



**UNLOCK YOUR  
INNER POWER  
WITH HUMAN  
DESIGN**

**IS YOUR RELATIONSHIP  
READY FOR A MIDLIFE  
REVIEW?**

**SHOULD YOU REALLY  
BRING YOUR AUTHENTIC  
SELF TO WORK?**

**POWERFUL MORNING  
ROUTINE TO START  
YOUR DAY**

**THE MINDSET OF  
AN INTROVERTED  
JOYFULL BADASS**

**BOUNDARIES;  
DO YOU HAVE THEM?**

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# WELCOME.

I take the collaboration route 100% of the time because it's much easier to do things together and create custom avenues for your clients. If you have a similar clientele, regardless of how niche your products are, there's always a way to collaborate. Even with competitors!

This is something many people fear. They do the same thing I do, so I can't partner with them. I can't have conversations with them, they may steal my ideas. Well, they might have a different perspective on your profession or have a different focus of talent.

For me, life and business are all about collaboration.



Photo by Evamaria Kulovits

**Just like FEM is about collaboration and community.**

Here we all are, contributing authors and readers alike. We are all passionate about our businesses, and about the impact we want to have on the world. There is still a lot of change that this world needs, but when we work together, we can make a real difference! So, thank you for being here. Thank you for letting us inspire and encourage you. And most of all, thanks for changing the word with us!

*Mags Thomson*

Editor In Chief



# Unlock Your Inner Power with Human Design



**A few years ago, like many online business owners, I launched a programme. No one bought it. I did everything business gurus told me to do; a 5-day challenge, a 2-hour masterclass, endless tips and advice I gave to challenge participants, 25 emails to my list in two weeks (!), 103 personal outreaches... and none of it brought in any clients. Not one. It was exhausting and deeply disappointing.**

*By Nicoline Huizinga*

At the time, I was working with a well-known, highly successful (and expensive) coach in a mastermind group. She had launched numerous programmes with her method, so apparently, it worked. She taught this method to many other entrepreneurs as THE Success Blueprint - and she made millions of dollars practising what she preached. So why wasn't it working for me? I had no clue. In all honesty; at some point, I seriously thought something was wrong with me.





## My Own User Manual

Then a dear friend of mine introduced me to Human Design. My entire internal system went off like the bells of a slot machine, on steroids; 'Ding, ding, ding!'. I had never read anything so spot-on about me. It seemed as if someone had handed me my own user manual - and I finally understood how I am wired.

Ever since that day, I've been studying Human Design every single day - and I've been working with it with my clients as well. And every time, I'm astonished at how accurate each Human Design profile is. Every time when I do a reading at the start of my 1:1 coaching programmes, I get feedback like; 'OMG, it's as if you're inside my head!' or 'How do you know? I never even told my husband about this!'

## Know Thyself

Socrates said; 'To know thyself is the beginning of wisdom' and I couldn't agree more. For me, Human Design is one of the best tools to do so. Human Design is a synthesis of modern

astrology, the Chinese I'Ching, the Hindu Chakra system, Judaic Kabbalah and quantum physics, so it combines spiritual learnings with science.

With Human Design you discover what makes you different from everyone else, what lights you up and what drains you when it comes to your energy, motivation and drive. It offers profound insights into your psychology, along with strategies and techniques for making correct decisions and ultimately leading to a life and business of more ease and fulfilment. For me, Human Design was the missing piece of the puzzle that helps me and my clients to understand themselves and their businesses.

Based on your date of birth, time of birth and place of birth, you can get your profile on a free website called [mybodygraph.com](http://mybodygraph.com) (not my website). It provides you with your energy type, your strategy (your best way to navigate life) and your authority (your decision-making tool). Knowing your own Human Design opens your eyes to your zone of genius and helps you to

navigate the stuff in life that's hard for you like pitching in a networking group, or selling your services to a potential client.

## The Five Energy Types

According to Human Design, there are five energy types: Manifestors, Generators, Manifesting Generators, Projectors and Reflectors. These are their characteristics:

### Generators

37% of the population

Builders, energetic, enthusiastic, getting things done

Strategy: waiting to respond

Not self behaviour: frustration

### Manifesting Generators

33% of the population

Multi-talented, multi-passionate, efficient

Strategy: waiting to respond and inform before initiating

Not self behaviour: frustration and anger

### Projectors

20% of the population

Guides, insightful, intuitive

Strategy: waiting for the invitation

Not self behaviour: bitterness

### Manifestors

9% of the population

Leaders, moving quickly, creating impact

Strategy: inform before initiating

Not self behaviour: anger

### Reflectors

1% of the population

Sensitive, wise, canary in the coal mine

Strategy: wait for a lunar cycle (29 days)

Not self behaviour: disappointment

## Let's Talk Strategy for Each Energy Type

Human Design provides you with your own guidelines, and your own strategies to navigate life. Each energy type has its own strategy - and that's exactly what business owners should work with.

Let's have a look at my own example. I am a Generator and my best strategy is '*waiting to respond*'. In my launch case, I hadn't waited, or responded. I had created a programme that I thought would be great, and I had launched it because of the blueprint and my coach had told me to launch. What I should have done instead is this: check the needs of potential clients, look out for cues that indicated what they needed and create a programme for that. Nowadays, I'm in close alignment with the cues around me, and I respond to them with the offers and programmes I create.

Manifesting Generators are Generators at the core and therefore, their best strategy is '*waiting to respond*' too, plus they need to inform before initiating. Inform before initiating goes for Manifestors too, and this is one of the major challenges for both Manifestors and Manifesting Generators. Being patient is not their jam, and they don't like to be held back by anyone, as they have a vision that needs to be transformed into reality as soon as possible.

Many Projectors struggle with their strategy too. Theirs is '*waiting for the invitation*' and more often than not, I find Projectors almost shouting on their social media, showing off their expertise and sharing client testimonials like a mad person to prove that they are truly amazing. But their audience is sensitive; they sense when the Projector is 'shouting' with a 'needy' kind of energy. What the Projector should do instead is this; share their knowledge and content freely, without hope or agenda - and trust their power and wisdom are magnetic enough to attract their ideal audience; because they are.

Reflectors are a rare kind, and especially when making big decisions, they should wait an entire lunar cycle of 28-29 days. Why is that? Because they have nine open centres in their body graph that reflect and amplify other people's energy - and therefore find it hard to distinguish what thought, idea or input is actually theirs, or someone else's. They can sense when something is off, or when something is right. They just know - and that's an incredible asset.





## Authority; Your Decision-Making Tool

Authority in Human Design is an individual decision-making tool. There are seven types of authority, of which emotional, sacral and splenic authority are the most common.

**Emotional authority** implies waiting out the emotional wave before we make decisions, so the saying 'sleep on it' is made for people with emotional authority. When you have emotional authority the question 'Can I get back to you about that?' is a lifesaver.

**Sacral authority** means that your gut feeling will tell you what to do and the best way to access that guidance is to ask yourself yes/no questions. Your sacral centre will respond in many different ways and it's up to you to learn how to listen. When the answer is 'yes', you may feel a shiver in your body, a feeling of butterflies, or you will hear yourself making a 'huh-huh' sound. Or you may be leaning in when someone is talking to you.

**Splenic authority** means that you know in the moment. Nothing more, nothing less. You just know, even if the answer defies logic and doesn't make any sense. And that's the challenge for people with splenic authority, to learn to listen to their splenic authority as it whispers instead of speaking clearly and b) to trust their intuition without questioning it.

