

EPISODE 51

## Live Coaching: Embracing the New You After Life Throws a Curveball



**Nancy:** If you stay in this comfort zone, you know what the future holds. You know what it looks like to not bring your vision to fruition because you're living it. And I imagine there are feelings of frustration or resentment, or what are the feelings?

**Laura:** Probably resentment, because I didn't get to realize my dance career fully and I just kind of talked it away and took on another career.

Fitness. Which kind of felt great. It was great for me, but it never was that.

**Nancy:** That's very interesting. So you're still sort of holding yourself to a particular standard or a bar. So in a way, whatever you do now, you need to give yourself permission for it to be enough, even if it's not that.

**Laura:** Yeah.

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. 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 another episode of Your Permission Prescription I'm Nancy Levin, your host. And today we have a live coaching session and I will be coaching two Levin Life Coach Academy students, soon-to-be coaches, and I love these episodes because what happens is people show up wanting coaching. And I have no idea what they want coaching around.

So this is unscripted. This is free-flowing. This is in the moment. And we are going to get started right now with Laura. Hey Laura.

**Laura:** Hi. How are you?

**Nancy:** I'm great. How are you?

**Laura:** I'm doing okay. Kind of looking forward to getting into this today.

**Nancy:** Go ahead. How can I support you?

**Laura:** So I'm feeling that a very familiar feeling coming on, as I'm stepping into creating a workshop, I'll call it, and which is really unique and using some of my creative talents that I honed way back when I was in college and through my life.

And. I'm starting to feel that what if nobody's going to like it? What if you know, what do I have to offer? Maybe somebody has done this before and I can kind of feel myself. I've been happy with the creating part. So I love that. I feel safe. I feel just in my own little box, creating.

And then when it becomes a reality, I'm a little bit, I pulled back and I tried to take one of my businesses in athleisure wear, get it going eight years ago. And it still hasn't happened. I still pay for the domain. I still, you know, I still dream about it and I'm, I'm not moving it.

**Nancy:** Okay. Thank you so much for sharing this couple of things that I want to check out with you. So, you love the creation and there is a hesitation in putting it out into the world. And I wonder, if this particular hesitation is linked to something else that you've experienced, either

some sort of rejection or some sort of feeling, as you mentioned. What if someone's done this before?

What if I'm not the first? What if it's not good enough? Where is the root of all of that?

**Laura:** I had kind of toss some ideas around in my head and the only thing I can that I'm coming up with is in college. I arrived in my freshman year in a full cast on my leg to dance as a dance major and I felt horrible that I had to show up to every class, sit on the sidelines and watch all of my peers get better and better every day. And so that really took a hit on my confidence because I just kept sitting there thinking I'm not them. I'm sitting here with the cast on and I kind of feel that same way.

Right now, I'm kind of saying, oh, I'm not skilled enough. I'm not, I had such a break since my chronic illness came on the scene. And so it's making me feel kind of uncomfortable.

**Nancy:** It's so interesting. It's such a powerful metaphor arriving at college in a cast as a dance major, right?

Such a metaphor for. Literally being unable to move. Frozen, unable to move paralyzed in a sense, and already, you know how there's the expression like a leg up on the competition? It just comes to me that you found yourself a leg back. And I see. And I imagine you do, too, by the way you're nodding, you see those dots connected to where you are now.

At the root of it, is it really a fear of being rejected? Is it a fear of everyone else has done this, it isn't new? What is it a fear of? What if it's not good enough? What, what, what comes up for you in there of what's really at the heart of you not putting yourself out there in the athleisure business eight years ago and this new project now.

**Laura:** Maybe it is about what other people will think. Maybe it is related to feeling unsure and not having, I mean, I know that once I got back into it, into my dance, things changed and I grew, and I was performing in the whole thing, but it took a couple years. It took me years to build.

**Nancy:** Right. And so the obvious question to me right here is in what way have you put a cast on your leg right now?

**Laura:** Interesting. A belief. A belief that I'm not ready or I'm not worthy of stepping into it.

**Nancy:** What would ready look like to you?

**Laura:** Confident. Confident and to be like “Okay, here it is. I’m doing this and I would get the test market going.

I feel myself kind of go back to my comfort zone all the time.

