

EPISODE 49



F the Shoulds and Do the Wants

with Tricia Huffman



YOUR PERMISSION PRESCRIPTION

with Nancy Levin

Tricia: Giving permission to yourself to be yourself. And to live your life and to say yes to what you want to say yes to. And say no to what isn't fitting. And it's also, this is a daily thing and choice, and I like am clear in the book constantly like teaching you to also be more compassionate with yourself.

We're on the pursuit to better ourselves to be more connected to ourselves, to do these things, which are all great. But then often there can be like piling shame or should on ourselves because I didn't get this yet, or, oh no. I just caught myself judging myself. I haven't not good enough yet in that there's a lot of compassion in the book where I'm like, Hey, these are the things that going to struggle with for likely the rest of your life.

You just get better at catching them. And so again, to like, give yourself love and compassion when you catch it, but the SHOULDSDS are not your fault. But they are things that have been programmed into you and that we have to fight daily sometimes in every moment to reclaim ourselves.

Nancy: Hi, and welcome to Your Permission Prescription the podcast that teaches you how to confidently say yes to you and consciously create the life you desire. I'm Nancy Levin, best-selling author, master life coach and founder of Levin Life Coach Academy. But it wasn't too long ago that I was a burnt out people-pleaser living my life for everyone around me and ignoring my own needs. Fast forward to today and I've successfully coached thousands of recovering people-pleasers to set

boundaries with themselves and the people around them so they can live a more fulfilling life on their own terms.

I created Your Permission Prescription to help you do the same. Be sure to tune in for actionable coaching methods from me, interviews with other incredible coaches, speakers, and authors, plus one-on-one live coaching calls and so much more.

If you're ready to start saying yes to you, then you're in the right place.

Welcome back to Your Permission Prescription. I'm so excited today for our guest to join us. Today we've got Tricia Huffman with us, and she is also known as Your Joyologist. And I have been following her for years and I'm so excited that we are connected now. Tricia is a rock and roll roadie at heart. And by her first career, she specializes in working with those in the public eye to keep them in integrity with who they are, and who they want to be, while also enjoying the life that they're currently living. She's a mental health and mindset expert known for sharing real talk with heart, calling you to uncover and honor who you are and empowering you to claim your joy daily via her social media. Her Claim It podcast, Your Joyologist product line, Own Your Awesome - Daily Inspiration app and everything that she does.

And her brand-new book is available now published by Hay House. And it is got a phenomenal title F the SHOULD'S Do the Wants, Get Clear On Who You Are, What You Do, and Why You Want It. So, Tricia, welcome.

Tricia: Thank you. Thanks for having me.

Nancy: I, like I said, I've been following you for ages. I love Your Joyologist, everything that you've got on your site, all the goodies and practical applications of things.

And I love that you now have this book.

Tricia: Me too.

Nancy: So I'd love to, I'd actually love to hear a bit about your own journey, you know, from working with musicians. I know at the beginning being the roadie, being all that, how you had your own turning point to then shift and how you got to where you are today.

Tricia: Yeah, well, so I feel like there were like two main points in my life that have led most of my life. And one was when I was 15, I had a lot of undiagnosed pain, all sorts of like medical issues that weren't serious,

but were annoying and real. And my mom was a nurse and took me to all sorts of specialists and didn't really get relief.

I was eventually diagnosed with fibromyalgia when I was 18. The physical pain actually did some good for me in a way that I kinda just was over life. And I saw a lot of adults, including my own parents that were unhappily married, that just didn't look like they were enjoying life. So it was like really present to how miserable a lot of people seemed, especially adults that I was supposed to be listening to and figuring out already what I was going to be doing with my life.

And I actually got really close to ending my life and I had this really breakdown moment. Where I was like, if you think about this all the time, you're either going to do it.

Or what if you just chose to live life a different way. That was like, I'm done. I'm done with the BS of trying so hard to fit in. I realized I couldn't do anything about my physical pain at the time. But could I do something about the mental pain I was causing myself daily that I think we, as humans all do, and it's not even our fault.