## A Rich Guide for Self-Development

When Human Design is new to you, don't expect yourself to know, understand and apply everything about your design in a short period of time. More often than not, I find that people need deconditioning from many things they have learned to be true about themselves before they can learn or apply new aspects.

That's why I didn't describe all the other elements of Human Design in this article, but there's a world of information in your design. As you are a multi-layered individual, your design shows you many layers of guidance, like the layers of an onion.

The most important thing to know and understand about your Human Design is to know your energy type, your strategy and your authority. Once you know, embody and live these three elements, you have covered 70% of your Human Design.

If you want some guidance to understand your Human Design, I highly recommend you download my free guide 'Your Human Design Explained' here: [learning.nicolinehuizinga.com/yourhumandesignexplained](https://learning.nicolinehuizinga.com/yourhumandesignexplained)

**Enjoy this wonderful journey!**



## About Nicoline Huizinga

Nicoline Huizinga is a certified intuitive business mentor, a Human Design coach, speaker and author of the book series 'Flick the F\*ck It Switch'.

As the connector of dots, she helps entrepreneurs to get clarity on their zone of genius, identify what holds them back and how they turn this around in order to attract their dream clients, so they will transform from best-kept secrets into absolute authorities in their fields.

With her 12+ years of experience, creative mind and strong intuition, she always has an answer to any question that business owners may have.

Nicoline loves reading, cold water swimming and enjoys James Bond movies as a guilty pleasure. Apart from her native tongue Dutch, Nicoline is fluent in English, German and French, and studies Spanish.

Find out more about Nicoline on her [website](#) or connect with her on [LinkedIn](#).

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# IS YOUR RELATIONSHIP READY FOR A MIDLIFE REVIEW?

When we get to our 40s, many of us start to question aspects of our lives. It is especially true of women, who are heading into perimenopause, but men too. We often talk of a midlife crisis, but I like to think of it more as a Midlife Review. That is if you take the opportunities it provides.

By *Sharlene Halbert*

This is a time of life when things start to change. We start to question what we have in life, the goals we have achieved or the dreams we left behind. That shows up no less in relationships. We may start to feel dissatisfaction at things that we've previously put up with. Suddenly, we don't want to put up with it anymore! Maybe we just feel that we've grown and changed and we're not sure that the relationship has, or we are tired of trying so damn hard and getting nowhere.

## Your Relationship Impacts Your Whole Life

I have noticed that often people don't see their relationship for what it really contributes, or how it impacts all areas of their life. And how all of your life also impacts your relationship. For example, if you have a partner who doesn't have many friends outside the relationship, that can put enormous stress on the relationship. Or if somebody doesn't have a job that they love, then the relationship environment is often where that dissatisfaction shows up.





I love connecting with people who know that they want more, who are willing to allow themselves to have more in their relationships, and preferably don't want to wait until things are so bad, that it's horrible to try and sort out. I believe you can improve a relationship at any stage if both partners are really committed to making that happen. However, it's so much easier when you start earlier. When you consider the impact your relationship has on other aspects of your life, when you consider the value of that, it makes sense not to wait for things to become truly terrible.

**Are you willing to dream of more for your relationship?**

### Your Relationship Exists Beyond the Meet Cute

In pop culture, or even in society in general, we tend to talk about relationships in terms of finding our partner, and then we stop talking about it. I see lots of coaches who help people find the right person to have a relationship with, which is essential. A lot of those conversations focus around the question of who you need to become to find the right partner. That is essential, too (and something I personally learned a long time ago). Who do I need to be to have the kind of relationship that I want to have?

But finding who you need to become to keep what you've already got? That is not a conversation many people are having, not even with our friends. We complain and moan about the relationship or our partner. We don't very often take the perspective of fixing it (we hope the problems will sort themselves out) and staying in it, or what it would take to make it better, even though this isn't always as difficult as it seems (unless we leave it too long, of course).

### Adding Is Easier Than Taking Away

Something that my clients don't often realise, is that bringing in love is way more effective than trying to get rid of the pain. We've all been there, wanting to fix the pain. Or in other words, we want our partner to do ABC so that we feel XYZ and it doesn't hurt us anymore. How often has that been an effective and sustainable way to improve your relationship? In reality, adding things in is much more powerful.

When my clients come to me, sometimes they want me to be the adjudicator. It's almost like they want to have their fight in front of me, and hope that I might somehow sort it out. What is a very powerful reframe is that I'm on both people's sides; in fact, I am an advocate for their relationship. It is beautiful and helpful to look at what the RELATIONSHIP needs, and how both partners can show up so that the relationship has a chance of survival. That's where the magic happens.

When we come at it from that perspective, the focus becomes bringing in playfulness, bringing in joy. It gives space not to have to always go digging into the pain to make it go away BEFORE you can start to experience more of what you want. Of course, you still feel it, you still have to get up every day and face your partner. So while the work of healing the source of the pain is necessary, the relationship itself can begin healing with the things that you add in, the things that you do differently, the things that you bring back that perhaps worked in the past but you're no longer doing, the learning of new skills that change the course of your relationship future.

The way we behave in relationships, like many areas in our lives, is a set of habits that we've gotten into. It is well-documented that you can't get rid of bad habits, all you can do is add in enough of something else so that there's less space for the bad habit to continue. Relationships are exactly the same.

### Allow Yourself to Have Relationship Dreams

In my experience, there seems to be a prevailing notion that being in a relationship and making changes is very different from everything else we do in life, but really, it's not so different! That's true, not only for the development of relational habits but also for the need to keep dreaming! If we want to continue to be happy in our relationship we have to allow ourselves to hold the space for the kind of relationship we want in the future, be open to change, discover how our perceptions of ourselves and our partner have been limiting us and learn new skills and perspectives that bring us closer to that future we can see.

When we're in a relationship that looks a particular

way, it's hard to imagine that we could have something different with this same person. Yet when both people allow for growth and change in themselves and each other, that certainly is a possibility. Once you give yourself permission to have what you want or to create what you want, with what you have, instead of always having to leave to find the next thing, that's when things can start to really shift.

Now, that's not to say that ALL relationships can be saved. However, there are a lot of relationships that could be saved, or could just be so much freakin' better if we were willing to allow ourselves to have that, to receive that, to experience that and to not give up hope of finding a different way to make it happen

**HAVE YOU EVER THOUGHT ABOUT WHAT YOU WANT?**

**HOW COULD YOU START TO CREATE MORE OF THAT FOR YOURSELF IN YOUR RELATIONSHIP?**

**DOES THAT MAKE YOU FEEL HOPEFUL ABOUT THE FUTURE OF YOUR RELATIONSHIP?**





## HOW A PODCAST BECOMES A BRAND

**I was an unknown to many in 2014. In fact, I was even fired from my job during that year and that left me lost and clueless on what I wanted to do. Until I chanced upon Addicted 2 Success by Joel Brown and Lewis Howes's interview with Tony Robbins on his private jet, that has inspired me to start my own podcast.**

*A conversation with Rayson Choo*

Long story short, when I started The Raygacy Show in 2017, I didn't expect my video interviews and podcast to go viral. I was just thinking of adding value to the Facebook community when digital marketers, entrepreneurs and speakers in Singapore started to notice me.