**Nancy:** Right. So, there are a lot of things at play here and many of the concepts that we’ve worked with in Levin Life Coach Academy, of course. So, there are the limiting beliefs. There’s also the underlying commitment. I say, I want to visibly build this business and bring it to the world I want I’m experiencing is staying in my comfort zone.

Right? What are you more committed to right now?

**Laura:** Staying in my comfort zone. It feels like an easy place to be.

**Nancy:** Right. And here’s the deal. If you stay in this comfort zone, you know what the future holds. You know what it looks like to not bring your vision to fruition because you’re living it.

And I imagine there are feelings of frustration or resentment. What are the feelings?

**Laura:** Probably resentment, because I didn’t get to realize my dance career fully and I just kind of tucked it away and took on another career, fitness, which kind of felt great. It was great for me, but it never was that.

**Nancy:** That’s very interesting. So, you’re still sort of holding yourself to a particular standard or a bar. So, in a way, whatever you do now, you need to give yourself permission for it to be enough, even if it’s not.

**Laura:** Yeah. It’s not going to be what it was and I can make peace with. And yeah, it’s crazy how it just can choke me.

I mean, I can just feel it choking me and then just saying, “Laura, why do you have to do this? You’ve already done enough in your life.” But then there’s this aching thing in me that says, “No, you’re not done yet.”

**Nancy:** So what, what is literally the first step forward you can take in bringing this vision that you’re holding to fruition, what is the first step you can take forward?

**Laura:** Well, instead of having it living in my head, which it has been little notes and little ideas and scraps around that I’ve been pulling together is start to format it, start to give it life and an outline.

**Nancy:** Right. Because here's the thing. If you're not willing to take it seriously, how can you expect the public to take it seriously? So, in other words, by not putting it down on paper and creating an outline and creating a business plan or having it really come to life, you are already.

By not doing that. You're already creating fertile ground for nothing to happen.

**Laura:** Yes. And case in point with eight years ago, starting and I did get things printed and I did, then it just stopped because I needed to bring somebody on board to help me is what I finally realized.

**Nancy:** Yeah. Now, do you need someone to help you? Do you need support?

**Laura:** Yes, I need a partner in the clothing business. But the workshop idea. No, it's all me. It doesn't cost me anything to create it. In my, my mind it's something I could do.

**Nancy:** Okay. The workshop is something you can do. And what is a realistic timeframe that you could offer this workshop?

**Laura:** I think that I have to put a test group together, get some friends to participate in it as well. I'm going to say. Five months, four months.

**Nancy:** Are you saying that you want to put a test group together before you offer the workshop? Or are we talking about the test group being the workshop?

**Laura:** I want to put the test group together before the workshop.

**Nancy:** Okay. So you want put a test group together of people that you're going to invite? It sounds like, and then do it. And then from there. Let's actually set in time when you will offer this test, the beta group.

**Laura:** Yikes. Yeah. okay. I'm going to say sometime at the end of May, at the end of May.

**Nancy:** So, you're talking in a month? Okay. In a month.

**Laura:** Knowing what all their things I've got that I'm doing, too.

**Nancy:** Is that too soon, is that soon enough? Is that realistic?

**Laura:** I think it could be. It could be realistic if I just sat down with it.

**Nancy:** Right. So, I'm not a fan of words like "it could be", I'm not, I'm not a fan.

**Laura:** It is realistic. Yeah. Well, I've already fleshed most of it out.

**Nancy:** Okay. So, what I'm hearing you say is that by the end of May, you will have offered your beta workshop to a group of people you invite, by the end of May.

Great. Then I imagine you're going to take the information that you've gathered during that beta to enhance and inform the workshop you're going to offer to the public.

**Laura:** Yes. Yeah, Survey that they fill out.

**Nancy:** Yeah, exactly. All of that. Yes. So, when can you commit to offering the paid public workshop?

**Laura:** Gosh, I don't know. I'm going to give myself a good month, a good month.

**Nancy:** Right? So here's what I want. Here's what I want to put out to you. You want to leave time to promote and market. Do you have a mailing list, social media? How do you plan on...

**Laura:** But I actually was going to market to other business owners that are either wanting a group for women, it's going to be for women. So it could be on a retreat. It could be something that someone slots in for their day three of their retreat. And so that's how I kind of envision it being, it could be a standalone too, that I could hold at a yoga shop or yoga studio or something like that, but it could also be a part of someone else's.

