

[00:00:00] Welcome to the multi-passionate mastery podcast, the podcast where creatives come to embrace their talents as a gift, not a burden. I'm your host, Deanna joy together. We'll explore how to finally make friends with focus, ditching overwhelm, an idea of fatigue once and for all, and how to be unapologetic about who you are as a multi-passionate.

[00:00:23] But I'm not just going to pump you up with a bunch of empowerment content. I'm going to give you tools and practices that you can implement starting today. It's time to unlock your multi-passionate mastery. Let's begin.

[00:00:42] Welcome back to the show you are in for such a treat today. I want you to just imagine that you are sipping tea or sippy, a glass of wine, maybe it's Shirley. My favorite non-alcoholic wine. Okay. Shout out to Shirley, but really just kind of pull up a chair with us. You're gonna be listening on, on, on a very candid conversation with me and a friend of mine, someone who's very dear to me, Mel, and we are going to be talking about.

[00:01:09] How there is just more to life than business. I think we'll probably talk a little about, a little bit about the coaching industry and about how there's more to coaching than business coaching. And I think that this is just gonna be not only a refreshing conversation for us, but also for you to listen in on Melanie has spent the last seven years as a multi-dimensional healing facilitator, embodiment guide movement, artist, and mentor for black indigenous people of color and awakening women in March of 2022, Melanie.

[00:01:39] Tune into a business sabbatical as a practice of radical self care for mental, emotional, and spiritual and energetic renewal. And Mel is here with us today. Melanie say hi to the people. Hi to the people. Thank you so much for being here. I'm so excited to just be with you really? And just to chat and connect and what a pleasure and opportunity to have a platform where we can invite people to join us into this conversation on a larger scale.

[00:02:07] And I really do feel like this is gonna be a refreshing topic for us to cover, but first we're gonna start with an icebreaker and I would love to know, do you consider yourself multi-passionate? And if so, what does that mean to you? Ooh, I absolutely consider myself multi-passionate. And what that means to me is I do whatever the fuck I want.

[00:02:30] No, it really means that. It's important for me to find comfort and ease and acceptance with all the different directions that my heart and my energy wants to go. And I actually think that's a beautiful thing for me to own in this lifetime. So it, it just means that there's not gonna be one thing that I do that I specialize in.

[00:02:53] There's not gonna be one purpose, you know, and that's been a profound, like lesson and acceptance for me. Absolutely. So here for that. Yeah. So, you know, you already know what the deal is. This podcast explore multi-passionate. I think we've bonded over that as well. You

know, being two very multidimensional beings who aren't here to get smaller or shrink or try to fit into any box.

[00:03:18] And right now, a box that I am noticing is the box of being in business of being a business owner and especially of being in the online business space. And the reason why I wanted to have this particular conversation with you is because I've been really inspired by the way that you are. Showing versus telling that there's more to life than business mm-hmm

[00:03:45] And what I mean by this is you've been so open and transparent about the fact that you are taking a business sabbatical, why you're doing that. And also really allowing those of us who are in your community to follow along and to observe, and to see that there it's not that your whole life stopped.

[00:04:03] It's simply. You took a break from the business side to open up and really embrace everything else that's always available to us, but that we sometimes just don't tap into when we're hyper focused on business. So can you talk to me a little bit about your decision to go on a business sabbatical and maybe just let me know how it's going and any insights that you've gleaned thus far.

[00:04:27] Ooh. Yes. So I decided quite simply to take this business sabbatical because I was literally drilling myself into a hole. Some people call it burnout, and I guess that's what I'll call it. But I was literally like, Losing myself in this goal to have this outer success with a business. And my emotional health was suffering.

[00:04:53] My physical health was suffering. My spiritual, well, my spiritual health has always been cool, but like just my mental and emotional health were going downhill. And I was thinking that it was all these other things outside of me. And so I really stopped to think about like, Where do I put my most, most of my energy and like my emotional, like, I don't know, force, like where do I put most of that into my business?

[00:05:16] What's happening with my business? Mm. Nothing much. Like it could seem, it might seem like it is, but it's really not. It hasn't been sustainable for quite some time. So I had to tell myself a really hard truth. I couldn't be in denial about that. And the longer that I was in denial about that, the longer that I made myself unhealthy unwell.

[00:05:40] So I had to just like decide to loosen the grip. And that's why I decided to take this business sabbatical. And I also, I just needed to mother myself, In that way to remind myself that it's okay to like loosen the grip and to step outside or step off of this hamster wheel that tells me this is the only thing that you can do.