Right? Like it's just things that are wired into us. So this wanting so badly to fit in and for people to like me and you know, I felt like I wanted to stand out and fit in at the same time. So I really in this sort of dark moment chose to live. I was like, all right, I'm going to try life a different way.

And I'm going to stop caring so much about what other people think. I mean, this was a daily thing that I had to work on. It wasn't just like, bam, I'm not going to care. Everything's easy peasy now. But that included even my parents and you know, my teachers or like the cool kids. Even though I didn't really tune into the SHOULD'S until later it felt very much like every day.

These like, should I raise my hand? What should I wear? What should I say? What should I act like for boys to like me? So I wasn't tuned into the SHOULD'S, but I really felt that energy. So at that age, I started to live life differently and to try not to care. What people were saying, or really just to make my own opinion be the more important one.

Cause I, of course I cared and I still care, but every day I still fight to be. Tricia, but what do you think, what do you want to believe? What do you want? Which is a big thing that the book dives into. So I, so I wanted to become a live sound engineer and I didn't even know what it was. I just loved going to concerts and I would be like, oh, the guitar is too loud and

this, and I didn't know what it was, but I just pursued it and made it happen.

And I was a touring live sound engineering. At the age of 25, I was chosen to work for Dolly Parton. So I made it.

Nancy: Oh yeah, you did.

Tricia: So, so that's what I was doing. Doing that and living my biggest dream, which it really was like, and it was a great life. And when I wasn't touring, I would, oh, I'm going to go to Bali for a month.

And like, I really was living my life and I loved it. And what I saw was these people that were really living out their biggest dream. I was living out my biggest dream. They were on stage singing their songs, you know, could fly off to a private island. I was willing to Bali but staying in a you know, an affordable place, but they could like fly, they would, you know, there's one woman that I worked for. I love so much. And she would buy the same pair of shoes over and over again. She liked them not knowing she had them already. These people had it all and they even, I saw had amazing like family and loved ones.

So it wasn't as if you know, they were in like these toxic relationships and stuff too. So really had it all. And yet still they weren't lit up, oh my gosh, I'm alive. I'm living my dream life every day. Doubts, fears, comparisons saying yet, not really having great boundaries. Which I didn't know what boundaries were back then. You know, like wearing themselves out for you to say no, so many things.

And so this was just happening, but again, I was like, oh, well, I'm living my life. And, and the second turning point was my dad passed away suddenly. And I never, I had experienced loss before, but that shook me in a way that is still so confusing to me. And it really said a bunch of things free for me, but I was, he died on the day or I've we found out about his death because it was an accident.

And he was found, I was supposed to be flying to Australia to start a tour that I'd be gone for the whole year. And I worked towards a tour. So like I said, when I wasn't working, I would go off and spend my money. So I did not. I didn't have a home. I didn't have anything. I was supposed to be on tour for the year, making a lot of money.

Livin' my life. I, from the funeral, I flew to Australia still, but I was such a mess. And I also, again, was waking up to everybody else in this world

seems miserable no matter where I go, like, why are we all here? Not realizing you could slip and fall and hit your head. And die.

That's what happened to my dad. Like the oddness of it all too, was just, we always say you could die tomorrow. And it was true. What is the point? What are we all doing here, if not to be alive in our lives. And so I was really frustrated and like just wanted to shake people on the streets.

And I was miserable because my dad died. But also. Woken up, but I was like, what's, what's going on with you? And I get it, we all have pain. I have pain right now, but you're alive. Like, you know, can you, again, experience some joy today? So anyway, I realized I was just such a mess on tour that I was just witnessing other people.

I said, I'm done with sound. I'm never going to do sound again. I could have said, I need a couple of weeks off to heal. I'll be back in the summer. And I said, I'm never going to do sound again. I don't know what I'm going to do, but, I want to wake people up to living their lives. And so I quit my life and I didn't have a place to live and I didn't have money.