Especially after Gary Vee and Grant Cardone came on the podcast, emails and DMs started pouring in from agencies to ask if I could interview their clients. Some entrepreneurs and speakers also requested to be a part of my podcast through DMs or even face-to-face. Speakers started to invite me to their summits and webinars, such as the Confidence & Visibility Summit 2023 and Nursepreneur Summit where I spoke alongside people like John Lee Dumas, Phil Pelucha and so many more. I was invited to speak about my experiences with these A-listers and even tactics on how to connect, network and collaborate with them as well.

Through my podcast, I've also managed to co-author a few books "The Younger Self Letters", "The Growth Hacking Book 2" and "The Best Advice For Speakers" with extraordinary thought leaders like Noah Kagan, Bob Proctor, and John Demartini.

The podcast has given me so many opportunities, I cannot even list them all here. It has given me authority in the space I am in. Now, because of the brand, the people that I am associated with and the places that I've been invited to speak, have given me credibility.

Not just that, this experience has helped me connect with my Dream 100 List, the list of 100 people I admire and would love to work with, simply because people want to be a part of a podcast that their friends or competitors have appeared on before. If these people value what you've been doing, they'll even refer you to a friend or brand to work with. The Raygacy Show has recently partnered up with both local and international brands. We managed to get product sponsorships from them as well. Because of this, The Raygacy Show has been heard in over 70 countries and it's among the top 1.5% of most popular shows out of 2,994,764 podcasts globally.



### About Rayson Choo

Rayson Choo has been dubbed The Celebrity Whisperer. He's been fortunate enough to pick the brains of some of the most successful entrepreneurs in the world, such as Gary Vaynerchuck and Grant Cardone.

Rayson hosts a successful podcast called The Raygacy Show, where he tries to find out simple and effective steps that millennials like himself can take to experience success in the swiftest and most effective way possible. He is proud to say that the people who have listened to the podcast have experienced personal transformation because they have gotten the tips they needed to move forward.

[Website](#) | [Instagram](#)

## THINK OF IT AS HAVING A CUP OF COFFEE WITH A NEW FRIEND

**I think we can all cold sales messages in your DMs are pretty annoying.**

*By Mags Thomson*

I received one on LinkedIn a few months ago that included both the remark: "I checked out your profile" and "I can see you are a woman of colour with a passion for entrepreneurship." Clearly, both those statements are false, because had they looked at my profile, they would have easily seen that I am not in fact a woman of colour. It was either extremely careless or a poorly programmed bot, but either way it didn't make me feel in any way inclined to have a conversation with this person.

This is often the case with cold sales messages. They are not connected to anything. You are breaking into people's personal space and you had better be respectful of that.

Sales messages only work when you have a clear understanding of the recipient's needs or challenges and whether they align with the services you provide. Even when you feel you can read between the lines of someone's profile or content, they don't know you or what you. So, so why should they trust you?

Are you used to sending cold sales messages and would like to know more about warming them up a little? Well, it's simple! Get back to human connection.

**Engage with content, send a message that relates to a post they shared, and invite them to a conversation. Build trust, and learn more about them. Doing business is about building relationships so drop the tinder attitude and instead think of it as having a cup of coffee with a new friend.**



**FANCY A CUPPA WITH SOME NEW FRIENDS?**

Join Andrew Lopez and Mags Thomson for an informal networking conversation!

Pick a Date







# SHOULD YOU REALLY BRING YOUR AUTHENTIC SELF TO WORK?

**It's no secret that the world has changed. The messages that we hear about how we should act and be in the workplace have shifted significantly over the last few years. Messaging that tells us to 'bring our whole selves to work' and 'be authentic' is now commonplace. So let me throw my tuppence worth into that conversation.**

By [Deirdre Morrison](#)



Historically, work and home were separate domains, and it was expected that never the twain should meet. Or to be more specific, home should never impinge on your work life. After all, someone else had paid you for that time, and your contract was to give them your attention, effort and output for those contracted hours - exclusively. External life was to be shelved until the bell rang and you were free to go and attend to those productivity inhibitors. Or even better, it would somehow serve as a buttress for the work aspect of your life.

In the wake of covid, the separateness of the domains is undergoing a reimagining of boundaries. The rise of remote and hybrid working, the great resignation, and the emergence of quiet quitting, indicate that we now need to interrogate these messages of authenticity and wholeness a little more rigorously.



**“THE PREVIOUS OVER-SERVICING OF THE WORK ASPECT OF THIS FLAWED ‘WORK/LIFE BALANCE’ EQUATION, HAS BEEN RECONSIDERED BY MANY”**

### Psychologically Safe Spaces Require a Knowledge of Self

Recently, I’ve had the opportunity to hear from many experienced executives and leaders, across a range of organisations and professions, about the new face of work. And something’s not working in this new world. Here’s where my tuppence comes in.

I would suggest that it’s not working because we are looking to create psychological safety without having some fundamentals in place. The data tells us that psychologically safe, diverse and inclusive workplaces are the way forward and that people do better and perform better when they are in psychologically safe spaces. I absolutely agree.

But here’s the thing, when you encourage someone to be their authentic self, to show up fully, then you’re making the assumption that they are in a position to understand how that self acts, reacts and interacts, and that they can regulate that self appropriately. We’re also making the assumption that, when faced with an unregulated example of authenticity, we ourselves have the skills and resilience to respond appropriately.

Unfortunately, that’s not the reality.

This is not confined to any particular type of team or organisation. One of the conversations I was party to involved a group of very self-aware professionals, who were really struggling with team communication. There was a disparity between what they knew, and what they were able to act on in the moment.

Another senior executive told me that she was seeing a change in the attitude of colleagues

across the board - from juniors through to management. No one, she lamented, was prepared to go above and beyond anymore. Everyone seemed to have battened down the hatches, and were all about themselves.

So let’s reflect on a few things here.

### We Are Still Assessing What’s Happened Over the Last Few Years

A lot of people struggled with their mental health during covid, especially during lockdown periods. They had to effectively sink or swim in terms of finding ways to look after themselves.

In the more binary work-life set-up, I have witnessed people accumulate what I refer to as psychological marginal losses - forfeiting their self-care to maintain work or family and social responsibilities.

And for many, this resulted in discovering (or re-discovering) things that they had forgotten could be theirs; things like rest, quiet, connection, and reflection.

In recent conversations, I could see that the previous over-servicing of the work aspect of this flawed ‘work/life balance’ equation, has been reconsidered by many. It seems that people are saying ‘Our contract is for X. My other life responsibilities require Y, and in order to ensure all of that, I now see that I personally need Z’. This is progress.

Let’s dig into this a little. For the sake of illustration, let’s say we have three buckets, labelled Work, Relationships and Well-Being. We have enough liquid (which represents our energy) to fill two out of the three completely. This, however, leaves one bucket entirely empty. This is clearly not a sustainable system. We need to a) understand the relationships between the buckets, and b) learn how to create an agile balance between the amount of energy we give each of them.

But naturally, in the reshuffling of energetic allocation, this looks like less work commitment - less willingness to sacrifice relationships and family time or self-care. And that creates tension.



### Understanding Our Brain Helps Expectation Management

This is in part a generational question; typically older management teams, perhaps with more self-sufficient kids versus younger colleagues who are still in the throes of sleepless nights and days off looking after sick babies. Unless we have the skills to tap into empathy, it’s easy to forget exactly how hard those days were.

