

# Laurie

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## SPEAKERS

Christina Smith, Laurie Reynoldson

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Christina Smith

So this is our day to live. Thank you, Laurie Reynoldson. For being here. I really appreciate you taking time. I know you're a very busy lady. And so you giving us your expertise is just brilliant for me. Thanks for being here. I'm thrilled to be here. And I love exactly what you're doing with everyone in your sphere. And this summit is fantastic. So I'm thrilled to be here. Thanks for the invite, of course, and tell us a little bit about yourself. And then we'll get into the topic of the day.



Laurie Reynoldson 00:38

Sure. I am a performance coach for midlife women, I was a commercial real estate attorney for the first 20 years of my career. And when I was on the verge of joining the partnership of a large national firm, they asked me the partnership, the partners asked me a question, How will your job change if you're lucky enough to be invited to join the partnership? And I thought about it for a little bit? And the answer was really, the only thing that would change about my life was the title. So I would go from being of counsel to partner. And unless you're in the private practice, attorney, nobody knows what of counsel is. So I figured partner would help me build up, you know, would help with business development. And then the way I was compensated would change. And I had never in my life, done anything just for money. And I really started thinking about I am right on the verge of having everything I have ever worked for in my whole life. And I didn't want to do that. So I withdrew my name for partnership. And I left the law in the series of about three or four weeks with no backup plan. And what I have found is that there are so many women like me, who have done exactly what it is we thought that we were ever supposed to do. You know, we were on the track, we're checking the boxes, we we are successful by every societal measure. And it's not that we're unhappy, but we're profoundly unfulfilled. And so I made it my mission because there were no tools or help when I was looking for them. My mission is to help midlife women make midlife their best life by

figuring out what it is, you know how they define success, what is they actually want? And it has been probably the best. Hands down the best work I do in my life. That's awesome. Yeah. So and I kind of feel it profoundly unfulfilled. I wrote that down because I was like, Yes, I remember that feeling after I checked all the boxes in my life. All those boxes that my mom told me, when you check them, you're going to be happy. And I cried on my way to work for a year going, why can't I be grateful? Why can't I just be happy with what I have? Don't I have all the things that I said I wanted. And it took me a really here for me to start going, you know, maybe something's not right here. Maybe I don't need to just be grateful. Maybe I maybe something is actually calling me. And I think that that's what like a midlife crisis is it's a calling and if we don't answer the calling, it becomes a crisis. At least that's my experience of it.



Christina Smith

So tell us a little bit about our topic. Today we're going to talk about embracing our act three, which I think is amazing. We might be the first generation that's actually looking at like, how do we actually make act three like amazing, right? It's even like a little bit beyond midlife. So it's like how do we create that to be amazing?



Laurie Reynoldson 04:04

Absolutely. My coaching company is actually coaching and that is because I see a woman's trajectory, her life broken into three different parts. Act One is where you're someone's daughter, so you know you're doing everything to be the good girl you color within the lines you do everything that is expected of you. Act Two is you are typically we move into that kind of wife or and or mother role. And you know, it doesn't have to be a mother of adult kids. I am a proud dog mom of my four legged child Theo, but you know, you kind of move into that partnership caretaker role. And act three is when you realize I've been doing everything for everyone my whole life. What is it? I won't, because there's one thing I know for sure none of us are getting out of here alive, right? So at some point, we have to figure out what what do I want? What is going to make me happy. So act three is this time it's about you, let's make a let's create a life intentionally, that is worth living. And you know, a lot of times you mentioned midlife crisis, I will say that act three tends to come in about midlife. And midlife has historically been, you know, 40 to 60, it's been more of an age range. I find with my clients, though, that it is almost more of a mindset. And what I mean by that is, it's this idea that I have to finally put myself first in my own life. And the generation behind us, they're figuring this out a lot younger than we are, it's like, they think they're okay to follow the party line for a while. But this whole idea that they're just going to work, and then they're going to be rewarded in retirement, they don't buy into that at all. So they are earlier figuring out that they need to figure out what lights them up. And on the flip side, there are plenty of women that I work with in their late 60s, early 70s, who are just sort of now moving into that period, where it's like, I've been doing all the things I'm supposed to do. Now I'm retired, I don't even know what I want anymore. So it's it's the midlife brain, I think, is getting bigger, starting younger, it's going longer. So it's Act Three is circling back. It's when you finally decide that the roles that you have played in the lives of others, they no longer define your identity. They are a piece of your life, but they aren't your entire life. And so we got to get busy figuring out what is act three look like for you. And then let's put together a plan to make that a reality.