And this message came from somewhere. I don't remember reading it or seeing it. It was just like I'm done with the SHOULD and it made no sense to me because I didn't think I lived a life of SHOULD. Right. But I actually chose to focus on the word itself. So I wouldn't allow myself to say the word and very quickly I realized I needed a replacement for the word, because I was so committed to it that I would be in conversation and I'd be like, Nancy, what shou-?

I wouldn't let myself say it. So I was like, what else can I say then? Like, I don't understand. It was just like a word I use all the time and I didn't realize it. And I went through different things and what I decided was WANT was the best word for me to use, to replace it. And that changed everything. So every day through all these small moments, I'd wake up.

Oh, I should get out of bed. Do I want to get out of bed? Like, I actually don't have anything to do, but why should I get up out, because that's what people should do. They should be out of bed by now, like all of these small ways that we make our lives hard and feel like I'm a bad person because I'm not out of bed yet.

Or, what should I eat for breakfast? What is the best wellness health thing that I'm supposed to be doing it should be doing for my body. So it just made me slow down to everything. And so I focused on that so long.

And so this whole book is just the very deep realizations of that implication of that word that still messes with me.

I gave up the word in 2008. So what are we at, 14 years later? And so it's a daily thing that I'm still, I don't use the word, but I can feel the weight of it and have to keep coming back to "Whoa." Hello, Tricia, what is it you want and why?

Nancy: I'm just lit up listening to you. And I love this and there is such a beautiful compliment between what you're sharing and my work as well.

You know, this whole idea of living packaged to be digestible. To other people. And you know, when we are doing that and we are living so other referenced, we don't focus on what do I want, what do I need? What do I think, what do I feel? Because we're so consumed with what everyone else thinks. And that's really where the should comes from.

How am I lining up? So it's comparison. And it's also about what do I make it mean about staying in bed longer? What do I need to get mean about myself? If I do this or don't do this? Yeah.

Tricia: What I've realized? Well, I've realized so much obviously, cause I wrote the whole 16 chapters about it.

I've been talking about this for so long and like people, the word should, and they're like, yeah, yeah. You don't believe me, let me tell you how much a huge thing that I think a lot of it is tied to is the many ways that we are judging ourselves every day. And then we say, What should we do?

What will this mean about me? Which I think there's even, that's a section in this, in my book where I say that we're often like jumping into, what will this mean about me? What should I do? What's expected of me? Is this okay? What are people gonna think? And so really all of those thoughts that we make up, like the world is going to have of us and they might, but that's you judging yourself for your choices.

Bingo. I slept in. I'm bad. I'm wrong. I'm lazy. Whatever the thing is. And so we're constantly judging ourselves all day long. But acting as if it's the world doing it to us.

Nancy: Right. We're so afraid that the world is going to judge us, that we don't even realize the degree to which we are already judging ourselves.

Tricia: Yeah. And so that's a lot of the daily insight for me, constantly catching myself, judging myself in quiet, being able to see. Wow. Is that really what I believe. And is that really what I want to believe? Cause some of them are so deeply rooted that a part of me does believe those things, but I've been conditioned from the SHOULD to believe what I should be doing, or how I should look, or how I should act.

And so then just being able to ask myself, is that what I want to believe right, is such a game changer.

Nancy: One of the things I knew I wanted to talk to you about, and this feels like a very natural segue into it is this concept of integrity. And I know that it is a big piece in the book. It's even when I introduced you and it was in your introduction.

Let's, let's talk about that. Let's talk about how integrity shows up and how effing the SHOULD cultivates our integrity.

Tricia: Yeah. Well, so that's to one actual concern I have is that people might read the title “F the Shoulds, Do the Wants” and think. Oh, so this is only about living your dream life or a big want.