[00:06:03] And this is the only way that you can experience some, you know, outer success in your life. So it has been a journey of huge ego. For me, that decision was not easy. It wasn't like, oh, I decided, and that's what it was. I decided it, I knew I had a deep knowing that it was correct, but just because I had that deep knowing didn't mean that there were.

[00:06:33] like inner child things and deep-seated subconscious beliefs about myself that didn't come up and they did. So mm-hmm, there were so many moments where I just felt like I was gonna dissolve, cuz I didn't know who I was. If I wasn't pursuing, creating this successful online business, like mm-hmm, I've been doing that for the last seven years and it still has been, I feel like it was more.

[00:06:57] In like that April, March time that I first made the decision, but Ooh, as time has gone on and I've dropped into some deep self-reflection and just got to do some self-study, uh, and have got to like find a safe. Space being back home with my family, I've been able to unpack a lot of those subconscious beliefs that I held that said, like you're nothing and you're nobody, if you're not pursuing this business and especially right now so yeah.

[00:07:27] Yeah. It's been intense. Yeah. Thank you for sharing that. , you know, I think a huge part of this is that business success is very much measured on these very specific metrics and it's basically clients. income. Yeah. Or like inquiries or, you know, reoccurring clients or re recurring signs. And it's, it tends to be these ways of measuring our success as business owners, as mentors, as coaches, as facilitators, basically on decisions that other people are making.

[00:08:07] And I personally feel that that creates a very strange toxic codependent relationship between business owner and potential client, because it creates this energy of like, I need you to say yes to my program, to my offer, to this so that I can feel validated. As a person when right when our business is so tied to who we are as a person.

[00:08:30] And I know that we're both that way, right? Your business definitely came from, and you can talk about this a little bit yourself, but I know that just from being in your world, you know, you teaching movement, body love and embodiment comes from your practice of that. And it transforming you first. Right?

[00:08:46] Same thing for me, everything that I teach transform me first, and then I go and share it. So of course we're integrated into our businesses and because the success metrics are. Other people's choices then we end up in this really like, kind of fucked up relationship. And it can be very taxing, not only to us, but to our audience, but to our potential clients.

[00:09:09] Cause they can feel that a little bit. And I would love to see a world where success is measured based on something different. Like can we say that it's a successful, powerful business

decision to just. Take a break to walk away to put it down. Like, let's talk about that a little bit. Like, why is that looked at as like, oh, okay.

[00:09:34] Well, you know, I don't know if anyone said this to you. I am kind of curious. So like, feel free to let me know. I don't know if anyone said, oh, well, you'll get back to it when a time is right. Or, you know, it's almost like people can accept it, but then they're gonna encourage you to get back on the horse, you know?

[00:09:47] Well, take a break, but don't stop. Cuz anyone kind of come at you like. Oh my gosh all the time. Oh, you'll, we'll be waiting here when you come back and pick it back up and, and they mean, well, when they say it, but again, how the language comes through, especially when I'm like, I'm not sure if I'm coming back to this, but the assumption is like, oh, she is taking a break and then she's gonna come.

[00:10:08] And like, Sell to us again. And I'm like, don't put that on me. I don't, I don't know. I just told you, I dunno, mm-hmm, don't put that on me. I really honestly joy. I don't think I really realized how much pressure I was putting on and taking on myself to yes. One like have a successful online business and all those things, but to stay connected to the identity as.

[00:10:36] Mel, the entrepreneur, Mel, you know, the yoga teacher and movement instructor, but, but she's doing this herself. Like this is her business. She doesn't work for anyone. This is like, there was an identity that, so even aside from wanting to have the successful business, there was also this pressure and drive to stay identified with that.

[00:10:57] So, you know, and I, I didn't really realize that all this time, like, wow, I was deeply connected to just. Having that continue to be true. Mm-hmm yeah. Which got me even further and further away from understanding that, you know what, like this actually might not be the path right now or anymore. Mm-hmm I couldn't even fathom that being true because I was so stuck to like, just continuing to identify with that.

[00:11:29] Yeah. So maybe the next thing for us to unpack is where can we do better or where can we at least start to make an effort? To take time along our entrepreneurial journey. And for everyone listening, you know, I know some of you have a nine to five and every single day you go to work and you think about how you can't wait to leave.

[00:11:50] And when I coach my clients that have a nine to five, I say, they are investing in you. You go there, you do your best. You learn. Everything you can you focus on who you are becoming in that container. You allow them to feed into you and you feed into them, and then you take that money and you invest in your other ventures.