Christina Smith

Okay, yeah, very cool. So what I'm thinking about with this is that, like, I remember my therapists and must have been in my mid 30s, my therapist was like, but what what do you want Christina? And I was like, Well, I want to be a good mom, and I want to be a good friend. And I want to be a good wife. And like, everything I mentioned, has to do with like, outside people. And she was like, No, she's like, what is it that you want for you like without all of those roles? Without all those hats on? Like, what do you actually want for yourself? And I think I'm pretty sure it was the first time that I ever mentioned it. Or I actually ever thought about it. I was like, what does that mean? Like, what does that mean? And since then, I do a lot of things for myself, because I've had to explore. But for me, a lot of it was giving permission, like giving myself permission to even think that I could put myself first or even in the top three, right, like giving myself permission to say, just because I had all these boxes, this whole list of boxes, and I've checked them all does not mean I have all the things that I want or need. Right? And so giving myself permission to even dream a little bigger and be like, Well, what is it that I want now? And it's okay, if we change just like you did, right? Like, it's okay, if I no longer want to be a lawyer, like that is okay. But it's and it's really hard for a lot of us because we even have one speaker that got released today to or maybe it was yesterday, Dr. To Nicole Miller, she went to be an OBGYN first person in her family to like go to college and do all the things and and then at 40, she wants to be like, Yeah, I don't want to be a doctor anymore. You got to give herself a lot of permission in order to do that.



Laurie Reynoldson 09:11

Well, I think for most of us, you know, when you were talking about your conversation with your therapist, we hadn't we haven't ever given ourselves the luxury of dreaming. I mean, a lot of us have been high performers from young, very young ages, right, where we're, we're striving for the next gold star. We're striving for the next box to check. We're very we're very conditioned to this is these are the steps that we I need to take to get where I'm going. And we don't even take a beat to figure out how do I feel about that? Is that really what I want? So we're just on this path of what's next. what's next? What's next? And the, the, What's odd about it is when you ask a woman, and particularly this is a midlife question. What do you want? We don't actually know. Or if we do, if we if we actually listen to that, that kind of gut feeling that really that that little voice that's that's kind of hanging out here that's trying to trying to be heard. That's, you know that that kind of calling that intuition that thing that you use, you feel you sort of know, you don't really want to breathe it out loud, because what would people think about that? Or, you know, how will I be judged? Or I, for the doctor, who was an OBGYN, I've done this my life, my whole life, I'm making great money. What are people going to think if all of a sudden I'm like, I'm gonna go do something else. So we've got this is really tough. We've got our inner critic, we've got society, we've got our parents, we've got all of these people that are, have traditionally relied on us to be the one that shows up for everyone else. And because of that, we're just on to the next, checking the boxes without taking a step back and figuring out what do we dream about. I mean, most of us don't even give ourselves the luxury of doing that, right. We just, we're on to the next. And it's, it's interesting, because so many of the women that I work with, they, they tell their daughters all the time, you can be anything you want to be. I don't think we believe that for ourselves, by and large, because we see ourselves as this responsible person, the person that's going to take care of everyone else. So we want dreams to be something tangible for everyone else, but it feels self indulgent. When we look at that. The other the kind of related to this, I think is so interesting is when a man has a midlife crisis, it's very obvious, right? I mean, oftentimes, there's a sports car involved, they, a lot of them do