And I'm only going to do what I want, and it is. But as I also go into in the book that it's exposing the real reasons for what you're doing and why. The subtitle of “Get Clear on Who You Are, What You Want, and Why You Want It.” Isn't you're big that in the world, it's in your daily choices.

NANCY: Right.

So in the integrity of why you're saying yes to something, is it because you want people to think you're a good person? Is it because you're afraid that they're not going to invite you again, if you say no. Is it like, so looking at these daily choices and that's what I think is twos, eyes now see that every should, I can actually look at it as a choice, but then I have to do it.

Right. So why am I doing it? So sometimes it's turning SHOULD into wants. So many things we say yes to things and we want to do them. And then they come around and you're like, oh yeah. Or really I should have said no to that. Why did I do that? And then a simple thing as well. Why did I say yes because I love that person and I want to support them or because I really think this will be a, you know, a great opportunity for me.

And so getting into the why then can turn it into a want. Or seeing how will that make me feel? Why are you doing the things in your life and your business and your relationships. And so then when you're clear on why you're doing them and you're making the choice. Yes, I do want to do this, then you are always aligned and an in integrity.

And nobody has to guess about you, or I don't know if she's just doing that cause she's nice or this. I have found with like people pleasers. I don't trust them because they always say yes. So, is this actually something that they actually want to do? Or they're just afraid to say no, And because I'm always living with my wants, like the other day, a mom that was living up the street, they're like moving into a house, they're doing lots of lawn care.

And she was like, yeah, do you want to have the girls over to play? My girls in their front yard. And she thinks that's busy, but then she's constantly distracted. She's not getting work done. And I said, can I kept saying, can I just bring your kids down to my house? Oh, don't do that. No, no, no, no. I don't want you to have to do it.

And I'm like, okay, but like, this is, you know, why don't you just let me bring the kids down to my house, even for a little bit. Are you sure? And I was like, I will never offer to do something unless I actually want to, I'm not doing this because hope, you know, I want you to like me, I'm not doing this because hopefully one day you'll pay me back.

Sure. Of course that'd be nice. But I can only say yes to things in my life. If I'm fully on board, I'm not going to feel resentful. I'm not going to ever. And then if I could be like, oh my gosh, why did I say yes to this a little bit later to remind myself, oh, right. Because you want to, blah blah blah, it feels good.

And then also be like, okay. And I'm ready to send the kids back now. You don't do it just, but like, it makes me feel like I'm always living of integrity because I always know why I'm doing things and it's not just to get something in return. Of course that'd be nice. But. I have to feel great about what I'm saying yes to.

Nancy: Yeah. I mean, I, and this is a, you know, there's so much alignment here for you and me that I wrote a lot about this in my book *Setting Boundaries Will Set You Free* and this whole idea of when we say yes, but we really want to say no, how do we really embrace the no, and make sure that yes is coming from desire.

And that ultimately the goal is not that you're setting boundaries every single day, but you're living in such alignment with your own truth, in integrity, so that you are constantly making choices from what's true. And that ultimately is, you know, that's the goal here and it sounds very similar to what you are saying, too.

Tricia: Yeah, totally. And that's, I mean, I think the term boundaries becomes scary to some people. I feel like when I hear boundaries, it's like all of a sudden you've taken a large fence and, you know, blazed it down, your wall and all.

And it's, it's not, it's almost as if it's opening windows to yourself. Hm, how does this feel? What will this do? And am I available for this at this time? Like, there's a big chapter in my book. I had to learn the lesson of boundaries. And this was before, you know, the term was being thrown around and people were writing books about boundaries.

Well, I didn't know. Yeah, the chapter in my book is, yes to you. And that was my version of boundaries. which it is, now it's her views. But like, I didn't have the term boundaries. It was just realized that I, I ran away to India. Again, this is another time of my life. I gave everything up.

This is I given I'd created a new life for myself as a joyologist to the stars. I was given that title. So during that year where I was saying, I didn't know what I was going to do when I was like, how am I going to shake people up? I did a lot of work on myself and a lot of inquiry. And I ended up making a position to go back on tour because that was the world I knew.