[00:12:09] There's never any shame in having a support job. I don't even like to call it a full time job because it doesn't have to be. What your time is full of, right. Is, but it is a source of support. And so I know some of you have a support job. I know some of you are maybe dipping your toes into the entrepreneurial space by starting to put out those offers and you're working on your lunch break and you're working on the weekends.

[00:12:29] And then some of you are listening are entrepreneurs. So I wanna talk to everyone and I wanna make sure that everyone feels included in this. And regardless of where you are on that spectrum, if you have a desire. To put work out into the world that feels like it is yours. That's what I'm gonna be talking about.

[00:12:48] When I say entrepreneur, that's just my personal definition, because I believe that entrepreneurship is a mindset and. Well, I don't have a nine to five. Okay. And I've had debates of people about this, and well, entrepreneurship is a risk and if you have a support job, it's not a risk, whatever you get to decide how you make it work.

[00:13:04] Like that's just all bullshit in arbitrary. So, so that's what I mean. I wanna preface this by that, but Mel, where can we do better with along our entrepreneurial journeys, remembering to take time to check in. With who we are beyond, outside of. In addition to our business owner identity, like how can we move past this attachment to our businesses?

[00:13:35] That feels a little bit too codependent. I think for a lot of us right now, do you have any ideas or like, can we come up with something? Oh, let's come up with something. Let's come up with something because. It took me to notice how my mental and emotional health were declining. mm-hmm and, but a part of that is, you know, I can't say that everyone's gonna have a, a movement or meditation practice, but part of that was me noticing how left things had gone, because I'm very clear on like what my baseline is.

[00:14:06] So it was easy for me to see like, something is not right girl. Like this is, this is now pinpoint what it. So mm-hmm , that's why I don't wanna say well, just wait and see when you're emotional and your mental health go, but mm-hmm , there is a part of that though, that having that. And when I say emotional intelligence, I'm not talking about like, in relationship with other people mm-hmm, , I'm talking about in relationship with yourself.

[00:14:34] So I know that you talk about intensive focus. Mm-hmm mm-hmm. Girl. That was one of my favorite things about your framework. But when I think about what I just said and linking it to intensive focus, it's like that, because the way that you describe it is taking whether it's one day out of the week, whether it's, you know, once a month taking that time to say, okay, What is my baseline right now?

[00:15:00] What am I currently doing right now? How does my energy feel when I'm doing this? Do I feel good with how I'm showing up? Do I feel good about how I'm in relationship with myself and all the things I'm doing right now? And when you hear the answer, not being in denial about it, not like shoving it down, like, Ooh, my initial answer was no, but you know, it's because I had a hard week, like, nah, We're telling ourselves the truth.

[00:15:26] So I, I feel like. That is a really outside of learning about focus outside of, you know, spiritual and personal growth. Like that's a really smart and almost irreplaceable conversation to have with yourself, especially anytime, but it's. Especially when you are putting energy forth into a, a business or a job mm-hmm or a project, whatever it is, you're trying to bring into the world, because here's the thing.

[00:15:57] This is also something I learned from this time is I've always, you know, talk about this. I've been doing this for the last seven years. Like this has always felt like this is the thing for me to do. And a thing that I came to is that. There isn't always a purpose for your entire lifetime. Sometimes there's a purpose that you have for the three years, you know, that you lived with your roommate or the season years, season mm-hmm seasons mm-hmm and it's okay to have had done something or to put energy into something or have said, this is it.

[00:16:32] I am like dead set on this. It's okay to have. Done that for this period of time. And then in this next season, this next era, that's not it. Yep. Especially as you evolve as a person. Right. But when you're so attached to your business, if your identity is so aligned with your business, And you're evolving as a person, like, does the business become an anchor that holds you in place?

[00:16:58] Like, so I, I really like what you said about intensive focus. I think that's definitely a tool that can be utilized in this way. So when I talk about intensive focus, one of the analogies that I give is it's like, it's a conference of you and you, you're going to a conference with yourself where you are the guest speaker.

[00:17:14] You are the keynote. Like it's all about you. It's all about listening to yourself. And so in addition to thinking about your priorities and your commitments and the things that I've outlined, you know, previously in the show here, why don't we add a practice to that where it's checking in also into just how are you feeling as a person, right?

[00:17:33] Mm-hmm not you as the entrepreneur, not you as the person who's trying to quit the nine to five, not you as the person who's trying to build the side hustle. How do you feel at home when you're making dinner? Are you making healthy meals? Are you ordering out constantly? Cuz you have no energy to cook at the end of the day, right?

