

[00:00:00] Hello, and welcome back to the show. It means so much to me that you're here, that you're here again. If you are a faithful listener. Or that you have stumbled upon this podcast. And you're giving it a try either way. I'm so glad that you're here. I never take it for granted that you spend a few moments of your day with me.

[00:00:21] We're about halfway through season two. And what an amazing season it's been so far. We've covered a variety of topics, had our first interviews. And I even announced my thought process around the changes happening on Instagram and have since decided to leave the app entirely, which to my surprise are two of my top episodes of the season currently, you guys really loved that conversation and there's a lot more to come in this season as well.

[00:00:48] But first, we're going to take a bit of a break. If you listened to the episode that aired last week, my interview with human design practitioner, Krystal Woods, then you now know that I'm a human design manifestor and that means that it's extremely important that I honor my creativity and rest cycles. So after I've spent a lot of time and creative output mode, I need to recuperate and rest.

[00:01:11] Last season. I did this by releasing episodes biweekly. So I would have more spaciousness for recording and releasing each episode. And I'm considering going back to that format for season three. But for this season, season two, I wanted to challenge myself to share a new episodes every single week. And I've been able to do that for the past three months. That is a testament to my dedication, to this show and to you.

[00:01:36] I've produced mostly every episode, this season on my own with minimal support when it comes to editing and all of that. So it's truly been a labor of love. And now it's time for a bit of rest.

[00:01:47] So that rest looks like taking a two week break right here in the middle of the season before we continue on. There will be no new content released during those two weeks, but when we come back, we will stick to our weekly schedule as we close out the season.

[00:02:01] Before I take my break, I want to recap what we've covered in this season so far as well as give you a look ahead at what's to come.

[00:02:10] As I go through what we've covered this season, I invite you to listen for any episodes that you might want to tune into while I'm on my break. So maybe you're new to the podcast and you haven't had a chance to listen to some of these episodes that I'll be talking about today. Or maybe you want to tune back in for a second time and soak up more that wisdom.

[00:02:28] Also as you listen to the recap, keep in mind that we have a brand new feature here on the show where you can send me a voice note. So if there's an episode that really resonated with

you, I would love it if you would let me know, or maybe you have questions or want to continue the conversation or something that I shared. You can send me a voice note about that as well and ask your question.

[00:02:49] It's super easy to do you just click the link in the show notes, record your note, enter your name and email so that I can send you a voice note back and click submit. That's it. The reason I added this feature to this show is because I tried this out on someone else's podcast and it was so user-friendly for me as the person sending the voice note that I knew I wanted to bring it here to the show. So please don't be intimidated. It is so simple. And I would truly love to hear from you and send you a note back.

[00:03:18] All right. Let's get into the season two recap. We kicked off the season with an introduction to the Priority Mapping Method. That's the method that I teach inside of my signature coaching program, prioritize and thrive. I shared how the method came about the three phases that make up the method and how you can learn this method with me inside of my coaching program.

[00:03:41] I wanted to kick off the season with that episode, because we spent a lot of time talking about focus in season one, which I know so many of you loved and found valuable, but the reality is if you don't have clear priorities, then what you focus on doesn't really matter because you'll be second guessing yourself the whole time.

[00:03:59] So, if you haven't tuned into that episode, go have a listen. So that you can learn my approach to prioritizing that was created specifically for you as a multi-passionate.

[00:04:09] One thing to note is that the coaching program I mentioned throughout that episode, Prioritize and thrive now has a 12 month payment plan. That means you can join today for only \$89 and not have to think about your payment again until next month. And then after 12 months, you'll be completely paid out, but you'll still have lifetime access to all of the course content. This is my way of making the program as accessible as possible because I've seen it firsthand the impact that finally breaking free from the pressure of doing all the things that once has had on my clients. And I want more of you to experience that.

[00:04:44] So, if you listened to that episode and find that you're interested in learning more about the program, keep in mind that that new payment plan exists and you can click the link in our show notes to get all the info about what else that program entails.

[00:04:58] Our next full episode was about how to create priorities as a multi-passionate, who wants to do all the things. In this episode, we touched on core mindset shifts and beliefs that might be holding you back from creating priorities. This is the perfect follow-up to our first episode of the season.