I was like, I'm going to take care of the artist. And so that they are in integrity like that. So it ended up turning into, because I saw that most people are afraid to talk to these people and be real with them. And so again, they're unhappy and they're saying, yeah. Well, how can we take the parts of your job that's your dream, but maybe, oh, you don't love doing all of these interviews. Well, why would you do them? And also maybe you don't do as many or we create days or schedules. So anyway, there was so many different varieties of that work that I did. For artists. And I had, I made up a job. It was amazing.

I was still touring the world. I loved my life. And I also then was exhausted when the cycle was going to come to an end. Cause I would be booked for a year to nine months or it would be different times, you know, 2 months, but some of them were 18 months, And I loved it. But one, one was coming to an end and I had just created this big thing.

I was so, I need time for me. And I couldn't imagine myself being back in California. It took me going, running away from my life to do this, but basically, I'm going to go to India. I don't know what I'm going to do next. Maybe, I'll start writing a book of then. I had started blogging.

I just, you know what, I'm going to go to India and you can get a six month visa. So I gave all of my possessions up. I was preparing for this. I'm going to India. I don't know I'm going to go for at least six months and then maybe just go somewhere else. Cause this is like a new chapter of my life. And the day before I was leaving, somebody threw me by a party and somebody asked me, what is the thing you're most excited to do in India?

And I was like, to not be around anyone I know. And I didn't know that, like he asked me that and then I that came out of my mouth and I was like, what? I went to India and it was amazing. I only ended up there for, I think, two weeks and I came back, but I realized what I wanted to go to India. Like I wanted to write, I wanted to learn to run and I wanted to be at a beach.

So I, I did start, it had nothing to do with India, even though I did love India and there were so many things, but it, it really had nothing to do with India. So I ended up coming back. But what I realized is I was so afraid. I didn't have grief any longer to hide behind. Like that year.

I learned so many lessons of being able to even have a choice. Cause now it was no home and not on tour anymore. Cause it also was like, if I'm on tour then by I don't do anything in the oh I'm home. So then yes, I sure go can go to your party now because I'm home. So it's basically like if I was in town, I said, yes.

And then I was on tour and I didn't have, so I also had this new, I actually have choices. Ah, people think I don't have people see that I don't have a job. So they're asking me to do things, but I don't want to. I just want to stay home. And again, and again, I just wanna stay home and read or, whatever.

So it was this big confrontation that I had to learn that lesson.

Nancy: Yeah. Learning the lesson of, you know...

Tricia: ...flying to India and giving up.

Tricia: To realize that I was afraid to say no to someone asking me to go to their concert. Right. Like how dare I, I must not be a good person.

Nancy: Right. And what I have had so many clients say to me over time is, I wanted to say no, but I didn't have a good reason.

And the fact that we don't need a reason, we don't need an excuse. We don't need a song in a dance. We get to say no.

Tricia: Yeah. And I did I ended up the first time I was like on us. Cause then I moved back somewhere, but it was sort of outside of LA and I didn't have a car, but my best friend who lived in the same town and was like, you can use my car anytime you want.

So I technically did, but I was like, sorry, I can't go because I don't have a car. But then even after like a week that layered on me. And so I finally had to like be honest and I was. I would love to, but I have plans with myself tonight. That's what ended up being my response. And this was over a decade ago when, again, we didn't really...

Nancy: know.

Right. Exactly. Right. We didn't talk

Tricia: really. Yeah. So, but yeah. And then I also had to learn a lesson harder than that, of being able to have, for me to say no to thing that were awesome opportunities, but I just didn't have any space because I was ending up so burned out. But I ended up with IVs attached to me with rock and roll burn out, like, oh, you have reached burnout when it's like, you would hear if people like, yeah, because I was doing so much awesome things and loving my life so much and saying yes to so many things I wanted to do.

So I then had to learn the lesson of, oh man, I have to say no to things that I do want to do?