something strange with their hair, or they either you know, dye their hair, or they get hair plugs, or there might even be an extramarital affair of some sort. It's very external. When women go through that same process, it's so internal. That's why we can look like we have everything we should, we should want everything we always thought we ever wanted on the outside, but it's an inside job. Because we actually don't know what we want how we define success. And that that is exactly how we get to this. You know, I'm Hashtag blessed, I have a great life. I'm happy enough. But I am profoundly unfulfilled. And it's trying to figure out what does fulfillment mean to you? How will you know when you get there, just like, if you feel like you're a success by how society has told you, you should be a success. measure success. But you don't feel that way? How will you know when you get there? Unless you ask yourself? What does that mean to me?



### Christina Smith

Okay, questions. I'd be curious in the audience who, who believes that they know that they want or who is still searching for that piece of, if you want to leave us a chat is something in the chat, I'd love to know who's like crystal clear on their future. And then who's like, I don't know, that might be the first time I'm asking myself what it is that I want when I'm not busy doing all these things for all the other people in my life. Because this is a huge, I mean, to what you were saying, this is a huge mindset shift for a lot of us, right? Like a lot of us were right, in that very good girl, kind of like we're going to conform it always. I just talked to my clients about the meeting archetype a couple months ago, and it's very meet an archetype to be like, I'm going to conform, I'm going to show up, you know exactly how I'm expected to show up. I'm gonna go do the things that I think I should do, right. I know, like college was not a choice for me. Like my family. My mom was like, No, you're just going to college. You gotta figure out what you're going for. But you're going to college, right? And so, it wasn't like I really ever thought like, Oh, I really want to go to college because I didn't have the real college experience. I had to work through it and do all kinds of things to make up the money for college. But it was never really a choice for me. And I feel like all those boxes that I had on that list when that therapist asked me it was Like, did I even want any of these things? Like I don't? Like I started going, Wow, maybe this isn't even what I wanted. And so it really, it really took a lot from me to be like, what if I could do something else? And it certainly didn't approve. My mom did not approve. She was like, you're going to work for yourself. And you're going to be a coach, like, what does that even put is a life coach? What do you mean, right? And so I had to, like break completely off from like, and and even though today, we don't talk about it, like because she doesn't understand it. And as she wouldn't be supportive, we talked about this yesterday. But it was really like me deciding, I'm old enough to make my own choices. And I end like really following that intuition. When people are like, Oh, what is it like to have a relationship with yourself, it's about trusting yourself, which I did not do until I was at least in my late 30s, early 40s, like starting listening to my own voice, like I could do things that weren't logical or practical, just because that's what felt right. That was the like, it blew my mind.



### Laurie Reynoldson 16:08

Well, and to piggyback on that, I mean, our our generation is, is probably the first where we don't take a job work there 30 or 40 years and retire with a pension. Right. So that's what our parents are looking at as success. And when when we talk about either working for ourselves, or coaching or doing, you know, leaving the law, or leaving medicine or something that does

not compute to them, because, you know, on the one hand, they think I've given you all of these resources, I mean, I've given you the life that you should want. And so that's great if it truly aligns with who you are and what you want. But if you did those things to make your parents happy, and a lot of us did, there comes a time where there's this, this very friction, you know, a moment in the relationship where you have to figure out, am I going to continue to be somebody's good daughter? Or am I going to finally take a stand and do something that's really important to me. And, Christina, you are not alone and having some hard conversations with your parents, because, you know, a lot of our parents feel like they've given us all of this stuff, we should be so grateful, you know, everything they've provided for everything that we ever needed. So why can't we just be happy with what we have? And again, it's such a mindset shift. And it's, it takes a while to get there, for sure.