But it’s also a question of expectation. Expectation is such a minefield and one that we really need to get to grips with in order for our interpersonal communication to succeed. Expectation is a multi-faceted trap that we can fall into. Let’s break that down.

In the first instance, we have expectations of others. Perhaps we expect that they will continue to work in ways that they find unsustainable because that’s the way this organisation has always been.

There are also the expectations that others have of us - perhaps we expect that others will see that we are doing our work well, and fulfilling our obligations, and beyond that, our time is our own.

And finally, there are the expectations that we have of ourselves. I should be able to maintain healthy relationships, excel at work, stay sane, exercise, maintain friendships, continue my own development, get promoted, stay healthy, and

be an ideal parent.... the list (and permutations thereof) is endless.

By the way, an absolute giveaway sign that we’re talking about expectations is the appearance of the word ‘should’. Big red flag, right there. I **should** do some yoga. I **should** ring my mum. I **should** tidy the spare room. I **should** eat better. I **should** go to that event. It’s clear that these things are in the main, reasonable things to do or participate in, but why are they not self-motivating desires? There’s a little bit of reflection to be done when we hit one of these. In my experience, these ‘shoulds’ generally tie back to the brain’s mission of self-preservation, the execution of which is quirky and idiosyncratic at the best of times!

However, when we start to understand aspects of our brain, such as this self-preservation mission, along with how our personal energy and awareness dictate our effectiveness, then we are better placed to bring that whole, authentic self with us wherever we go. We’re better placed to make choices that optimise our actions, reactions and interactions, and ultimately, we’re better placed to help and bring out the best in those who are not yet equipped with these skills.

The world has changed. It’s not going back to the before times, and this is no bad thing. However, as with any level of progress, we need to upskill in order to ride those waves, and in this case, our upskilling is very much an inside job.



# THE MINDSET OF AN INTROVERTED JOYFULL BADASS

I'm Janifer, also known as The JOYFull BadAss, an Introvert and a Scorpio.

I have always struggled with how much personal information to share. I'm not secretive - I just prefer to mind my own business and let you mind yours.



By [Janifer Wheeler](#)

That mindset has followed me into entrepreneurship. I don't talk about myself easily. I don't share a lot of personal information or experiences. To be honest, it makes me uncomfortable.

One thing I realised during the last two years of staying home and revelling in my introvertedness is how much I really do need some sense of community. I wondered if my fellow Introverted BadAsses needed the same. This led me to unlock the vault and offer all of my courses, all the time, through my newest creation – The JOYFull BadApp.

## You're a Fulltime Human Being

I finally realised that the best way for me to begin creating a community of JOYFull BadAsses is to open myself up and share a more real version of my experiences. I didn't want to make a video telling you my story. If I did, I know I would NEVER watch it. I only watch videos if I need to change a tire or set up my knitting room. Otherwise, I'd rather read words to process better what the author is





## “INTROVERTS LIVING UNDER THE EXTROVERT IDEAL ARE LIKE WOMEN IN A MAN’S WORLD, DISCOUNTED BECAUSE OF A TRAIT THAT IS SEEN AS INFERIOR.”

sharing. Maybe that’s how you learn best, too. I see you, fellow Introverted BadAss who likes to read, reflect, and be alone.

As a full-time human, dealing with your own shit can be overwhelming and tiresome. Add to that the fact that you are the only person who knows what’s for dinner or if there’s any toilet paper, and now you are travelling at warp speed on the Hot Mess Express. It is important not to forget these other roles you might have - entrepreneur, employee, mum, sister, daughter, aunt, grandparent, spouse/partner, caregiver, friend, volunteer, advocate - the list can and does go on.

The first time I did the [JOY Money Micro](#) process, I had over 100 sticky notes on my board. I thought, “No wonder I’m so fucking tired.”

I don’t know about you, but I got tired of being tired. I got tired of managing everyone’s shit, on top of my own. I got tired of bringing home the bacon AND frying it up in a pan. I got tired of trying to DO and BE it all. Why was all this shit on my plate??

There’s NO fucking way I signed up for THIS! Because I’m rebellious and hate being forced into other people’s boxes, I knew I had to find another way. A way that worked for me. As a result of my years of trial and error, I have accumulated a treasure trove of tools on self-awareness, productivity, time/energy management, growth mindset, small business consulting and curriculum design. I’m your digital Hermione Granger when it comes to JOYFull Productivity.

### Tap Into the Potential of Your Own Badassery

Because I believe in the power and potential of my fellow BadAsses, I have spent the last four years designing and developing solutions for you, based on my own experience as a BURNED OUT teacher, mama, wife, daughter/granddaughter, sister, aunt, neighbour, volunteer, chauffeur, entrepreneur, friend, colleague, woman. There’s probably more, but I’ve blocked them out. It was a dark and frightening time in my life, but I am grateful for the lessons I learned then and over the last few years.

It has taken me nearly 52 years, but I truly understand my purpose in the world: to be your JOYFull Productivity Partner and Business Bestie. I am here to use my skills in information gathering and processing, so you don’t have to. I save you time where it counts.

I streamline the learning process so you have more time to IMPLEMENT what you’ve learned and make meaningful, lasting change so you can DO LESS and BE MORE.

Every step of my journey to JOYFull BadAssery has included an aspect of deeper self-awareness and becoming my own best friend. I am more in tune with myself, so I notice when I feel out of balance. This helps me head off burnout before it can start. It helps me better manage my energy, which as an introvert, is essential and at the core of our existence.

As an introvert and someone who has worked

with many introverted colleagues and kids, I know how unique and special our introverted gifts are.

YOU, the busy, overworked, overwhelmed introvert who just wants to read a book in a closet, I am here for YOU.

At 52, I feel more powerful and in control of my life than ever. I feel strong, purposeful, and capable. I am DOING LESS and BEING MORE every fucking day. I live fully in my values of freedom, family, and JOY.

If that’s what you want, then I am here to help you let go of society’s expectations, so you can honour your own BadAssery- that amazing collection of unique gifts, skills, talents, and experiences that only YOU possess! I want to help you create a life you don’t need a vacation from - a full but balanced life filled with your JOY.

**That’s what I call DOING LESS & BEING MORE.**

### I’m Not an Extrovert, I Just Play One on TV

For some reason, society expects us introverts to act like extroverts. We’re supposed to be the life of the party, always talking and never listening. We’re supposed to be outgoing and social, even if it drains us. And we’re definitely not supposed to need alone time to recharge. Sound familiar?

I’ve always been an introvert but didn’t always know it. I grew up in the South of the US, the daughter of a Southern Baptist pastor. I was expected to be well-behaved and extroverted, always on display and ready to be hugged, kissed, or engaged in conversation at any given moment. There wasn’t much respect for personal dance space. ([Thank you, Patrick Swayze and Dirty Dancing for explaining this so well!](#))

My rebellious nature and sassy mouth often got me in trouble. I realise now that most of





those times when I was sassy or stomped off to my room, I was just trying to protect my boundaries and do what I needed to recharge my energy. Looking back, I suppose I could have been less confrontational, but then again, I was surrounded by people who loved me but didn't get me at all. Did I mention that I'm also a Scorpio?

I was 42 when I discovered I was an introvert. And it was a total game-changer.

Now, instead of forcing myself to be someone I'm not, I celebrate my introverted qualities. I've embraced my need for alone time and use it as a way to refuel and recharge my batteries. I know how to say no (something that took me a long time to learn), and I've surrounded myself with people who understand and appreciate my introverted nature.