Nancy: Mm. Yeah. And you know, and that's where all of our choices are ultimately cumulative.

Tricia: So I've got some I've had some great learning lessons that you will get to read.

Nancy: That's the best, that's the best. And so how long has it been that you've actually been totally off the road and doing, and you know, doing your own thing?

Tricia: 2013 now was my first year off the road, which that, again was a hard choice because I still loved what I did, but I knew that I wanted to be a mother. And so I knew that if I wanted to be a mother, I would need

to create a life to make space for that. And so that was, again that was something, it was that first year of being off tour was really challenging.

I would see people touring and I would be like, oh, I wish. And then again, be like, what does this mean about me? That I'm not on tour? Because people know me as the touring this, so am I not as this enough? Or, you know, so that was confronting too. And then having to be like, wait, why did I make this choice?

What am I doing? Even when I didn't really know my next step either, that's another thing with me in life that I have often stopped things, knowing it was time to, without actually knowing what was next and being able to sit with that "I don't know" space myself. And for other people. Cause I realized other people were very uncomfortable with me not knowing what I was going to do.

NANCY: Right.

TRICIA: And they would be, LIKE that year I took off to work... So what are you going to do next? Blah blah, blah. I don't know. And that, that time I had saved money up. So I was able to live for six months without working. I was allowing myself to figure out how I wanted to now put this work that I had created into the world in different ways.

And I loved every day of that, because again, Oh, this is awesome. I can just wake up and go to yoga when I went in the farmers market, but other people would want to be like, you should be doing something. What's your goal? What's your timeline? What's your this? And I was like, well, enjoying my life feels great.

Nancy: Yeah. It's interesting. Again, like so many parallels and resonance, I feel with you around this, I was. I was the event director at Hay House for 12 years. And I was touring the world with all the authors, producing all the live events. And I probably wasn't on the road as much as you were, but one year I was on the road for like, you know, over 200 days in one year.

That's a lot, it's a lot. And, you know, I had a, and the job itself was very prestigious and, you know, I was very identified with my position and the name. And my parents could say she's doing this and all of that. And then when it came time for me to leave and go out on my own, you know, it was not only the big shift for me and really stepping into center stage of my own life, but then watching how everyone around me expressed, or not everyone, but those around me who did express discomfort, almost like vicariously for me. It's an interesting dynamic to

them, for me to, you know, sort of double down, on what I'm doing, because it's what I desire.

Tricia: Yeah. It's, it is. It's really interesting. And that's even when I, when I quit sound, because that was my agreement, I really identified because being a female sound engineer, that was very rare.

And it was very hard to break into, but then it also is even as a successful one, when I got judged and things, you know, and those were a lot of life's lessons too, that are in the book that I learned from making it in that world, or just, you know, trying to push through that man's world. And so then I really identified with being Tricia, this rock star sound engineer. And it was challenging. And even though I went back on the road in this new position, right? So to many people now, and people probably listening to podcasts, how cool she made up a job and they named her a Joyologist. That sounds amazing.

But to a lot of people on the road, even managers and agents and flat out, I was a joke. She's a what? She thinks she's doing what? And even though they could see. Wow. Oh my gosh. I can't believe how different so-and-so is on the tour. You can tell that she was making a difference. There was still a part of them that like rolled their eyes at me or was just like, oh, well she just makes the smoothie.

So I guess that's it like, they didn't want to pay attention to the actual, mind work that we were doing. It was an interesting thing. So also having to come back and to constantly be like. What am I, what do I believe? What do I want? Why am I doing this? You know? And so even when you're living your dream and like making amazing things happen like that, there are gonna people be people judging you.

And so that comes to, like I said, that's a lot of us judging ourselves, but there are. Yes. Yeah. Outside people that are going to judge us or showed us and question us. And so to realize again, to come back to, but what do I believe about myself and what do I want to believe about myself and what I'm doing?