### Christina Smith

Yeah, yeah, it does. And with me, I feel like so if you're, if you're listening to this, and you're like, I quit in my career, and just like, step off, like, that is fine. Nobody's asking you to just dump everything tomorrow. But what it took for me was I had to start like seeing possibilities. And I always talk about like this, like cracking this nut open, right? Just a little bit at a time, right? So I may not believe that I could be I don't know, a number one New York Times bestseller writer or something, right. But the way that we get there is we start going, I'm interested in seeing what my writing is, like, I'm interested in like just getting Curiouser and curiouser, and being able to see it more and more. And then I might make writer friends, right. And I might add, oh, I am actually a writer. Now, I may not feel like I'm a New York Best Times writer right now. But I can feel myself becoming a writer like and then I might find mentors who are bestsellers and be like, oh, now I'm getting a little bit more in this right. And I can really see myself as at best. So it's little by little, we don't automatically. I mean, maybe for other people, it's different. I would love to know if like one day you woke up and you're like, I am going to be the best at this one thing. But it's never worked that way. For me. I had to be like little by little and like one of the big things for me to like really feel like a coach was the first time that I invested a lot of money in myself and said, Well, I'm gonna get myself another coach. And then that's when it was like real when I had a business coach. And that's when it was like, okay, like, I am actually doing this thing. I am quite committed to this thing, even though I had been doing it for years. So it doesn't have to happen overnight is that that's not what we're saying. But it's just about being curious, at least for me, what would you say are some of the qualities that you might need in order to really embrace this third act?



### Laurie Reynoldson 19:54

I love the curiosity piece. I think you put that so beautifully. One of the things. So they're the one of the raffle prizes is the best life daily planner and habit tracker, and it is the planner that I published. And it includes this morning 510 Five. I promise there's a segue here. This relates back to what you were talking about. But you start every day. Well, let me first say that I understand. Visualization, I understand manifestation, I, I feel like for most of it felt very woowoo to me, like I understand, you know, the secret and put it out there. And but I needed something very tangible so that I could get in the habit of this kind of manifestation visualization, without it feeling like it was to just in in the ether. And so cart. Yes, please just make this happen. And it's funny that you say, I'm the number one New York Times bestselling author, because that's the number one thing that I write down, when I get to the 10 dreams

every day, I didn't even know that in so every morning, I have the morning 510 Five. And it's five things I'm grateful for. Because we always start with gratitude. And when, you know, you can get to a point where you start seeing little bits of things to be grateful for in your life, then you're going to realize that you've got a lot to be grateful for. I mean, I think a lot of times, we try and focus on the really big things. But the goal is finding what you're grateful for in the small little moments. So it could even be like a good night's sleep, or a great, you know, a beautiful sunset walk with my husband or my dog something like that. Yeah.



Christina Smith

This morning, I was laying in my bed this morning going, I am so comfortable. Like it was like, I was actually like expressing gratitude just for being in my bed because it just happened to be so comfortable that day. So little things like that is what I'm hearing.



Laurie Reynoldson 22:12

You write it down. And we start with gratitude. And then we go to 10 dreams I achieved. And this comes from these, these are big things that you want to do in your life, ways that you want to show up, they don't actually have to be achievements, they can be like, number five is always I'm an exceptional wife. That's how I want to show up in my relationship. And we, you write them as if they have already happened. So the science behind that is that gets into your self talk, right? Instead of saying, like making a New Year's resolution and writing it down one time and then tucking it away. These are 10 things that you are working on that if you achieve them will profoundly change your life. And it is it is really making that dream life a reality. Right? So we start with some visualization, what does that look like to you, and then we kind of compress it down into this 10 dreams, we write them as if they have already happened. The beautiful thing about that is then your brain that reticular activator system by like the think about is antenna, you know, it's the filter system, it's going to conspire on its very subconscious level, all the time. If my number one is I am a number one New York Times best selling author, it's a goal, I've written it as if I've already achieved it. And just like you said, Christina, you there, my brain is going to start looking for opportunities to make that a reality even when I'm not even consciously thinking about it. So I might all of a sudden start noticing that there is a writer's group that meets in my town or I might notice that there's a course I can take or I because I'm putting that out there. I'm not necessarily you know, blabbing it sharing it to the world but I am writing it down every single day then I might end up talking about it to other people who can then introduce me to people so it's this kind of these are the things that I'm working on in the background. But if I were to achieve them I would actually create this dream life that I want to create. And then the last thing is



Christina Smith

that sing it practically manifesting it just by keeping your brain focused on the right thing right so instead of going I hate this writing and it's so hard when I go to write and and you know all those stories that we can tell ourselves you're going nope, I'm already a number one bestseller. So then your brains are ready like on that wavelength rather than going at do I feel like an impostor am I just making this up, do I really think I can do this right, all of those things. So I love this piece because it's about like refocusing our brain on what it is that we want.