[00:17:53] Like what other parts of your life can you observe in addition to your priorities in your commitment? So I think that's one good. Practice. And it's easy, especially for everyone listening, who already integrates intensive focus, which I know a lot of people do. So maybe we can add that in. Right. Another thing that came to my mind as we're thinking about how can we separate, like, Ourselves from our business and make sure that we are tending to ourselves as full as humans, shout out to Mel's brand new podcast.

[00:18:23] We are gonna link to that in the show notes to make sure that everyone can go listen and stay in touch with you. But what do you think about having archetypes? Cause I heard you talk about this a little bit on your latest Instagram, that sometimes it's helpful to name different parts of ourselves. Do you think that like.

[00:18:39] Naming like this is my entrepreneur archetype. And then I have like my home body, self archetype, maybe the self I am in relationship. Do you think. Doing something like that could also help with like checking in or keeping it kind of like separate sometimes. Ooh, I think that is an exceptional thing because it gives these different parts of you a name mm-hmm

[00:19:04] So it's almost like, because sometimes it is hard for some folks to conceptualize having a conversation with like just their self or, you know, your higher self. Like sometimes that. It sounds cute and great. And it is, but sometimes that can seem a little foggy and still seem a little unattainable in that way.

[00:19:22] So it's almost like naming, like I have two very distinct parts, Nira and Maddie. Okay. I already know, Maddie is the little brat who is a perfectionist who sits and lives and moves in. I'm not good. Who says, like people don't care what I have to say. I'm very familiar with Maddie. And there are times where I have to tell that bitch it's time for you to shut up.

[00:19:45] Right. And me and Nira are having a conversation. So it's, who's Nira. Tell us about Nira too. Oh, honey. Nira. Nera is the high priestess. Mm-hmm like Mira is very much she's connected to her. Power and her ability to create simply because it feels good. And not because someone is telling her that this is how you, this is the reason why you need to create, this is a reason for you being, mm.

[00:20:15] Mira is very clear on what that is. for herself and she's, she's not dwelling in, I'm not good enough. Mm. Which means there's no reason to be, to worry about being perfect. It's very much like you get what you're gonna get in this moment. Cause this is the space that I'm in to put it out. So Nera is very much like sitting on her throne and not necessarily like everyone else's peasants, but because the throne is hers to sit on and like there's no question about her worthiness of being there and sitting there.

[00:20:52] Yeah. That's mm, love it. So you're able to identify. I'm having a Mady day or I'm in a Mady moment or I'm in a Mady mood versus, or that's Maddy. That's Maddy talking. That's not your, when you're hearing thoughts come up. Oh, okay. So, so do you have any tips for how someone who maybe isn't as familiar with like archetypes and doing this kind of naming different parts of how someone could kind.

[00:21:20] Get started with that. So the really easy way that I could offer is I'm a big person on writing things down. So I would say a really easy thing for you to do is to write down thoughts that you have when you're, when you know, like it's self deprecating, like the thoughts that you have when you feel like.

[00:21:43] Dang. I, I sat here and worked myself into this frenzy of not feeling good enough of feeling defeated. What are those thoughts? Like, what's the, what's the words, what's that voice. What is that? And then think about the thoughts that you have when you feel like energized, when you feel, you know, like what's that energy, give that words, write it down, look at it.

[00:22:04] And then like, when you read the words, you can close your eyes and take a deep breath and just be like, what. What name can I give this voice? And then what name can I give this voice? And it doesn't matter what the first thing that comes to mind, just write down the name and that's what they are. And I feel like that's a really easy way to just get started with that.

[00:22:26] Yeah, that's so great. So if we're gonna apply that concept to, you know, Being an entrepreneur, having an entrepreneurial spirit, if you will. And also wanting to tend to the part of ourselves that is so much more to who we are than who we are when we are running our businesses and wanting to tend to that part of ourselves as well.

[00:22:48] It could be as simple as maybe catching yourself in a moment where you're not thinking about your business. Maybe you. Packing up a bag to go to the beach. And all you can think about is just sitting in front of the water or packing up to go to the lake with your family. And all you can thinking about is just being outside, being in the sun, being with your family, or you have a vacation coming up and you're in your group chat and you're talking to everyone who's going who's that.

[00:23:12] Who's that? Who is that? Right? Or you just tidied up your whole house and you're just looking around and you're like, oh, I love it here. I love it. When this place is clean, I love how good this feels. Or you have a really good night of sleep where you're not anxious, or you're not worried about anything, you know, who is that now?

[00:23:32] On the flip side, when you are out there and you're marketing and you're figuring out, okay, what's my next business move. And you are, you know, looking into what to invest in next



or whatever that is, who is that? What are those thoughts? And then writing those down and then naming them and then just checking in.