Even if that's taking a break because I don't know, because the things that I was doing are no longer making me come alive anymore.

Nancy: So. So much of the book feels like you are empowering us to be our own Joyologist of our own life.

Tricia: Yeah. Yeah. And it's, I mean, I, I share a lot of personal stories in a way to be expose.

Like how you, you know, obviously we have lived different lives, whoever we are, but like, to be able to hopefully see deeper into, cause it's easy to be, oh no, I don't live by SHOULD'S and this, and to again, to look at these deeper implications of stuff, but yeah. To be able to have you giving permission to yourself, to be yourself, And to live your life and to say yes to what you want to say yes to and say no to what isn't fitting.

And it's also, this is a daily thing and choice, and I'm clear in the book constantly teaching you to also be more compassionate with yourself, because I think too, that often. Even in personal development world or wellness and stuff, it can almost like, oh, you're, we're on the pursuit to, you know, better ourselves to be more connected to ourselves, to do these things which are all great.

But then often there can be piling shame or should on ourselves because I didn't get this yet. Or, oh no. I just caught myself judging myself. I haven't not good enough yet in that there's a lot of compassion in the book where I'm like, Hey, these are things that are going to struggle with for likely the rest of your life.

You just get better at catching them. And so, again, Give yourself love and compassion when you catch it. But the SHOULD'S are not your fault, that there are things that have been programmed into you and that we have to fight daily sometimes in every moment to reclaim ourselves.

Nancy: Yes. Just yes. Yes.

Yes. So the book is available now F the Shoulds, Do the Wants. Where, where shall people go to grab it?

Tricia: Yeah, well, it's available all, I believe places that you can buy books. But if you want to go to online to Ftheshouldsdothewants.com there's links there to all the booksellers. And I also have pre-order bonuses. And even though if you're getting this after the date, those bonuses will still be available for you.

So yeah, go to Ftheshouldsdothewants.com and I can show you all the different places that you can get it. But yeah. Hopefully you can find it in your favorite bookstore.

Nancy: I love it. I'm so excited for you. I'm so excited for this expression of yours to be out in the world. Thank you so much for joining us.

Tricia: Thank you. Yeah. I mean, it's, it really feels so special because like I said, this is something. It's most of my entire life. Like even when I

caught onto the should word at 2008, like realizing how my whole life has really been.

This lesson. And then I get to share these life lessons of, and even I've loved sharing the personal stories in this book, oh, I love that I get to tell this story. Even the ones that are, you know, the vulnerable, like moments of shame and guilt and that stuff that, wow, I get to use these, you know, life lessons that I learned to hopefully impact other people's lives, to be able to walk through their life with more love for others themselves, and to allow themselves to be who they are.

Nancy: And you touched on this a few moments ago, but I'll ask you directly since the name of this podcast is Your Permission Prescription. What is the prescription for permission that you invite our listeners? To take on what can they give themselves permission?

Tricia: So many things. I mean, like I just said permission to be yourself, but sometimes that can be so can, like, what does that even mean?

So permission to listen to and trust your one's permission to question the shoulds cause then you like, that can be scary. And what I've realized is the SHOULDs are easier. It's easier to outsource your life choices. It can be more challenging to actually come back to yourself and go, what do I want? So please give yourself permission to ask yourself that question on a daily basis in question the SHOULDs.

Nancy: Love it. Thank you so much, Trish.

Tricia: You're welcome so much. Thanks for having me.

Nancy: And we'll be back next time with another episode of Your Permission Prescription.

Thanks so much for listening to today's episode. If you loved what you heard, I'd be so grateful if you'd leave a review and share your experience. Even better, follow this podcast so you never miss a new episode. And if you'd like some extra support or guidance, head over to my Transform Together Facebook group for an engaged community where you can speak your truth, receive inspiration and ask for help as you navigate life's journey or visit my website, Nancylevin.com.

Where you can find resources to help guide your path to reclaiming. What's truly important to you. Thanks again for joining me.