**Nancy:** So it sounds like you are offering this workshop. And you want business leaders are entrepreneurs or wellness teachers to be in the audience. And the outcome you desire is that they will experience you and want to bring you into one of their settings.

**Laura:** Yeah. Well, it's not that I think that there's no audience, the audience are the people that are participating.

So it's a workshop. It's all for, it's hard to describe, actually.

**Nancy:** But if it's hard to describe, it's going to be hard to market.

**Laura:** Right. And I'm probably holding it onto it really tightly, but it's not, it's a presentation. That's going to be videoed for the people who are in the workshop, but it's an experience.

**Nancy:** I understand. I guess what I'm saying is from what you just shared, it sounds like, and what I'm using as the audience or the people in the workshop. It sounds like you want people in the workshop who might then hire you. That's the audience. It sounds like women business owners, women entrepreneurs, women wellness workers who would experience the workshop. So, they experienced you and what you do. And the desired outcome is that they would then bring you into something that they're creating. And so do you have access to those people at the moment?

**Laura:** Yeah, I'm in a networking group of women business entrepreneurs.

**Nancy:** Great. Okay. So, depending on how many people you want in the workshop, depending on how many contacts you have, you want to make sure that you give yourself a long enough time. To put this out there for people to be able to know about it and register, I will let you know that statistics show that someone needs to be hit seven times with a piece of marketing to say "yes."

So just to think about that, it's not across the board, always the case, but you want to give enough time so that you can appropriately market. And then have people be there,

**Laura:** Right. And then it starts to get real.

**Nancy:** Yes. Absolutely.

**Laura:** It start to happen. And it's interesting because I can see myself doing it.

I can see myself, visually, the whole thing. So, it's just getting past whatever it is that wants to just pull me back and go into my comfort zone.

**Nancy:** Right. So do you have the system in place to enroll people, to register them, to take payment?

**Laura:** I have Convert Kit and email.

**Nancy:** Great. You have all that set up. Great. Okay.

**Laura:** I have to do it.

**Nancy:** Do you want to do it?

**Laura:** I do. I do. And it's so funny. I want to do it.

**Nancy:** What's the worst thing that could happen? What's the worst thing that could happen?

**Laura:** That it doesn't convey or it doesn't work, I guess then I could retool it if it didn't. I guess that's the idea of a test of doing it in a test fashion first.

**Nancy:** And it's really important that you test it with women who are of the demographic you are doing the workshop for. So not just friends, who aren't in that particular demographic of women entrepreneurs, et cetera. It's really important.

**Laura:** Right. Because they're going to be coming from a different perspective when they do the survey,

**Nancy:** Let's say you do it by the end of May, then you give yourself time to retool the workshop while you are beginning to put the word out about it. Those can happen simultaneously.

**Laura:** And that probably gives you a good kick in the butt to do it because you've already said it.

**Nancy:** Right. That's exactly right. That's exactly right. For example, you could say, by the end of May, I'm going to do the beta, June and July. I'm going to promote, and I'm going to retool the workshop and finesse everything I need to, or six weeks say, even. And then, toward the end of July is when you offer the workshop. Something like that. I really want it all framed out for you so that you see the timeline and you see what needs to happen when, and then you can plug in, okay, this is where I'm going to send my emails.

This is what I'm going to go on social media. This is what I'm going to do a live. This is what I'm going to do, whatever it might be. But that you have a plan for yourself ahead of time. So that you're not just sort of doing it in the moment of, "Oh, I think today I should send an email."

**Laura:** Right, right, right, right. Definitely needs planning if it's going to be successful.

**Nancy:** That's right. And then here's the other thing I want you to think about? What does successful mean to you? What would success mean for you?

**Laura:** If it's successful for other people? If the, if the workshop...

**Nancy:** Well, you might not know if it's successful for them.

How will you define success? Will you define success by the number of people who come? Will you define success by how engaged they are during the workshop? Will you define success by how many of them hire you to come into their own retreats and workshops? Will you define success by just doing it?

You know what I'm saying?

**Laura:** That's a good part of it. Just doing it. And then probably how many people would want to bring it into their program.

**Nancy:** Right. So that's a really important consideration when you put yourself out there, to create your own definition of success so you're not living by someone else's definition and it's not dependent. It's not dependent.

**Laura:** Right, right on waiting to see if somebody responded and you know, all of that. Yeah. Well, it sounds like I really have to step up to the plate here and I think I want to, I do, I will. I want to.