[00:05:14] Our next full length episode after that was our very first interview. I talked to my former podcast, coach Chelsea Riffe all about why podcasting is the best medium for multi passionates. It was such a fun conversation. And a few of you even reached out to tell me that inspired you to either get back to podcasting or double down on the podcast that you already have.

[00:05:39] We kept going on the interview, train in the next full length episode. And this is absolutely one of my favorite interviews of the season so far, episode 16. There's so much medicine encoded within my conversation with my dear friend and podcast sister, Mel the Oracle.

[00:05:57] Together, we explored the importance of caring for one's whole self, rather than putting an unhealthy amount of focus on who we are as business owners or how the business is going. If you didn't tune into that episode, please trust me when I say there's something waiting for you to be discovered within that conversation. So head back to episode 16, if you haven't listened to it yet.

[00:06:21] After that I went back to solo episode because I really missed talking to you, just you and I. And I shared three mistakes I made that stopped me from having clear priorities as a multi-passionate. This episode served two purposes. The first one was letting you know that you're not alone if you made some of those same mistakes and the second was to offer you a solution so that you wouldn't keep making those mistakes or so that you can avoid making them all together. Throughout that episode, you'll hear me reference my free training, which if you haven't checked out, I highly recommend.

[00:06:54] The free training goes more in depth about the method that I talked about in our first episode of the season. And as soon as you start watching it, you'll see why it's the solution for all the mistakes that I used to make when it came to creating priorities.

[00:07:09] And I don't know if you've seen a lot of webinars or gone to a lot of these online trainings. I know sometimes you feel like you're sitting there and it's just someone telling you a bunch of pain points and telling you how messed up you are and then say, and if you want the solution, join my program or whatever. I want to let you know that I put a lot of thought and a lot of intention to how I crafted and created this free training webinar experience.

[00:07:34] And yes, there is a pitch at the end because I want you to know how you can continue your journey with me if you want support in learning more about what I teach in the training. But the training itself alone, whether you choose to work with me or not, will give you a great starting point. It's very fun. It's very engaging and there's a ton of value.

[00:07:55] I'll link to the training directly in the show notes, in case you want to check that out. And if you're wondering whether or not that free training will be relevant to you, I would suggest listening listening back to episode 17 first, seeing if you relate to any of those mistakes that I made to find out.

[00:08:11] Okay. We're almost caught up on a recap here. So the next full length episode that dropped was episode 18, how I'm responding to the changes happening on Instagram as a multi-passionate life coach. This episode was completely unplanned and unlike anything I've shared on a podcast before, but I'm so glad that I trusted my manifestor urge to record it, because the feedback has been amazing. I'm still getting feedback about that episode. So many of you reached out to me on Instagram DMS to let me know how it landed for you and how it inspired your own self inquiry process.

[00:08:49] As a reminder, I'm no longer on Instagram. So if you DM me, I'm not going to see it, but you can click the link in our show notes and send me a voice note that will get delivered directly to my inbox. So as you're listening to any of these episodes, if there's something that you want to share with me, drop me a voice note. And let me know. I would love to hear from you.

[00:09:08] We're wrapping up our recap. Now our most recent episode was episode 19 with Krystal Woods. We talked about one of my favorite subjects, Human Design. Krystal is the featured human design mentor inside of my coaching program, prioritize and thrive.

[00:09:24] And I wanted to bring her onto the podcast to share with you how much clarity learning your human design can bring to your life. I especially loved hearing Krystal's perspective on how human design differs from other modalities, like the Enneagram or some of these other personality tests that you may have taken whereas your human design is a steady, constant roadmap that you have that will help you get to know yourself. So, if you're curious about human design or you want to know how I use it in my coaching program, you'll love listening to our conversation.

[00:09:56] Throughout the season, we also released quickie episodes. These episodes were my way of experimenting with dropping new content here on the podcast every single week without over exerting myself. It didn't have to be a full length episode that required as much of my energetic bandwidth.

[00:10:14] For the quickie episodes, each one of them is under three minutes long. And they each explore a topic that will give you something interesting to think about. They're small, but mighty. So if you haven't listened to any of them, choose one and tune into it and see if you like that format.

[00:10:28] All right. I know that was a lot. We have really covered quite a bit.