**Are you an introvert struggling in an extroverted world? Here are some tips that helped me**

#### **Develop Self-Awareness**

For most of my life, I thought something was wrong with me because I preferred to be alone in my room, reading or listening to music. My mom often said I was anti-social. Since I discovered I was introverted back in 2012, I have made it my life's goal to understand myself and honour my traits so I can use them for my greater good.

#### **Find Your People**

There are plenty of us out there. When you find others who "get" you, it can be a huge relief. These are the people who will understand why you need to take a break from the party to recharge your batteries. I joined two Facebook groups specifically for introverts, and it has been nice to interact via memes!

#### **Create a Life that Works for You**

You don't have to do things the way everyone else does. If going out clubbing every weekend isn't your idea of fun, don't do it! Define your boundaries and stick to them.

Find activities that give you joy and make you feel good. Maybe that's spending time in nature, reading, journaling, or painting. Sometimes at long events, I will find a quiet spot away from everyone and read a book on my Kindle until my extroverted husband is ready to leave.

I feel no shame.

#### **Be Productive on Your Own Terms**

You don't have to be constantly surrounded by people to be productive. In fact, many introverts are highly creative and successful when they work alone. I don't want to speak for everyone, but I also think we enjoy learning through reading, writing, charts, graphs, and diagrams. So, if you're an introvert and people constantly try to get you to "network" or go to events, know that you can still be successful without doing those things.

Give yourself permission to be who you are. You are not broken. There is nothing wrong with you. You are an introvert, and that is perfectly okay. If you aren't sure where you fall on the Introvert/Extrovert continuum, check out this article, [21 Signs You're an Introvert](#).

#### **The Quiet Power of Introverts**

To wrap up, I want to leave you with one of my favourite quotes from the book, [Quiet: The Power of Introverts in a World That Can't Stop Talking](#) by Susan Cain.

**"Introverts living under the Extrovert Ideal are like women in a man's world, discounted because of a trait that is seen as inferior."**

We are not inferior - we are unique. We need resources and opportunities that align with our introverted natures. We need to see more examples of people like us succeeding so we can feel empowered to do the same.

# TAKE OWNERSHIP OF YOUR TIME, ENERGY AND ATTENTION

**By taking control of what you choose to prioritise and how you use your energy and time, you have the say in what happens in your life, and almost any goal becomes achievable.**

*A conversation with Zeyda Broers*

When you know how to be the boss of your time, energy, and attention, it is easy to stick to your resolutions, make realistic plans, stay on track, and reach your goals. It helps you to create a balanced and meaningful life for yourself, and from that place, you are always ready to step up to make an impact on the lives of others, through your work, your vision, and your purpose.

In times of change, such as when you start your own business or when you are taking the next steps for growth and expansion, the balance you knew can shift dramatically. You may feel lost and uncertain, as though the ground beneath your feet is no longer stable.

This is where a system can be of great assistance. It provides clarity, overview, order, structure, and ease of mind. With the right guidance and support, by taking the right steps, you can gain back control, become the boss of your productivity, and learn to reach your goals and grow sustainably while living a balanced life.

**With this power, you can create the life you desire for yourself (and your loved ones).**



#### **About Zeyda Broers**

As a former engineer and technical designer, I have a unique appreciation for structure and systems, for efficiency and productivity.

I am not one of those naturally organised people. I have a very active and creative mind. I am an initiator, I enjoy being on the go and having multiple pans on the fire.

Therefore, in my own journey, I had to find tools that would give me a grip on this busy world. I looked for solutions to the problems of procrastination, distraction, inconsistency, and how to build powerful habits that stick.

Changing my own habits and developing new positive ones, learning how to get a grip on this busy world, profoundly changed the quality of my life.

It also gave me the ability to teach others, to do the same.

This led me to develop my mindfulness-based time and life management system for highly-driven professionals.

[Website](#) | [Instagram](#)





# HOW TO REBOUND FROM LOVE-AT-FIRST-SIGHT

**Have you ever met someone and just KNEW you had met “the one”? The one person that makes your heart smile and flutter, as well as the one person that gives you the same feeling that you get when you make eye contact -with that great-looking person across the way and you both smile at each other.**

By [LaNise Thrasher](#)



If you answered yes, then you are just like a couple I met named Rebecca and Henry\*. They met online and their relationship quickly bloomed. When you saw them together, you saw two people who were smitten with each other – and love was abound. And, to hear them speak of each other, they both had found “the one”.

As time passed, Henry knew more and more that he wanted Rebecca to be his wife, so he proposed at this beautiful restaurant on Valentine’s Day. The waiter brought a plate of dessert with the words, “Will you marry me?” in strawberry drizzle. She immediately said “YES” as the restaurant clapped and squealed with excitement, and their “love story” began!

A year later they got married and life was good. Years went by and things got rocky for them when their finances became a huge

issue in their marriage. The major hit was when it was realized that the bills were not being paid. Now, you often heard them disparaging each other over money. This issue certainly brought out the worst they had for each other. After therapy and a variety of meetings, the issue of finances grew, and the mudslinging had reached the point of no return – and they decided they had endured enough of the name-calling and disrespect and decided to go their separate ways.

Rebecca was devastated when the relationship ended in divorce. She felt defeated, humiliated, frustrated, and rejected. She found herself spiralling out of her normal chipper self, and sinking lower every day, which led to her becoming a serious “couch potato” without the will to get back up. One day after she had reached her



lowest point, and she was beginning to be tired of feeling like this, a friend stopped by, and she opened up about the relationship through lots of tears. The friend recommended that she really needed to seek assistance from someone who could help her through this life change, to get back to the person she was known to be. After some serious soul-searching, she made the decision to get coaching to teach her how to heal and move on with her life.

Rebecca reached out to me and after a few initial sessions, she joined my coaching programme where I teach women The P.A.U.S.E. Challenge® Method. In this programme we work on feeling your feelings, upgrading your mindset, shedding negative thinking, unlearning behaviours, setting boundaries, forgiveness, accountability, and confidence.

We worked together for eight weeks, and she started to transform. She started to recognise the freedom that comes with healing and was falling in love with herself again.

### **Practical Ways to Start Loving Yourself**

Self-love is often overlooked especially when you are dealing with heartbreak. But if you are going to move forward, you must start by loving yourself first.

#### **1 - Don't worry about the opinions of others**

Everyone will have an opinion but if you choose to focus on that, you are prolonging your journey. Stop allowing their opinions to live in your mind rent-free.

#### **2 - Release the idea of being perfect**

You will mess up along this journey. Get rid of the idea that you must be perfect. There is no such thing as perfect. Allow yourself to make mistakes but learn from them. Remember you are learning who you are all over again!

#### **3 - Celebrate yourself!**

Don't feel bad about celebrating you! You deserve it! Take time and purchase flowers for yourself, take yourself to brunch, try new activities and for dinner make all your favourite foods. You deserve to be celebrated by YOU before anyone else.

A few months later, it was Valentine's Day and Rebecca wanted to confront her hardest challenge yet and go to dinner by herself.

"Table for one by the window please" were the words Rebecca uttered to the hostess as she entered the beautiful waterfront restaurant.

Rebecca was in a new city by herself for her job and she wanted to explore instead of ordering room service that night. An ad for the waterfront restaurant at her hotel had caught her eye and she knew this was how she wanted to spend her evening.