[00:23:51] And I think, I actually think. That within that, there's probably multiple layers as well. Like there's the part of you, that's excited to clean up and have a clean space and there's a part of you that's dragging your feet and just wants to let it be messy and chaotic and wants to rebel. Right. And then on the business side, there's a part of you that's eager and excited to market.

[00:24:08] You're unattached. You're like, it doesn't matter if someone doesn't sign up today. Cause there's someone who's gonna find my work today. Who's gonna sign up a few months from now as long as I'm serving. And then there's the other part of you? Who's like, why hasn't anyone joined? I'm telling people constantly to join, like, what is it?

[00:24:23] They don't wanna give their money to a black woman. Okay. Like all of these things, right. so there might be multiple layers and multiple archetypes personalities selves within these two kind of, you know, sort of paths that we're giving of business and non-business, but I really encourage everyone listening to consider this.

[00:24:44] Because, unless you're in therapy, there are not a lot of business coaches who are gonna take you on the journey that we're going on together right now, period, because business coaches are so concerned with what we were talking about before. How much revenue do you have? How many clients do you have?

[00:25:00] What's your marketing plan? How often are you showing up? It's very external. I was just on an Instagram live today. And someone asked me the question. What is the difference between the business coach and a multi-passionate coach? Can you imagine how excited I was when I was like, oh my gosh, like, let me tell.

[00:25:18] I was like cracking my knuckles. Like, here we go. You know? And I basically said the business coach is considering your business. They're looking at a lot of external factors. They're looking at da data. They're looking at metrics. They're looking at things that are trackable. The multi-passionate coach wants to know who you are.

[00:25:38] The. Mmm. Who are you? What are you passionate about? What would you like to bring forward? How can we make a plan so that that can happen without it feeling chaotic for you, right. Such a stark difference. And this is a great segue because I wanna also talk about the fact that. When people who get bitten by that entrepreneurial bug start to fixate only on business.

[00:26:05] What tends to happen is they do not invest in the other parts of themselves. And while I do not play a victim role in this, I will say that for coaches and facilitators like Melanie and I. Who are not promising that you're gonna make a million dollars after working with us. We're not

promising you, that you're gonna have more clients we're promising you, that you're gonna feel better.

[00:26:27] We're promising you, that we have a solution that's specifically for you, right. For these specific people, but we're not necessarily promising more cash, more clients or anything like that. And if we were to. Do that it would be, we would have to really push it and make all these connections. You know, when you do feel more embodied in your physical body, which is what Mel teaches, it is gonna be easier to welcome in cash flow because you are being more who you are.

[00:26:53] You become magnetic when you work with me and you have a clear process for prioritizing and focusing as a multi-passionate, you're not spending your brain space, trying to figure that. All of a sudden, you're excited about who you are. You can start showing up being your true self. You become more magnetic, you'll get more clients promise, but this is not what we lead with.

[00:27:11] These are byproducts of working with us, and I personally have been unpacking in doing some self-healing myself on feeling a little bit of anger about the fact that in our industry, Business and marketing coaches are held to such a high standard people, open their damn wallets and invest so quickly in any in, and you know what?

[00:27:33] I am not absolved of this. I have also done this. Mm-hmm, open up the wallet and pay someone because they believe, truly believe there's gonna be money back on the other end. So here's what happens when we don't invest in our full selves when we're not investing in how we feel about our bodies, for example, like you would, if you, if you, you know, it's too late now, if you almost statical now y'all should have got on it before.

[00:27:55] But when we're not investing in how we feel in our bodies, when we're not investing in who we are as multi-passionate beings, you join those marketing programs. you join these sales programs, none of them are taken into consideration your whole person. You leave the program and something's still missing mm-hmm

[00:28:15] And a lot of times that something missing can block the cash flow, but no one's talking about that. And so, you know, it makes it in my personal opinion, a harder sell when you are your coach, your facilitator out there in this online business arena, and you're not a business or marketing coach. It's a different arena.

[00:28:35] And this is the year that I liberated myself from being identified as a business coach. I'm like, I'm not a business coach. I'm coaching you as a whole human I'm a coach for multi-passionate that's it. And I did that very intentionally, cuz I could feel that I was only going in that direction because I felt like that's what people wanna hear and that's how I can make money.

[00:28:54] And that didn't feel on integrity. So let's unpack this. Do you, do you hold some of these same feelings about like. Oh, I guess if I was selling business or marketing, it would probably be easier. . I've probably said that 1000 trillion million times, since I have had my business over the last seven years, mm-hmm I have literally just sat and told people, like, I feel like if I was selling something that people felt like they could, what it is, is tangible versus non-tangible yes.