**Nancy:** I want you to, too. I want to support you in this. Since we have a relationship already, I'm going to hold you accountable for this.

And I would like to know when you will email me your timeline?

**Laura:** In a week? So, end of next week?

**Nancy:** So, you're asking me a question. I want you to tell me.

**Laura:** "Yes, end of next week."

**Nancy:** Does that mean next by next Friday? Okay. Friday. Perfect. I will be on the lookout.

Is this helpful?

**Laura:** Yes. Yes. You know it really, again, it's like putting it out there to make it real.

I think it's just when I hold things back and I don't put it out there. For others to kind of bounce things off of it just stays. It's just stayed in this little box. So yes. Thank you.

**Nancy:** Because here's the thing. When you step out of that comfort zone and when you step into the unknown, you open up the opportunity for new possibilities to emerge.

When you keep it inside. You're just ruminating and mulling it over with, it's that same, doing the same thing over and over again, expecting different results. But this way, giving it some air time, giving it some open air allows for something to grow that couldn't before.

**Laura:** Yes, definitely. They'll shedding the light on it, for sure.

**Nancy:** Yeah. I encourage you to spend some time, whether it's journaling or just in contemplation about this whole metaphor of the cast and how you are keeping yourself in a cast right now. And the ways in which you keep yourself a leg down so that you can see how you can give yourself the light.

**Laura:** Wow. That's powerful. I didn't even know I had a created a metaphor.

**Nancy:** It's powerful. It is.

**Laura:** Yeah. Well, thank you so much.

**Nancy:** Thank you, Laura. Take good care.

And next we have got Annette K. Hi, Annette K.

**Annette K:** Hi Nancy. Nice to see you.

**Nancy:** Nice to see you too. How can I support you today?

**Annette K:** Well, I have two questions. So we'll start with one and see how it goes.

So, I gained a lot from your discussion with Laura. I too have big dreams. I want to actually work with small groups of people and then possibly sell my services to them individually. I also want to be an author. I want to be the kind of author that people know my name and they want to buy my book as soon as it comes out.

I have many ideas. I've already have one written. At some point I would like to take that bigger and be a public speaker. And my whole goal is to help people, every book I did, I have is for helping specific audiences. And I, once upon a time was a go-getter and I worked very, very, very hard, very long hours.

I had a brain injury four years ago. And this, my coaching with you is the first true cognitive work that I've done. And I'm thrilled that I've showed up for myself. Right. I have realized in the last six months that I'm more intelligent now than I was giving myself credit for.

So, I believe in myself in that aspect. I've written a business plan, but when I looked from getting from this point to any one of those points, other than authoring, because I can write very well. It looks like a tremendous amount of work for me. And I was never daunted by work in the past. So for me, I need to change my perception here, but I'm not sure what's keeping me from it.

**Nancy:** Thank you for sharing all of that. So, on one level, it is a lot of work, but it's also about, without sounding too cliché, how to work smarter and not harder. Seeing the way that all the things you want to do seamlessly actually support one another. And there are ways in which you can start small and incrementally.

So, there's an expression, become a star in your own backyard. And now with Zoom, the whole world is our backyard. And to begin looking at ways in which you can start putting out into the world, your message, in a reasonable and digestible way for you. So even if you've already written a whole book, it doesn't have to be about publishing the whole book right now.

It can literally be about taking an excerpt and making it a blog, or making it a video, or a newsletter, starting to put the messaging out in bite-sized pieces. So that then you can start to build an audience. As you said, an audience of people who want to buy your book, the minute it comes out, an audience of people who would want to have you come speak, and an audience of people who would want to be coached by you.

Because you're in LLCA and because of what we offer in the post certification portion around how to build, how to really build your business from scratch from the ground up, how to leverage your own story as your most sacred and dynamic marketing tool. You have an incredible opportunity, your story that I know, especially what your life was like before the brain injury, the brain injury, the impact of the brain

injury, and who you are now, and the recognition you have of still being ambitious.

But knowing that you're not able to operate the way you were before.

**Annette K:** That's well said.

**Nancy:** I think that is a really critical message. It's a critical message for anyone who's had an injury like this, but I'll tell you as a woman going through menopause, I have a similar experience. So I didn't have a brain injury, but I'm also experiencing something that has me unable to operate in the world the way I did 10 years ago and embracing of it.

