my episode was do McLaren as a well, and I'm blanking on the number, but scroll down, you'll see it. But those are the kinds of things that I could see being really, really, really helpful. Now I know you're all about smart money. You're not about just like going out and doing this without having your ducks in a row.

What are some of the financial basics that you think are really important? People have in place before they start creating violent freelancing One, definitely doing a basic budget and see like, okay, how much do I need for my home stuff? So my rent, electric water bill, and of course stuff that you need, whether food gas and all those lovely essentials and what am I forgetting?

Oh, insurance. That that's important too. Is there an app or a tool that you suggest? So there are a lot, one that I do, like in particular is mint, not mobile, but I'm just mint. Okay. That one is a favorite to go one that I always like to use. And even occasionally if I decide to explore stuff,

because I like to see what works with different clients, that one I always fall back to. Okay, cool. We did a budgeting workshop in golden girls community a couple months ago. And a lot of people really loved you need a budget. So I've signed up for it. Full disclosure. I haven't yet fully implemented it, but yeah, mint is the one that I used to use too.

So yeah, those are some good tips. What else do you think is important? What's another finance. So budgeting obviously real important probably for anybody listening, but especially someone who wants to get into creative freelancing. What else is another financial basic you think is important for people to know before they just quit their jobs, sell everything and go and live their dreams.

Another one is definitely building some sort of savings. And especially for those of you guys, that might be a little bit more on the reserve side and like to have a few steps ahead of you. I mean, it won't be always perfect, but at least having the first two or three steps of like, all right, having the budget and having savings,

that'll take you a long way versus not having anything. And one thing that I did have to learn as I was going through my whole money coaching journey was dedicating like certain savings amounts because most of the time people hear about all right, so you need to have a budget say for emergencies and hopefully pay off your debts versus, okay, you need to have a budget,

definitely want a savings and actually saved money for that career that you're trying to increase or improve on. So if you're trying to do more and acting, figure out how much you need to pay for classes, if that's something that is workable with your budget, then figure out if you're able to do that without overspending is something that will take a little more time,

then figure out how much you have to save to be able to take that class in the next term, but definitely figuring out like how much can you save for that as well as for your other important needs? So you have money for emergencies, but you also have your, I want to Gail my day job funds ready. Okay. So I heard a couple of things in there.

I heard that budgeting is going to be really important to figure out how much you need to save, because you maybe want some money for essentials in there. You want some money to invest in yourself and in your career and emergency fund in there as well. So there's a couple of factors I was going to ask you, you know, like how many months did seven,

I've saved, but it's probably a lot, it's obviously a lot more nuanced than that because there's a pieces of how much you want to invest to, to improve. So do you mind me, I didn't ask you this question. It just kind of came up. Do you mind me asking how much you saved before you took the leap or how much you recommend for average clients or any,

anything you're willing to share their? So my journey was a little interesting, cause I pretty much was kind of leaping off from like first thinking, I need a nine to five while working on my business to, okay. I'm okay with not having the normal nine to five and just figure out the money saving. So my main goal for anyone would be a,

have at least three to six months. And you might hear this from other people too. So I will re Pete this pretty much definitely have three, six months if you're maybe struggling to figure

things out, but you definitely want to take that leap. And for those of you guys that are a little bit more risk takers, which I'm not so much a heavy risk-taker,

I'm just slowly get myself more into that side of me as I get more comfortable and more confident with myself on this. But if you are a risk taker, then make sure that a you're not going to be starting next month and be, if you already know, like some of the ways you can make money, at least test out those ways first.

And if you know that you're me, okay. Then break a leg and share with me in a year secrets. Cause I am curious on your side, That's such great advice. Get it started now and, and start it. That's awesome. Okay. One of the things that you have said is really important to have in place for creative freelancing is surrounding yourself with the right people.