As she took a seat, her ears perked up to the soft jazz music that was filling the restaurant. The room screamed love at every corner of the restaurant with flowers, balloons and couples gazing into each other's eyes. She smiled to herself because despite her divorce, and all that had transpired, she now enjoyed seeing love on full display again. In that moment she realised her growth and that she had gone from defeated and broken to powerful and confident.

If you recognise Rebecca in yourself or someone else and you need assistance, reach out at [www.thelovecheerleader.com](http://www.thelovecheerleader.com).

**You deserve the freedom that comes with properly healing from heartbreak.**

*\*Names have been changed for the article*





# THREE WAYS TO WIELD THE POWER OF STORIES IN YOUR BUSINESS

I have been a storyteller for as long as I can remember. My first piece of writing is dated at age three and reads 'Oma' (the Dutch word for grandmother). When I was 16, we got an assignment in art class to create a picture book, and I created one about the size of a toddler! It was about a meter wide and 70 centimeters high. The story's premise was that there were two kingdoms with a prince in one and a princess in the other. They were at odds with each other and didn't talk until they were united by the fact that the prince kidnapped the princess's pet – a storytelling monster. He had been bored and wanted someone to tell him a story. I can't remember all the details now, but after some goings on the prince and princess connected over their mutual love for stories, and they listened to the monster's stories together.

Even then, I knew that stories connect people.

By Mags Thomson



In 2013, I co-founded a platform to support survivors of emotional abuse. That is when storytelling became integral to my work, as I recounted my childhood and shared my healing. Through this work and my journey through trauma, I became increasingly aware of how the stories we are told in life impact the stories we tell ourselves and how they feed into the choices we make in life.

## Our Brains Are Story-Telling Machines

Our brains are constantly telling stories. We're filling in the blanks, making assumptions, and trying to make sense of the world as best we can. Just remember when you smiled at someone, and they didn't smile back. Your brain will have immediately made up a story as to why. They must have been angry at you, remembered the stupid thing you said last week, or you're wearing a stupid hat... We've all been there, right? Our brains are storytelling machines!

One of my favorite authors is Terry Pratchett, and one of my favorite passages is from Thief Of Time:

*"And if you want the story, then remember that a story doesn't unwind. It weaves. Events that start in different places and at different times all bear down on that one tiny point in space-time, which is the perfect moment.*

*Supposing an emperor was persuaded to wear a new suit of clothes whose material was so fine that, to the common eye, the clothes weren't there. And suppose a little boy pointed out this fact in a loud, clear voice...*

*Then you have The Story of the Emperor Who Had no Clothes.*

*But if you knew a little more, it would be The Story of the Boy Who Got a Well-Deserved Thrashing from His Dad for Being Rude to Royalty and Was Locked Up.*

*Or The Story of the Whole Crowd Who Were Rounded Up by the Guard and Told, "This Didn't Happen, OK? Does Anyone Want To Argue?"*





*Or it could be the story of how a whole kingdom suddenly saw the benefits of the 'new clothes', and developed an enthusiasm for healthy sports\* in a lively and refreshing atmosphere which got many new adherents every year and led to a recession caused by the collapse of the conventional clothing industry.*

*It could even be the story about The Great Pneumonia Epidemic of '09.*

*\* Mostly involving big, big beach balls."*

Every story we tell has the potential for varied interpretations and angles. The stories that we tell ourselves immediately impact our life. Someone not smiling back at us can spin our brain into a story about them not liking us, making us feel insecure the whole day. But it can also trigger a story about them having a hard time, making us reach out compassionately and possibly making them feel better. This is true on a small scale but also on a larger scale.

Our perception of the world and our place in it reflects the stories we tell ourselves.

### **So what does that mean for us as entrepreneurs?**

If we can harness the power of stories in our business, we can create a powerful connection with our (future) clients and begin bringing our vision for the world to life.

I hear you thinking: "I am not a storyteller, Mags!" But I just explained to you that you ARE! Even this is just a story you are telling yourself. Most people I talk to about their stories are looking for a grand rags-to-riches story or an epic tale of personal growth. Those

are not the only stories we can tell, though!

Here is a super simple example from my marketing.

*First, the version without a story:*

*Do you find it hard to get testimonials from your clients?*

*There are two main reasons for this:*

And here is a version WITH a story:

*"Why is getting testimonials like pulling teeth from a chicken?"*

*I was talking to a successful coach and hypnotherapist when she asked me that rather colorful question. I get a lot of it, albeit not always phrased so imaginatively!*

*There are two main reasons for this:*

This is the smallest of stories, but it impacts how it hooks you to keep reading (and I do apologize that I didn't share the two main reasons here (if you want to know, ask me).

Now you know you are wired for storytelling, and you have seen how stories capture an audience's attention. There really is only one thing left to talk about: ways to start using stories in your business!

### **A Value Discussion**

Stories are an incredible way to highlight our core values, our vision for the world, and why we are so passionate about our work.

When I first founded my business House of Hives, I wanted to empower female entrepreneurs because I felt that they would, in turn, be able to uplift other female entrepreneurs. Female empowerment squared, I call that.

The research shows that when women become more financially independent, they make different choices about what they will spend money on. Where men are more likely to spend on status symbols (think sports cars or bigger houses), women are likely to spend more on their families and invest in other women (think organic food, housekeepers, and VAs). Of course, this is a generalization, but I feel strongly about the idea that a rising tide lifts all boats. Eventually, this belief resulted in the launch of FEM, an online magazine that celebrates and inspires entrepreneurs to make a difference in the world (check out the free subscription).

There are hundreds of examples from my life and business about how I try to walk the walk on this particular belief.

Think about your core values and how they appear in your life and business. Can you share some of these stories? You don't even have to explain the moral of the story. Just sharing your choices will let people with a similar moral compass resonate with you.

Here are some questions to help you get started:

Which parts of your work would you want to continue, even if you were not making any money?

Do you have projects or events you're a little embarrassed about because your values and understanding of the world have since shifted?

When have you participated in a project/fundraiser/job aligned with the same core values that drive your business?

### **Social Proof**

We all like to think we are individual, critical thinkers, but we are much more influenced by the people around us than perhaps we like to admit. I am not saying we are all lemmings heading for a cliff, but we look at others to make choices.

Have you ever been in a building when the fire alarm went off? Did you immediately start walking to the exit, or did you look around to see if anyone else was heading out? Most likely, you did the latter. This is one of the many ways our brain helps us make sense of the world, and it is good news for business owners. It means that if we can show that other people are buying our service, that will also make new audiences interested.

When people look at a product on Amazon, they check for reviews. When people look at your services, they look for testimonials!

"Who else is buying this service," they wonder, "and how did they get on?"

When they can relate to the people in the testimonials, find the results aspirational, and are impressed with the appreciation your clients express for you? That's when it becomes easy for them to hit the 'Buy Now' button.

When getting good testimonials, ask clients who represent your client profile(s). Ensure you capture the journey and get specific stories about their experience. Generic testimonials are not only dull, but they are also ineffective. Having some questions ready to help your clients organize their thoughts will





help them write (or record) and ensure you get some helpful information.

Here are some suggestions:

- Was there one moment that made you think: "YES! I am so glad I signed up for this!"?
- What was the most unexpected aspect of your experience?
- What would you tell a friend to convince them to work with me?

### Three is the Magic Number

Our beautiful human brain can only process so much information at a time, especially given the ridiculous amount of information fired at us daily. You may have 500 tips about how people can improve their life or business, but they won't be able to remember all that if you fire it all at their brains at once.