And so I think your message can really transcend. So as much as you might want to hone in on people, whether it's brain injury or some kind of life-altering injury, that really defines a before and after. Or really being in recognition of who I am today is not who I was before. And here are the ways I have been able to forgive myself, or here are the ways I've been in acceptance of myself. Here's how I surrender. Here's what I'm able to do now that I couldn't do before, because I was nose to the grindstone, or working so many hours. Here's how I give myself permission. I mean, I think that there's really a beautiful talk in here.

A beautiful arc in here of your journey that is very compelling.

**Annette K:** Thank you. I think so too. And I think there's arcs for different audiences. I'm just having trouble because I know I operate differently. I'm having trouble, not seeing it all is so much work that I think that I need to get rid of that word – work.

**Nancy:** Yeah. So what, what could you replace the word work with?

**Annette K:** Dreams.

**Nancy:** Great.

**Annette K:** That felt good.

**Nancy:** I can see it in your face. Dream. Yeah. And it might be fun for you to actually sort of, I see it as a wheel. I almost see it like spokes of a wheel. Or a pie, the different things that you're wanting and look at the whole of it much like we work with vision in LLCA. Look at the whole of it and see what are the first steps in each segment. And how can you begin? How can you begin to move forward?

**Annette K:** I know in this big circle of audiences, I want a piece of pie with high school girls, and I do have a story there from experience.

The next group I want is the people with TBIs, and I've thought a lot about how the Levin Life Coaching can be used with them. And then after that, I want to be HUGE. Worldwide. Big. So, I've thought about going ahead and writing my book on TBIs and people said, "No, no, no, you got to target this one audience first."

But I'm thinking, because that book contains a lot of the messages. You just said, how I rose from the dead and that is possible. And that is possible. I just think it's going to be a powerful message for anyone, whether they've had a brain injury or not. So, I'm thinking maybe if I write that book, even though it costs me a little time, it'll at least get things straight in my head.

**Nancy:** That's right. What it sounds like you want to write is what's called in the business, a teaching memoir. So it's your story, but you're also teaching the reader and you're giving the reader things to explore and contemplate along the way about their own lives. Right? So, I don't know if I've recommended this book to you in the past.

And even if I have, I'm going to recommend it because anyone listening who wants to write a book, this is THE BOOK to get. It's called "The Book You Were Born to Write" by Kelly Notaras.

**Annette K:** Yes. I'm familiar with it.

**Nancy:** Okay. And in that book, she gives you several different outlines to follow. And the outline for a teaching memoir is in there.

What it will do is help you really organize your thoughts, organize your stories, and support you in creating a structure and framework, which you can then sort of pour your info into. I also want to say, I love that you come right out and say, I want to be huge. I want to be big. I love that you have ownership of that.

I love that that is a dream for you.

**Annette K:** Thank you. So I guess every time I started to look at it as work, I need to stop and recalibrate and say, I need to change this to dream. It's a dream. Okay.

**Nancy:** Recalibrate and remember Rome wasn't built in a day.

It's not a marathon. It's just a walk around the block at first. So, today's walk around the block.

**Annette K:** Yes. I'm not getting younger. Yeah.

**Nancy:** But listen, I always think Louise Hay started Hay House at 60-years-old.

**Annette K:** Oh, okay. I feel better.

**Nancy:** Right. It always makes me feel better. It always makes me feel better.

**Annette K:** Okay. So, I'm not sure where we are on time, but just this is a bit related. The other thing, since my brain injury left me very empty, like I didn't have a thought. For like a year and a half, I could just walk down the street and just like nothing. I don't notice anything. Now I'm having thoughts, not as many as most people, which is great, but I'm recognizing now that I have a chance to be anyone I want to be, because I'm not that person.

And I can't figure out what to feel this with, what to feel this with.

**Nancy:** Wow. What a powerful expression first to really recognize that you have a profound opportunity right now. You have a profound opportunity and I'm wondering, Annette K, if you listened to my podcast episode on 50 desires?

**Annette K:** No, but I can.

**Nancy:** That is your mission. If you choose to accept it.

**Annette K:** I choose to accept.

**Nancy:** What I will share with you is that my resonance with what you just shared, came for me in the form of separating from my now ex-husband and being on my own. And because I was so under his control, I had no idea what I wanted.