And I mean, I think that kind of applies to like all parts of life. It's important to have good people, but why specifically for creative freelancing is the people are the people that you're surrounded by so important. So it's definitely important because there are different people involved in the creative world. When I started, I mostly met those who were part-timers and either sell this as a fun psychic while doing their job,

or maybe just a fun hobby in between versus now I've been with a few more people in different communities that are actually doing this stuff full-time or pursuing it more full-time and like making their business plans and the mindsets between those two groups are completely different between like hang out with the people that are a little bit more business oriented, which I feel as though I've talked a lot in like the creative fields is like for a great fields,

like, oh yes, I want to do my passion versus someone that's a little bit more business oriented. Like, alright, I want to do my passion. I got my little map out ready. And depending on how much of a platter you are, because I have seen a mix between those in career fields who might be like us with maybe that accounting background and likes XL versus those who were like,

no, I just need a colorful map and can work with that. And we'll go from there. If there was one kind of mindset, like mantra or phrase that you wish everyone could hold onto and take like more of that like kind of business side, or let's say like, you know, turning your passion to a living, what would that one phrase be?

Hm, that's a good question. One that comes to mind right now is anything can be turned into business. I mean, I can't think of anything else, but I mean, that'd be like the easiest way to

put this cause like, is that thing that can be turned to business? If you like coloring that may turn to a business. I love it.

It's such a good example. So good. So good. Yeah. Anything can we turn into business? That's definitely the theme of this podcast of this episode. I want to ask another personal question. What is your end goal? Like do you see yourself as doing all these things? Like, are you, I know some people are really multi passionate and love the energy of doing lots of different things.

Or do you see yourself wanting, like using this as a platform to do more acting down the road or more singing or maybe dancing? What do you, what do you, what is your end goal? Do you have one or is this a journey for you that you're still exploring? And there's no wrong answer by the way. Like, even though you're on the golden girls podcast,

I don't care what your goal is. I just want to know that you're going for what you want. So for me, it is definitely a journey. Ideally I do want to like at some point either reduced to only fewer clients or maybe be like, all right, but keeping has been helpful, but I think I'm ready to go closest chapter and hello,

full-time in the recording studio with this next album. That's going on this next film or movie. So, well, my ideals is definitely eventually closing up some of my active stuff that maybe isn't like a full on passion. So bookkeeping would definitely be one, but I would say things can change because I mean, there's been some things I have not expected that I was going to be interested in doing or considered the past two years.

So I'm like, okay, I'll I guess I'll just try this, see where a guy wants me with this and we'll go from there. Cause the most important thing for me was to at least get started and like test things out and see like, alright, is this useful? Do I like this? Do I see as long-term or short-term Okay. So many good things there.

I love that answer. First of, I just want to say love that like love it. You just said there were just, I ain't got, I just got to get started. I just got to try something and I think so many people don't don't try things. So please, if you're listening, get out there, try something, do it.

You'll never know till you get there. Number two, I just love that you gave yourself permission for it to change it and for it to evolve and flow. That is so, so darn important because I really believe so many times we end up with like midlife crisis or even quarter-life crisis or whatever, because we're, we've committed to this thing that we think that we want.

And at somewhere along the way, we, it changed what we want to change and we didn't. And so I love that you're giving yourself permission to adapt. That's so important. And I know like that's no, that's not what smart goals tell you about smart goals, sock. And so let's just, let's just lay that to rest. It's okay for your goals to change.

And number three, I want to say what I really appreciate about your approach as well is that you said, I always say this to people. I'm like, you can want whatever you want and like allow yourself to dream as freaking big as you want. That is so important. And also you need, you don't your dream needs to, it doesn't need to be realistic,

but your first step does have to be realistic. And that's exactly what you have is you're like, you know what? I know where I want to go and I might not be able to do that today or tomorrow or maybe even the next year or three, but right now my realistic first step is I have this, I'm doing my bookkeeping. I'm doing VA,

I'm doing these things and I'm on the path to where I want to go. And I just think that is so, so good because you are not settling on your dreams, not one bit. And you're also not in like unrealistic Lala land. You are doing it exactly like in such a way that is inspiring is grounded and is taking action. And I'm sure that is what's going to allow you to create and continue to create such an incredible life full of you expressing your passion and having a good lifestyle that works for you.

So thank you for sharing that. No problem. Okay. So I know you have a new course out and you have a special offer for our listeners. Thank you very much, by the way. Can you share with us what's your course, what's your offer? Tell us all about it. All right. So my course is the wealth mindset course.