Laurie Reynoldson 25:08

Yes. And we do it every day. So it's not something you know, that we do at the beginning of the year or at the beginning of the quarter, but it's every single day. So it's that rain. You know, the mind, we write it down, it's deeply ingrained, it's, it works beautifully, and it's scientifically backed, and you do it every day. And then the last thing in the morning, 510, five is five things I'm looking forward to today. Because if you are one of those people that get up, and you look at the calendar, and you're like, Oh, my God, I've gotta, I gotta go to the dentist, then I've got my annual exam, and I've got a whole slug of meetings in between there, then you're already starting the day off with this, I'm just, I just have to get through it kind of a mindset, versus I'm gonna go get my teeth clean for, you know, the next six months, and I love how that feels. I'm going to, I've got this appointment to get another clean bill of health for another year. I've got all of these meetings, but you know what, I'm going to sign a whole bunch of deals and and then I'll get paid at the end of the week, somehow changing all of these obligations that we have coming up to opportunities, things that we are actually looking forward to. And so we have started with gratitude, we've worked right and moved right into creating this dream life that we want to live. And then we are setting an intentionally up beat, life or mindset for the day. Does that mean every day is going to be a great day? Nope. But we might as well start on the right foot, right? And then what's really interesting is even a lot of those things that maybe you're not looking forward to if you write it down, if you change, reframe it flip the script. It's interesting, how many of those become things that you're grateful for tomorrow? So they move from this obligation lists today? To what? What is what's good tomorrow? So that is a very long way to answer the question about, you know, visualization, and how do you figure out what you want? And, and how, if you are just take a couple of minutes. And I mean, this takes five minutes a day, maybe. So. It, I feel like you have to take a little bit more time. This isn't like figuring out what your best life what your dream life looks like, isn't something you can kind of shoehorn in between all of your very busy appointments. You really need to take some time away, just yourself, sit and be with yourself. I think your listeners are getting a copy of the what do you want guide? Is that right? Yeah,



Christina Smith

it is on Lori's website. But when you're done talking, I will also post it in the chat. I just don't want them going off into the air.



Laurie Reynoldson 28:10

So the what do you want Guide is a beautiful place to start because it breaks down my three step framework for figuring out what do you want to be when you grow up? Right. And it starts with revisiting. So it's kind of that looking back. It's exactly why we we study history, right? We want to learn from where we've come from, what are the lessons of the past, so we got to look back? And what's it but it's a slightly different approach of looking back, I find that while women may struggle to verbalize and feel like they know what they want, they have a very clear idea of what they don't want, right? Yes. So they don't want to spend their weekends cleaning the house. They don't want to work until they are 70 years old. They don't want to continue living in a sparkless marriage, those kinds of things, right. They've got very clear ideas of what they don't want. So we kind of start there. We revisit number one. Number two is we reimagine



and that's kind of where that visualization piece comes in. If you could wave a magic wand, what would your ideal? What would your dream life look like? Who are you in that setting? You know, how do you spend your days who's around you? Where Where in the world are you do you travel? Do you work? I mean, if you were to be able to create this life, what does it look like? And then the third piece is, then how do we rewrite the script to make that a reality. So we're we're kind of going, it's this constant circle. And, you know, I think it's important to review it, that quarterly might be a little too, too soon, but annually at least has any of that changed? I mean, you've you've made some changes this year? How, when you look back on that, does that get you to this this dream life that you're looking for? And if not, then how can we make some changes to to make it better, but the, the what do you want guide, we'll walk everyone through that three part framework.