[00:29:23] Untangible. Right? Mm-hmm so I feel like if there was some tangible goal that they had at the end of this, like, I would, I would be good, but I don't. So that's why I'm not good. You know? I mean, I've told myself that story. So many times, and, and that is, that is a lot of it because a lot of. We do I have done is to try and get people, to see the value of investing in themselves, not investing in a goal that they can achieve outside of themselves, but like actually their, their person themselves.

[00:29:55] That's a reflection of like just the society that we live in. You know what I mean? It's totally a reflection of where we are. And as a culture, What is valued. Yes. Self is not valued. Now. Of course, all these things are becoming much more popular, but let's just still be real about it. Like self is not valued.

[00:30:17] Yeah. Therefore, people who work to, you know, work with people to help them not even help them, but guide them on their journey to being with self in a healthier way or to, like you said, ho. Focus on the holistic person. It feels like jumping through hoops to get people, to see the value of that. Yep. And I I'm sure.

[00:30:38] And I know that's part of like me throwing my hands up at some point of like, look, I'm not doing this shit I can't, I just don't wanna be in the business of like trying to get people to see the value of. Yeah. Yeah. Yeah, because it's tough. You know, I there's someone who, I, I can't remember exactly who said this, but talking about marketing and business and convincing versus conviction.

[00:31:06] And so my approach to this is I'm not trying to convince anyone, but I will be, I will stand in my conviction of, you know, why this is a powerful investment, but what it has taken is straight up saying. So you're just gonna keep investing in sales and marketing and just totally disregard the rest of yourself.

[00:31:28] And. It started as an internal conversation, and now it's going to become very external and a part of my ongoing marketing to call people out and say, interesting, my program's too expensive, less than a thousand dollars for a year, but I'm sure you're investing in sales and marketing. And they're asking you for multiple thousands of dollars.

[00:31:46] So is my program too expensive or do you not think that you're worth it? Period. you know, and so when we inflate. The success metrics of business as only being how much money is in my bank account, how many clients do I have? How many, you know, inquiries do I have? Then we also invest based on fear a lot of the time.

[00:32:15] So we're just like, okay, well, how can I make more money? I'll invest in this program. I'll do this. I'll do that. So. I just wanna offer right now for everyone listening. And then no, I wanna see if you have anything to kind of add. Maybe we can get a list of just more unconventional success metrics. Y'all okay.

[00:32:33] Because we cannot keep living in this cycle. Of really just attaching our success. Like you were saying earlier. Other people's decisions. People come to their decisions in their own time. And if you are a conscious business owner or a conscious person with an entrepreneurial spirit, that's a really important lesson to learn early on.

[00:32:56] People come to their decisions in their own time. And it's your job to honor that, not rush that. Okay. Because people will feel much safer with you when they do say yes when they said yes, because they're ready and they want to not because like you're pressuring them. So that's maybe another conversation.

[00:33:11] But I personally feel like if you have taken your work, so capital w work, this can mean. Anything right. For us, it happens to be coaching, mentoring, or other means of self-expression. Right. Cause we're both very multi-passionate. So there's music. Mel's a really prolific poet as well. So. You know, work can be whatever is inside of you that yearns to exit

[00:33:39] Okay. Mm. Whatever is inside of you that would prefer to be outside of you to interact with the world. That's your work? So the first thing I'll add to our little list here. I think if you have taken your work and put it out into the world, You're successful a hundred percent. I think that's the list. yeah.

[00:33:59] And that's the list. Thank you for listening. That's it. Thanks. Ooh, I, I, I just wanna, okay. We'll add to the list, but y'all listening. I just wanna like, take a moment of silence for what she just said, because. Ooh. Think of how many times you've overlooked something that at one point was literally a thought in your head mm-hmm like, you were like, yeah, I would like to do this.

[00:34:23] This is really cool. And then you literally, it turns into something that you see in form. We overlook that's magic. Mm-hmm we overlook that as magic. So like dangerously overlook it. So I love that you said that because that is. That is success yes. Like what? Yeah, not like, did you sell it? Did people consume it?

[00:34:50] No. Did it exit, did it exit? Does it live outside of you? Did you express, did you, did you hit publish? You know, did it come out the journal and go online? It doesn't matter if no one read it, it doesn't matter if three people read. Did you share today? Did you share today? Ooh. Did you share today? I don't. We don't need a list.