The magic number, in fact, is three. Three little

piggies, three porridge-eating bears... If you've paid attention, you may have also found a couple of threes in this article.

Three main sections:

- Our brains are wired for stories
  - Why are stories important in business?
  - Practical tips
- And also, three tips:
- A Value Discussion
  - Social Proof
  - Three Is the Magic Number

And, of course, the base structure of any story is the beginning, middle, and end. Or situation, complication, and solution. That number three works well for most brains.

So, when you decide on a story to tell or write about, consider how you can separate it into three!

# IT'S NEVER TOO LATE TO BECOME

**It took me a while to find out who I am, and what lights me up. Looking back on it, I feel like I was almost forced into it by the Universe. Of course, when you're in the midst of it, it's hard to realise what is happening.**

*A conversation with Sandra Delgado Quist*

I recently read Michelle Obama's book, *Becoming Michelle Obama*. I can understand why she chose that word because it's like you are becoming who you are, who you're destined to be. But you have all these little roads and detours that you have to go through. And when you're in the middle of it, you don't really recognise it. Not until I looked back did I think: "I really was a different person when I left the US than who I am now."

I studied accounting and have a bachelor's degree in business administration. I did all this business stuff and I actually hated it. But I did it because it's what you're supposed to do. Get a career, and earn some money. I was making a pretty good salary, and then my son came, and shortly after we moved to the Middle East.

At that time, there was no such thing as remote working, and I am a woman so there was just no possibility for me to work there. So the question quickly became, "Now what do I do?" I've never been one to just idly sit there and do nothing. So, I started taking all these courses. And funnily enough, I took an introduction to homoeopathy, just out of curiosity. Then I took another one and another. Before long, I became a fully-trained homoeopathy.

If people take anything away from my story, I hope it is that it's never too late. I was in my 40s when I finally found my passion. And I didn't start my practice until I was 50. And I really love it. It's not been easy. I constantly have to explain to people what I do and how it works. Finding the right remedies is also not easy. But I really, really love it. Because even just helping a few people in the world makes a huge difference in all of their environments.

It's never too late to find that passion that lights you up and lets you make a difference in the world. It's never too late to become who you were always meant to be!

## About Sandra Delgado Quist

Sandra Delgado Quist is a professional homoeopath, reiki teacher, and an aficionado about all things energy and natural. She is a graduate of The School of Homeopathy in Stroud, UK and the Jikiden Reiki Institute in Kyoto, Japan.

Growing up, Sandra suffered from asthma and various allergies and used several medications daily to keep her symptoms under control. Eventually getting frustrated with using medications that did not identify the root cause of the problem, she turned to natural medicine. She soon found that there are a lot of illnesses and diseases that can be overcome without the use of chemical medications. She is proud to say that thanks to homoeopathy, she hasn't needed allergy medications in almost 20 years. Sandra is a constant student and always interested in treatments that are naturally sourced or have impacts on energy flow. She has been teaching Reiki for almost 10 years and hosts regular workshops educating people on how to use homoeopathy for first aid.

During the pandemic, she taught many people how to use remedies to help minimise the symptoms of covid and assists many of her clients to overcome 'long covid'. She is passionate about teaching people about natural medicine and giving them simple tools to empower themselves to take control of their own health.

[Website](#) | [Instagram](#)





# BOUNDARIES; DO YOU HAVE THEM?



**Years ago, one of my friends would only call me when they had something to complain about. One day I had enough and said, "I can't continue to hear you complain every time we talk. This is not healthy for me and my well-being. Next time we talk, please share positive news with me."**

**I set a boundary in our relationship.**

By [Lanise Thrasher](#)

Initially, I was nervous to set this boundary. I wasn't sure if the relationship would survive by adding a limit to what I would and would not tolerate in my life. After stating how I expected to be treated, they apologised and stopped their behaviour.

This inspired me to start creating boundaries in all areas of my life.

**How can you build better boundaries if it isn't a skill that comes easy to you?**

When you create a boundary, you are teaching people how to treat you. And as scary as it can be to create boundaries, it is an important aspect of maintaining

healthy relationships and protecting your own happiness.

However, setting and enforcing boundaries is a skill that can be difficult for some people to master.

## **Give yourself permission**

The key things that hold us back from creating boundaries are fear, self-doubt, and guilt. It's possible that you're anxious about how the other person will react to you seeking boundaries.

Or perhaps you believe that you should be capable of handling particular tasks and find it difficult to say no.

Give yourself permission to set boundaries. Recognise that you have the right to say "no". You are not obligated to say "yes" to every request that comes your way. Understand that saying "no" doesn't make you a bad person. It's a way to take care of yourself and avoid over-committing.

## **Identify your limits**

If you don't know what your boundaries are, it will be challenging to set them.

Setting boundaries requires self-reflection and understanding your own needs and limits.





This process can help you identify your values, priorities, and goals, which can lead to personal growth and development.

Each of us has different limits we are willing to accept. Think about what makes you feel uncomfortable and stressed. What do you find acceptable and what do you find unacceptable? Once you have a list of your limits, you'll have a better idea of the type of boundaries you need to set.

#### **Be clear and direct**

When you are communicating your boundaries to others, you must be clear and direct to avoid misunderstandings. Don't beat around the bush or sugarcoat anything that is important to you. Avoid using confusing or vague language and confidently state your requirements and limitations. Even when you're being blunt, communicate with decency and respect.

To get better at communicating your boundaries, practice with a family member or friend.

Keep in mind that by being open about your boundaries, you demonstrate respect for yourself.

#### **Be consistent**

Once you have communicated your boundaries, it's important to be consistent in enforcing them. Don't make exceptions or allow others to push your boundaries. Establish consequences for crossing your boundaries and enforce them consistently. This will help you maintain the integrity of your boundaries. Avoid making exceptions or compromising your boundaries for the sake of others. If someone continues to disregard your boundaries, it may be necessary to reassess the relationship.

#### **Practice self-care**

Setting and maintaining healthy boundaries is an important part of self-care. When you establish boundaries, you create a sense of safety and security that allows you to take

care of your physical, emotional, and mental health. Set aside time for yourself, engage in activities that you enjoy and prioritise your own well-being. When you prioritise your own needs and establish healthy boundaries, you'll be better able to show up for yourself and others in a healthy and sustainable way.

### **When you start implementing boundaries you will notice three major benefits:**

#### **Reduced stress and anxiety**

Setting and enforcing boundaries can help you manage stress and anxiety by reducing the emotional burden of constantly accommodating others or worrying about their reactions.

#### **Increased productivity**

Setting and enforcing boundaries can help you be more productive by allowing you to focus on the tasks that are most important and limiting distractions that can hinder your progress.