Christina Smith

Awesome. And what I love about that, that you said is like, we reassess, because I have a program that kind of runs on the same kind of guidelines of visualizations and everything. But it's really like, once we're set, we can, we can start feeling like, Oh, I'm set, I know exactly what I want. And I also want to give us the space to be like, in a year, I might look at that again, and go, You know what, maybe I don't want to do this thing. And not because I'm scared or because I feel like I can't do it. But because like I used to have a coach that was like, sometimes that path is just leading you to a different path. Like, you don't have to follow through everything that you say you're going to do. If at some point, it changes in your heart, and you're like, like, for me, I don't want to go to law school just to you know, sit through all that pass the boards, I don't want to really be a lawyer like it, like, it's okay for us to change our dreams. I think sometimes people forget about that. But if like for me, I every year I give myself permission not to be a coach anymore, just so I can dream outside of that box and see well is what I'm doing actually still fitting in with what I want. And then luckily for me every year since it's been like, Yeah, that's great, we're just gonna do this, or we're gonna focus on this. And it's becoming like more niche down is where I'm going, but but I have to give myself permission to change, or else I'm just crying on the way to work, saying, I should be grateful, I should be happy. And I've checked all the boxes, I should be I should be, but I'm not. I'm like crying. So obviously, that's not happening. So. So giving ourselves permission to change our minds, I think is sometimes so important. And I think that once we like have a dream, we suddenly think like we're locked in for some reason, we have to hit some milestones.



Laurie Reynoldson 32:41

That's because we've been conditioned to state a goal and use all of this dogged determination to get there, no matter what I mean, we we've got this, this programming, that we has been there for so long that we don't quit, right? Whatever it is that we're working on, we are going to see that through to completion. And that's, that's great. A lot of times, but not always, and you have to be comfortable enough. Once you once you are comfortable enough with who you are, and where you want to go and be able to trust your intuition. I mean, I think so many of us are used to, you know, almost crowdsourcing opinions going to the Google search bar, seeing what's going on, or we've got an idea, and we want to ask everyone around us, because we're looking for that validation, that approval, that we've we've somehow moved away from trusting our gut, right, trusting our intuition and knowing that if there's if there's something on our mind or in our heart that just won't go away. We need to listen to that a little bit and not poopoo it



not assume that we'll get to it when the time is right. But there's a reason that that curiosity keeps bubbling up. And I think we need to honor that and be more in tune with, with who we are and what we want and be willing to take a chance to make it a reality.



Christina Smith

Yeah, I love that. Because otherwise we're just kind of becoming the person that other people see us as which you know, doesn't. I've been there, and it doesn't feel so good. It feels like you're just wearing masks all the time. And you're not allowed to really show who you are, what is what, who I am or what I think is important. And so yeah, it's really that piece about really tuning in and there's there's another session today. That is Michelle Vasque was she was giving out the empowerment, six week coaching but she has a relationship with self and midlife which I think is so important because CBT be able to implement these things, we have to start building that relationship. And it's not just about being our best friend. But tomorrow we're going to learn it's about dating ourselves. It's about like really being connected to that internal intuition, part of ourselves that says, This is what's right. And that being brave enough to listen is, you know, instead of going, like you said, with, well, they think I'm good here, or they think I should do this and all that external validation. I tell my clients all the time, I'm like, you don't you need self validation. External confirmation is nice confirmation. But it is not validation, right? We are the only ones that can really validate ourselves. Any other last points you want to make before we transition? Because I don't have all of your notes in front of me. Thank



Laurie Reynoldson 35:55

gosh, I, I should have had an outline, because I'm trying to think what what have we covered? And What haven't we covered? I think the, you know, the critical piece is obviously figuring out what you want. I mean, that's come. I've said that a number of times, figuring out how it is that you define success. And be willing to create those healthy boundaries to protect who you are in this part of your life, and this act three, so that you can live most authentically as yourself.