[00:35:17] Joy. That is the list. And to add onto that and knowing that you've contributed, like, yeah, that was a contribution to, you can call it the collective to the world, but like you sharing you, right? Like did it exit that's the contribution? And that is maybe the most powerful success metric. It's when we take what has left us, what we have birth, what we have given to the world, and then we require it to do something for us that the success metric starts to morph.

[00:35:57] Right. And change a little bit. So everyone listening. Mm. When you are. Putting your work into the world. And this can mean, yes, this can be posting on Instagram. We're talking about real life. Okay. This can be posting on Instagram. This can be having a conversation with another person. This can be writing the same thing.

[00:36:22] You keep writing in your journal on a blog online. This can mean so many different things, but before you ask that work to do something for you, Have you stopped to acknowledge the fact that it has exited and it now exists outside of you like honor the work. I I'm like almost about to cry. Like this is really important honor.

[00:36:46] The work for what it is. Like you said, it's your magic. And especially, I really especially need multi-passionate creatives to hear this because you have so much to give. These are not frivolous interests, that you have something that I have said multiple times this week to multiple people, is that your passions, your interest are representatives for values that you hold.

[00:37:17] Mm they're. Just representatives. So when you put your work out into the world, regardless of what medium it's in, or regardless of which like form of interest, it expresses as maybe it's singing, maybe it's writing, maybe it's teaching, whatever it looks like. You're not just putting published, you're sharing your values and that's extremely impactful.

[00:37:41] So like, are you honoring that before you're asking it. Do something for you. And this is medicine for me too. Cause Hey, I'm not. You know, absolved of this, I hit published and then go on Instagram and check how many people like it. Mm-hmm I hit publish, see that people didn't like it archive it. I'm gonna post it at a different time cuz a bitch about to get some engagement.

[00:38:01] Okay. like I do that. And you know, there's times when I don't do it, where I say, oh, I just wanna share this. I just wanna share this. But the truth is, yeah, I wanna share it. And I want people to see it. And I wanna know that it's making an impact. It can be both. And we can have both. You can want that.

[00:38:21] That's a very like wholesome desire. You want it to impact people. You wanna know that you're reaching someone that you're talking to someone, but when you, when you, when you archive it and repost it and I still don't get that engagement, can we celebrate. Exactly that it has existed that it is no longer in your mind that it exists, right?

[00:38:42] Yes. Yeah. So maybe that's the list, maybe that's it. I think that's it. I mean that, and going back to what we said about tapping into or checking into, how do you feel as a person mm-hmm what. Because that is like a recipe for like inner success is a real thing. Right. So there's outer success. And then there's inner success of like, and that's, I like to talk about that as like character feeling like you're in integrity with yourself.

[00:39:15] You, when you ask yourself, how do I feel about myself as a person? And you, you have that conversation like that is. Inner success. I feel good about who I am when I walk around the world, I feel good about my work. Mm-hmm the work that existed that I put out because it just needed to be like that's inner success.

[00:39:40] Yeah. Committing, committing to having that conversation with yourself. That's yeah, I was just about to say that I actually think that pausing to take the time to check in with yourself is a sign that you are like successful because if you have the self-compassion to do that, that is to be celebrated.

[00:40:03] It's not about how you feel in the checkin it's that you took the time to check in. So really what we're doing is like peeling back the layers, you know? Mm it's. Not how delicious the fruit tasted it's that you grew it on your tree. Mm. Right. There will be another orange. Maybe it will be riper, but like, look what you did, you know?

[00:40:27] Mm.

[00:40:31] Oh, this feels good. Yeah. I knew it would be like this y'all are so lucky that we're recording this for you. this feels so good. Cause you asked me something earlier. I don't remember what you said, but I feel like for someone listening. This conversation that we are having is going to spark them, sitting back and being like, Hmm, like, how am I in relationship to this?

[00:40:57] Like maybe grip or hold on this identity of being a business owner, entrepreneur, like it's going to. Prompt some self-reflection and introspection, it's gonna prompt like a shift in perspective. It's gonna prompt looking and thinking about something differently that before this episode would've never even considered.

[00:41:20] Like I said, one day I had to tell myself the truth about like, how I was so like, tied to this identity that I had any point before that moment it wouldn't have happened. So I feel like. is

that point for a lot of people listening. Yeah. And this is someone's moment. Hey boo. If this is your moment, we're right here with you.

[00:41:42] We, with you have your moment. We've listened this multiple times. Yes. Yeah. So good. I do feel like. Almost kind of complete. I feel like we have, uh, just talked about something that isn't widely spoken about. And I only hope that this encourages you, my sweet listener to go have conversations like this as well with your friends, with your family.