[00:10:34] And I almost am in tears just thinking about how far we've come together on this podcast. My devotion to this practice of releasing and publishing and producing this podcast grows every single time I release a new episode because I know it's having an impact on you, and that's what means the most to me. And I want to remind you that I'm a highly multi-passionate person.

[00:10:59] So there was a time when remaining dedicated to an ongoing project like a podcast felt impossible because I would get so distracted by something else. Or I would lose interest before I ever gained enough momentum to keep it going. But by practicing what I preach and by utilizing the Priority Mapping Method in my own life, here we are.

[00:11:22] And it's really beautiful to sort of recap and be a witness to my own transformation here, because it gives me proof that you can do it too. We're talking about a recap of season two, we haven't even talked about season one. There's a whole season that came before this. And even just thinking back to how it felt to take a break for a couple of months. And then pick up the podcast kind of right where we left off. That's something that a few years ago, I don't know that I would've been able to do.

[00:11:49] When I took a break, I think that would have been the end for me because another idea would have swooped in and got my attention. We've come a long way y'all and I'm so grateful that me being able to do this in my life just gives me proof that you can do it too. Regardless of what your track record has been, regardless of what you've been told, you can absolutely bring your most meaningful projects to life and see them through without bailing in the middle even if you're highly multi-passionate, and I'm so grateful to be in the position to help you do that through these episodes, through my coaching program.

[00:12:26] That's the perfect segue actually to talk about what you can expect for the rest of the season.

[00:12:33] So When we come back from our two week break, I'm going to share a solo episode with you, and we're going to talk about why every multi-passionate needs to understand the difference between priorities and commitments.

[00:12:45] That episode will be based on a conversation that I have with my coaching clients inside of my program. Where we talked about that in real time. And there were so many aha moments on the call that I want to bring it here to use that you can get that information as well.

[00:13:00] I also want to drop an interlude episode where I sing a song. I haven't really done that as much this season. As I did the first season. If you don't know what I'm talking about and you don't know what interludes are. Go back to season one, look for one of my interlude episodes and

it will all make sense. So I'm going to, yeah, I'm going to say I'm going to definitely do that when we come back.

[00:13:22] I was going to say, I don't know if I want to commit to that, but it's really important for me to I share my music here on the podcast because I'm multi-passionate and music is one of my passions. And I know that every time I share that I give someone else permission to share more parts of themselves on whatever platform they're on. So we are going to do that.

[00:13:41] After that we're going to have one more interview to close out the season is someone really, really special. So I'm not going to tell you who it is.

[00:13:49] And then we're going to dive into a five-part mini series, all about coaching. I'm a life coach for multi-passionates. I love what I do. And I want to share more of that with you here on the podcast.

[00:14:03] So we're going to have a five-part series back to back five episodes in a row over the course of the five weeks where we're going to talk about how to know if it's time to hire a coach. Should you join a coaching program or get someone to work with you one-on-one? I also want to share some of the best moments of prioritize and thrive coaching calls. We have coaching calls twice a month, group calls, and they're amazing. So I have to check in with my clients and make sure they're okay with me sharing some soundbites, but I'm hoping there'll be fine with it because I want you to get some behind the scenes magic. I want you to soak in some of what's been happening inside of that container. And then I also want to talk about the difference between working with a multi-passionate coach versus a traditional business coach. So what I would love to do is actually share some thoughts from my clients on this. I've asked them to record some voice memos for me so that I can share them. So hopefully that will be ready to go by the time that episode airs.

[00:15:05] And then to close out that coaching mini series, I'll be answering your questions about working with a coach. I'll be inviting you throughout the series to drop me a voice note and ask you a question.

[00:15:17] And then my plan is to close the season with an episode about how to prioritize rest. I think that's the perfect episode to drop before we take a couple months off, which I like to do in between seasons.

[00:15:30] So that's what you can expect. I'm going to enjoy my two week break. And I hope that you'll find some podcasts episodes to dig back into, or that you'll enjoy a break as well. Please remember that it's okay to take a break, do what you need to do so that you can protect your creativity and have that intimate relationship with what it looks like for you to put your work out into the world in a way that works for you. All right, I'll see you in a couple of weeks.