Christina Smith

Beautiful as a beautiful way of putting it Yeah. So I'm gonna put your guide in the chat so people can download it. And then you can start walking yourself through it. Like I said, there's these great tools, this makes it very tangible like this makes it here is the way that we're going to move forward. Thank you so much, Laurie, for bringing us all that. I hope that just making people more curious about like, even if we are clear, which I'm happy to see that a lot of people in the chat were actually like, I know what I want now. And that's very, very exciting. That you still, you know, tune in and figure out like, what is the way that you need to go achieve, you know, what, what is your path there? Because I think that that's the other thing is sometimes when we see, oh, Laurie was a was a lawyer. So I must have to do my path the same way that she did her path, right in order to get there. And I think that there's a million ways to get to the places that we want to go. And that's like the I always talk about like the directions, we got to find our own directions, because other people's directions don't always work for us. So finding our own is very lovely. Thank you so Thanks for having me. Thanks for having me. Yeah. So if you want proper prizes, I hope everybody's filled out their little forum, Jamie, how's it looking? We got enough people in there. Right now we're at about eight, eight, but there's 14 people on

this call. So all right, we'll give you two more minutes, let me tell you about some of the rest of the sessions that are on today that have been released that I think are so important. So this one will be posted. So if you came in late, you're still going to be able to watch it. Can you send to receive the form. And then, so you're gonna be able to watch this later or recommend it to a friend or whatever, it'll all be up there. We also have Claire Cleary, and she talks about how to drink less. So if you're like me, and maybe during COVID You got a little too cozy at home. And now you're like, Wow, I'm drinking every night or I'm drinking more than I want to that session might be really great for you because she is really fantastic at that she's got a whole formula of how she works at this. Like I mentioned before, Michelle Vasquez has relationship with self, which I just think is so important. Like this is the time in life is the time to really start that connection if you haven't already. And if you're asking me, What the hell does that look like? Her session is definitely for you. Lea Marie Mazur, so if you have gone through a divorce, she's she is our divorce specialists coach. So even if this topic doesn't work for you go and comment on her sessions, ask her the questions that you really, really want to have. Because that's what because that's what she wants, you know, and but she's going to talk about divorce recovery don't so I wish I would have known her, you know, 20 years ago when I was getting a divorce because probably I think I was like, Ooh, I did that. Oh, I did that too. So she has some really great tips. And then there's Dr. Ellen Albertson who wrote the book rock your midlife and she's got seven steps to rock your midlife. They're very tangible steps. It her session is really awesome. We already recorded it so it's all there for you. Did everybody get access to the form we're all good. Everybody who wants to be on isn't okay cool. All right Jamie, you want to start the spinning wheel we can you can even share your screen so we can pull some prizes. Let's do first the best life planner and habit tracker that Laurie was talking about. I think that that is going to be an awesome prize for someone to check in with themselves every day. That's one way that we start a relationship with self I can't hear you you're muted Jamie. Hey should be able to copy and paste them all in one big list



here okay, let me go to share screen



Christina Smith

here we go. Look at our fancy wheel.



Laurie Reynoldson 41:44

Fancy wheel.



Christina Smith

Yeah, it's a free fancy wheel. All right, people so we're gonna go for that habit tracker. Lori's pulled it up again. Lori's like the Vanna White There we go. She's got her habit tracker go ahead spin the wheel Jamie Do you can see that it's all random. Michelle Awesome. Thank you. You're welcome. All right. Then we have the midlife Mojo bundle if you're here yesterday you saw it. It has my two books in it and fighting shift and a self love journal. So it's all about really starting

that relationship with self again, right? And it's also has my favorite book, which is the book of awakening. I read this every day it stays on my desk. It's got like these short little short little readings that every time done. I'm like, Damn that Mark neepco I gotta learn something about myself today. So it comes with that it also comes with our midlife Mojo essential oil blend that was made just for our summit. And there's two pieces to that there's a roll on that already has the whole hobo oil in it and then the other one is just pure essential oil so that you can miss midlife, you know what's that word vaporize? infuser Yeah, you all know actually I can stop the recording.