[00:42:06] And I also wanna say. maybe for someone who isn't entrepreneurial, I do think that this conversation can be applied to anything in your life where you identify with, with what it is. So it could be motherhood or parenting, you know, who are you outside of that? How are you checking in with yourself outside of that?

[00:42:27] So I don't, I can't think of a lot of other examples off the top of my head, because we were specifically talking about business, but. I think that there is something here for everyone, regardless of if they are entrepreneurial or not. So I just wanna also really encourage you that if you listened up to this point and you've at any point said, well, this doesn't apply to me to be open, to seeing where it can and just receive the medicine.

[00:42:50] You know, this is a very healing conversation. So receive that medicine and hopefully this is also very encouraging for folks, you know, we're all doing way better. Then we give ourselves credit for . Oh my gosh. Especially right now to be alive right now, you know, we're in year three of a pandemic. There's just so much that has been transpiring.

[00:43:15] So many things are changing. Our laws are changing and not for the better, there's a lot happening in the world as well. And when you're still allowing your work to. In this climate, like it's double success. It's tripled success. If you are a person of color, okay. If you're a person of color, if you come from an underserved underrepresented community, if you are differently abled, if you are lb G LBGTQ, if you are someone who is just quote unquote weird, if you are a neuro divergent.

[00:43:50] If you are vastly misunderstood, if you don't feel love by your family or your friend, if you don't have a lot of close friends, if you feel lonely, a lot of the times, all of this gets to be taken into consideration. And this is what we mean about looking at yourself as a whole person. I'm not just a business owner.

[00:44:09] I'm a black woman who owns a business. Who's asking people to pay for a service and who's being told again and again, that it's too expensive and I'm beginning to feel. Deep deep feelings about that. And I'm finally at the point where I'm gonna start really challenging people when they tell me that, because it's not , it's not too expensive.

[00:44:30] No, it's not. And there's so many creative ways to come up with, you know, payments. And I'm not someone to pressure anyone into that, but. I want people to know who they're talking to when they say that. And I want people to feel more empowered to support a black female business owner and to be excited about my prices.

[00:44:50] And so it's things like this that we start to consider ourselves as more of a person, and it helps us to show up in our business, but it also helps us to advocate for ourselves in the way that only we can. So, you know, please just soak this in, hear all of this. Yes. Use intensive focus as a personal check in time for yourself.

[00:45:15] Yes. Identify different voices and see if you can apply names to them so that you can start to have conversations, or at least know when they're the ones talking like Mel said and. Can you find, you know, you know, we gave our ideas of kind of unconventional success metrics. What are yours? I think it's good.

[00:45:35] We didn't give a full list because. What is it for you? It's so individual it's so personal. So that would be your homework. I was to give you a little homework after this episode and you don't have to sit in journal, just live your life and have this thought in your mind and see what comes up for you.

[00:45:52] What is your definition of success and what are you not giving yourself credit for and, you know, reach out to us and let us know how this lands for you. Mel, let everyone know where they can stay in touch with you. We'll link to all your stuff in the show notes, but just let everyone know how you would prefer.

[00:46:07] that they get in touch. If they wanna follow your journey. Yes. So I, I really prefer you joining my email list. That's where I plan to continue to stay intimate with my journey. We'll link to it and the ship notes. Yeah. yeah. We'll link that. Cuz I currently don't have a website. So that is like, Top top tap, but then you can also connect with me on Instagram.

[00:46:30] I'm Mel, the Oracle on Instagram. And those are like the two places that if you wanna stay connected with, in your podcast and my podcast. Yeah. Yeah. My podcast is called full ass human it's available. Most places that you listen to your podcast and I just wanna share. In addition to what joy and I were just talking about is that this podcast is me practicing, putting my workout without wanting it to do anything for me.

[00:47:00] Yes. This podcast, the exit is my, yes, this is my embodiment of that. So yes. I, you know, I would love you for you all to follow me along on that podcast journey, because it's much more than just having a podcast. Like I said, it's me embodying and like moving through the journey of just letting things exit and that's it.



[00:47:22] Yes. Ooh girl, you want. My three purposes episode on your show. Okay. Lemme tell you that, right. This is a great conversation. So yes, please keep in touch with Mel. Like I mentioned before, Mel is really, really gifted at showing versus telling not all of us can do it the way that she does. So. Follow along her journey become a part of her community by joining her email list.

[00:47:42] Listen in on the podcast and reach out to us on Instagram DMS. Let us know how this episode landed for you. And thank you so much for coming to the show.