And my premise with this was focusing not only on learning the basics with budgeting, cause I'm a money coach, so that's obligated, but I'm also touching on like your mindset with money because I realized as I was like exploring this more and creating it there, some old mindsets that either I have overcome or asked to continue overcoming, one of those things for me was investing in myself and I'd make sure I'm like,

all right, definitely want to talk about mindset. I want to talk about budgeting and we definitely need to talk about investing in yourself. Because again, if you're not investing in yourself at all with any of your creative goals and it will still be a hobby. So those are the main things I focus on in the course. And for any of you guys that are interested,

it is technically right now, two hundred and two ninety nine, but I am offering a hundred dollars off to the first 36 people. So definitely take advantage of that code now because it

will not be here forever. Awesome. And how can I take advantage of that code? Did they send you a message or the link in the show notes or what's the best way to do that?

So I'll probably have to, well, I think I put it in the notes I gave you guys, but just in case, if you can go on my Instagram, that's probably going to be the easiest way for you to connect with me. And that is to our Shantelle, a DME that you have listened to the podcasts and I'll provide you details on how the site for the course and get that deal.

Amazing. Thank you so much. And it's so kind of you, we really appreciate that. So you mentioned Instagram we'll of course put the link in the show notes for you and we'll put all the links on where to find you as well, your Facebook page and, and all that good stuff. We'll make sure it's all in the show notes. So make sure you guys go and give some love to Shantelle before we go.

We've got some rapid fire questions right now. What is a goal you're working on? And we know your big goal, but like what's, what's something that you're working on right now. So right now I am working towards building some more flexibility in my schedule. So as I mentioned, I do have my 1 95 contract. I am trying to branch off that one and build more on my own contracts.

So I'm right now focusing on connecting with more people on bookkeeping. So as I build up more on that, then they'll allow me a little bit more flexibility in my schedule and more time to focus on my other goals as I continue to hear. Cool. Okay. Here's a question for you. What is the best thing that you learned in the last year?

The best thing I learned this past year was it's definitely important for me to keep what I want, like in the forefront of my mind and my schedule, because like I said, this past month, actually, I literally had to have someone look at my schedule and I showed her current schedule, my dream schedule, which if you have not tried to make your own dream schedule,

I highly recommend you do it will definitely be a good eye opener to see like, all right. I know from this time, this time I want to enjoy sleep from this time, this time I'll enjoy going into a pool for a good hour or so. And then start my day at this timeframe and then seeing like, okay, how do I slowly transition this calendar to this calendar and what can be adjusted?

That's like work on my career stuff. Hmm. That's great. That's good advice. Okay. So I know you're in Orlando, but, and maybe you've have you ever had poutine? Have you ever heard of poutine? I have not actually. Okay. Well here's a little Canadian lesson for you here. Poutine is a Quebec dish and it's French fries,

gravy and cheese curds. Now usually I ask people if they want shredded cheese or cheeseburgers, I'm just going to give you right. The answer here is always cheeseburgers. Okay. You got that. When you visit Canada, we come to visit me going to be cheeseburgers. Okay. You got that girl. She skirts. Okay. We're gonna need to write this stuff down.

And especially when I do come visit, cause I actually do have relatives up in Canada. So I'll have to definitely talk with them about that more. Yes. I make sure they say shredded cheese. Don't go, don't go with them. Don't let them do that to you. Okay. You got to do the curds. That's the best way to do it.

Okay. If you had a magic wand, what would you use the magic for? Yeah. If I had a magic wand, I would definitely use it to, I have like three or four ideas right now, but first one is definitely use it on those who would like to do more and be like, okay, believe. And just the power I believe is the first thing that came to mind because it's crazy like those who like,

just believe themselves and take those first steps because I've seen those who trust themselves even before I started doing it and being able to do a lot of incredible things. And even like those who might not have like the best money figuring out like, all right, how the budget as well. So I can have the life I want and then figure out the money stuff a little bit more.