I had no idea what I thought. I just, I felt emptied the way you're describing, and I know it's different from a brain injury. However, this is where I'm saying there's resonance. I didn't know what I wanted. I didn't know what I desired. And I didn't know what thoughts to think, because I had been told what thoughts to think for so long.

So I created this exercise called 50 desires. That's actually in my book Worthy, but I did make a podcast episode about. Where I walk you through the exercise. And I honestly believe that I made it for you.

**Annette K:** Really? Thank you.

**Nancy:** I do. I do. And I think that you will love it. I think you will find it very, very eye opening.

And here's what I want to say, because again, you and I have a relationship. We've been working together for a while. And I know that as a result of your TBI, Traumatic Brain Injury, you have expressed that you don't experience feelings. And I imagined that the exercise 50 desires will support you in finding an alternative to feelings.

So, a replacement for feelings or an adaptation to feelings for you. I feel excited about that for you.

**Annette K:** Thank you. I have actually started doing that a couple of weeks ago. I started seeing colors. I now have a color dictionary for myself. What does pink mean when I see that? What does gold mean when I see that?

Yeah. And then also, I see a lot of pictures in my head. So if someone will me a question and, in coaching for example, and I saw a picture and then I said to my coach, I bet that's what you guys think is fair. Right. But it didn't, I didn't feel any fear but I could see a picture.

And then I was like, oh, that must be fear.

**Nancy:** I love this. This is revolutionary. It's like your own personal dictionary, encyclopedia reference.

**Annette K:** And it's I think it's going to help me see other people. I just would like to be more naturally engaging with others so that they can accept me as well, because you can see with all of my goals, I have to be someone that someone wants to talk to.

**Nancy:** Right.

**Annette K:** I think that means becoming an actress, which is not something that's that appealing to me. So I'm not : sure how to do it.

**Nancy:** Yeah. Say more about that. Say more about why you equate that with becoming an actress.

**Annette K:** Well, before the injury, I was already very direct, very straightforward.

But I was at least more expressive. Right? Now I'm less expressive. I think to smile, I know how. Right? It takes energy. So, I'm seeing that I relate better to people who are very intelligent, honestly, because they may have to have patience with me, but they just communicate more in a way that I relate to.

But there's all these high percentage of people that are very emotional. And I imagine I'm going to, I know I'm going to encounter people who are emotionally and what I want to do, and somehow I need to be relatable to them. And to me, this person that I see in the mirror is not relatable to an emotional person.

**Nancy:** I think that the invitation is how do you find your version of yourself? Not how do you become an actress. So how do you find, how do you actually find the version of yourself that can be in relationship with highly sensitive people? For example.

**Annette K:** Okay. I have a highly emotional friend and she tells me stuff all the time and it just kind of goes, but she's very in touch with herself, very knowledgeable about herself.

So, it doesn't phase her that things just roll off my back.

**Nancy:** But I wonder, I wonder if, is also a way where you just like, you're creating a system with colors and feelings. I wonder if there's a way that you create for yourself or almost train yourself, which really isn't the right word, to hold half capacity for what's being shared with you instead of letting it roll off, like you just said, or instead of believing that you are not relatable to people. To most people who you would classify as very sensitive.

**Annette K:** I think the word, the leave, I see your point there. I can hold space for people because of my practicum coaching. I'm holding space for people, right?

I'm showing up like this. I'm engaged and I am truly holding my space for them. But that's a, as you know, as a coach, a lot of effort, 24/7. Could you just, I just want to repeat what you said to make sure I got it. I need to find the version; I need to find the version of myself that I didn't get the rest of it.

**Nancy:** I think what I was saying is, can you find the version of yourself that can be relatable.

**Annette K:** Can be relatable.

**Nancy:** ...to highly sensitive people. Or can you find the version of yourself that creates the capacity to almost to take in what you've been letting roll off. And again, it might look different because like you said, you now see a color and you associate that with what I would say is a feeling of fear.

Right. How can you create a system for yourself? Other systems for yourself.

**Annette K:** Oh, okay. And this is, I think I got it with that last repeat. Thank you.

**Nancy:** Okay. You're very welcome.

**Annette K:** Take in what rolls off. That's quite the contemplation. So, thank you.

**Nancy:** You're so welcome. Thanks, Annette K.

**Annette K:** All right. Thanks. You have a good day.

**Nancy:** You too. Thanks so much to my guests and to all of you for listening and I will be back with you here again. Next time.

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.

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