So I continue. So definitely helping them to believe in themselves more. And I mean a little bit of that on myself for those days where I'm like, okay, I think a Sarah, I'm not sure. And be like, no believe I still got, I still got, I will take some of that too some days. For sure. That's so good that literally give,

gave me shivers up my spine. That's so good. Really cool. Okay. Last question. If you could travel anywhere right now in the world for food, where would you travel and what would you eat if we're talking about food? Yeah, we are. Yeah. Okay. So to come to mind, but if it's something completely new, I definitely want to go to Italy.

That's on my list for travel in general. And I want to try some authentic Italian food because I know I try stuff here in the U S and I've been told that some stuff we have here is a pretty much Americanized or completely American. And we'd say it's Italian. So like, oh, how's Italian food actually tastes then Really good. I'm going to tell you right now a really,

really, really good go do that can make it happen. Okay. So what was your, what was your other one? Where would you want to go? Was the other place? The other one, because my

family has to make in Jamaica. Because again, if you go to the actual iron, your meats are pretty much a hundred percent fresh.

None of the stuff injected. So you taste full, authentic, fresh meat. And I then notice until I was slowly getting older. Cause if you try what would be good example. Oh, if you tried Chick-fil-A and for any guys that have island folks, they will tell you Chick-Filet in Jamaica, fresh, delicious Chick-fil-A and Florida. What? This is trash is what you're going to hear from everyone.

Oh my gosh. This is so good. So good. Okay. So you would go to Jamaica and eat meat. Amazing. I mean, you know, what's so funny is like, yeah. When I asked that question, something that in my mind sparked jerk chicken. So amazing. So amazing in Jamaica. Oh, but that's good to know,

but all the meat and I guess the Chick-fil-A is also good. Who knew, who knew? Oh, well, thank you so much for being here today. Thank you for inspiring us for giving so many ideas on how people can create an income cradle and really not just an income create, create a life to express themselves, not be trapped in either a boring nine to five that makes you might even makes you miserable and or pursue your passions and make yourself broke,

but find a way to bring those things together. So I know some, you all are going to be listening and being so inspired by your journey, by your wonderful wisdom and advice. Thanks for being here And thank you again for having me. I was so excited to be able to do this and excited to see how much more people will take advantage and take lessons.

Yes. I remember budget surround yourself with great people, save and believe in yourself. That's that's what I'm taking away from this. So thank you, Shantelle. Thank you everyone for listening. We hope you have a great day before I leave you with this episode. I wanted to share this little anecdote from my own personal life. I can remember being a little girl spending a lot of time talking to myself in the mirror.

I would pretend to be interviewed and answer questions. I would pretend to interview people and ask them questions and speak as if I was on a stage and talk to myself and try different ways of phrasing things and answering things and asking questions and just loving it. I also remember being shamed for it. I remember people making fun of me. I remember being told by people who love me and didn't know any better,

but being told to just stop looking at yourself in the mirror, don't be weird. Don't talk to yourself. That's so strange. So I definitely hid that part of me. And I probably still do to some

extent, I mean, we'll work it out in some more therapy or plant medicine or who knows what, but a big part of me certainly smiles and looks at myself today.

As I'm literally speaking into a microphone, sometimes alone, sometimes interviewing amazing humans, sometimes being interviewed myself, realizing that those moments have come full circle. It may not have made sense. 30 years ago me talking in the mirror, thinking that one day I would, you know, interview or be interviewed, it may have looked like, well, Lisa,

you're not going to be Oprah. So why bother? But I'm going to tell you something today. This does make sense. Our world is changing so fast and I'm willing to bet the, some of the same skills that you have, that the talent, that creativity that you have, whether 30 years ago didn't make sense or 20 years ago, I'm willing to bet that today it can serve a need and be of service to others.

It may not have made sense 30 or 15 or even three years ago. It might not even make total sense to you today. And there probably isn't as clear of a path as there is with a career in nursing or teaching or a trade. But my hope for you listening here today is that no matter what calling you have, what gifts you have,

what talent you have, what ex what expression you desire to have that you believe that you can find a way to help and serve people and their needs and use your talents to create a life that you love. Golden girl. I hope you enjoy this episode and feel inspired to define success, career and life success for yourself and use your talents to light up the world in your own special way.

Thank you so much for being here. Thank you for sharing your creative gifts and thank you for being open to charting an unconventional path. One that is uniquely you I'll see you in the next episode. 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,

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