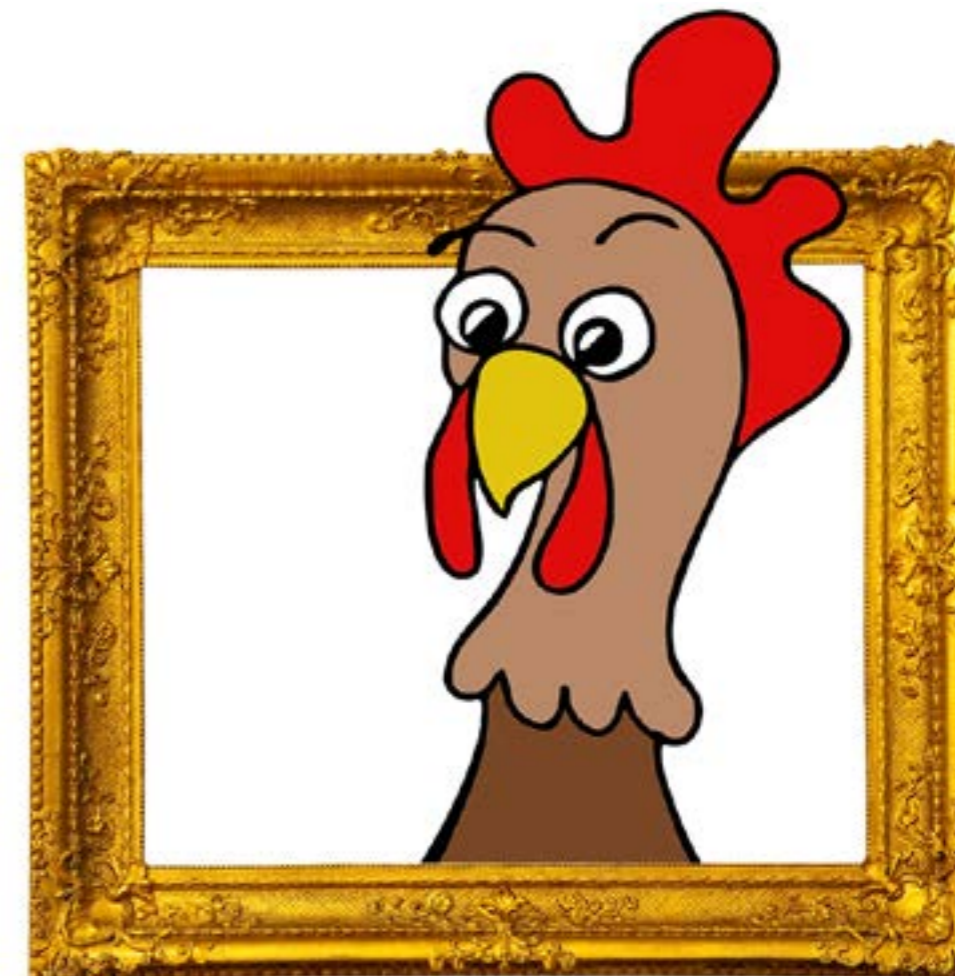
#### **Improved mental health**

Setting and enforcing boundaries can help you manage conditions such as anxiety and depression by reducing feelings of overwhelm and improving your sense of control.

#### **Give yourself grace**

Give yourself grace when you initially begin setting and enforcing boundaries. This is treating yourself with kindness and compassion, even when you mess up or fall short of your own standards. Making excuses or shirking responsibility for your actions are not part of showing yourself grace. It involves realising that you are only human, making mistakes, and dealing with difficulties on occasion.

You can approach life with more love, compassion, and resiliency if you give yourself grace.



## **“WHY IS GETTING TESTIMONIALS LIKE PULLING TEETH FROM A CHICKEN?”**

I was talking to a successful coach and hypnotherapist when she asked me that rather colourful question. It's one I get a lot, albeit not always phrased so imaginatively!

### **There are two main reasons for this:**

1. Your clients struggle to put words to an experience that feels so personal and vulnerable, so they either write nothing or use tired platitudes that make their review boring and uninspired
2. Asking the right questions is equally a skill, and you may simply be asking the wrong questions or asking too many, both of which can be off-putting

The combination of those two factors could mean that you are missing out on a valuable marketing resource!

**Lucky for you I am ready to get you those raving reviews!**

[Check Out How](#)



# POWERFUL MORNING ROUTINE TO START YOUR DAY



**Ever thought that you didn't have time to do that thing that you really wanted to do? Especially that thing around taking care of yourself? I used to think self-love was selfish and I didn't have time for it. Now I know better!**

By [Cathy Nesbitt](#)

I turned 60 last year. I am high energy, have no health issues, and take no prescription drugs. I live my life by prevention. It is important to take care of ourselves. We only have one body, and it is an incredible machine. But we abuse our bodies for decades before it breaks down and illness takes place. Self-care is now a big part of my daily routine.

## **Increase Your Energy and Enhance Your Life**

My social media channel is flooded with positive healing summits. Did you know there is a summit for everything? Most are free with an option to pay to upgrade to a VIP ticket. As I watch so many, I usually catch what I can while it is available at no cost. I have a gift of being able to absorb information and then regurgitate it in a way that is comprehensible.

Here are some of my favourite tools and techniques.



## Laughter Is the Best Medicine

Since 2020, I have taken a deep dive into why laughter is the best medicine. Get your daily D.O.S.E. of happy hormones (dopamine, oxytocin, serotonin, endorphins) vs. cortisol and adrenaline when stressed.

I also travel around the world by podcast and have had over 200 guest appearances. I ask every host, "Have you heard the expression: Laughter is the best medicine?" I have not met one person who has not heard this. It is a universal expression and it is scientifically proven.

As a Laughter Yoga Teacher, I incorporate many other healing modalities including Emotional Freedom Technique (EFT) aka tapping, brain gym and deep breathing to help people get out of stress and into joy. From the aforementioned health summits, I glean information to share in my laughter club and other paid laughter wellness sessions.

## Setting Up Your Day With Great Energy

Setting up the day with a wonderful morning routine sets me up with great energy. Upon waking and before setting foot on the ground with eyes closed take three slow, deep breaths and think about something that makes you smile. Add a big grin to your face. Feel the love drugs already start to seep through your veins.

Now think of three things you are grateful for. They can be big or small. They can be as simple as "I am so grateful that I woke up today," or "I am so grateful that I am healthy today."

In this heightened state of awareness think about your day. Create a short movie in your mind about the day's activities. See it how you wish it to be. If we can see it, we can have it.

## Stay Hydrated

During the night our body regenerates as trillions of cells renew and bodily functions occur while we sleep. Drink a large glass of water just before bed to help keep the body

hydrated and assist with all that nighttime rejuvenation. Another large glass first thing upon rising is akin to flushing the toilet and debris is taken out of the body.

We are meant to drink lots of water. This practice assists us to achieve our daily requirements.

## Tapping on Meridians

I was introduced to Eden Energy medicine in 2020. I started doing the Daily Energy Routine, five minutes of gentle movement and breathing including four thumps – tapping on meridians: Stomach, kidney, thymus and spleen.

- Use two fingers to tap the various spots.
- Tap vigorously on each set of spots for 20 seconds.
- Take deep breaths in through your nose and out through your mouth while tapping.

### Four Thump Spots on the Body

**Thump 1 – Stomach:** Cheekbone under the eye in line with pupil

**Thump 2 - Kidney Meridian:** Below your collarbone.

**Thump 3 - Thymus:** The centre of the sternum at the thymus gland.

**Thump 4 - Spleen:** Beneath the breasts in line with your nipples and down one rib.

In 1999 I became certified as a Therapeutic Touch practitioner (TT). This was when I first became aware of energy medicine. Everything is energy! EFT was part of the TT training. I am so grateful that EFT has become more mainstream and people are learning about this easy method for moving pain (aka energy) out of the body. There are a variety of ways to incorporate tapping for a healthy life. The four thumps I do daily to reset my nervous system, are a small example of the power of tapping. These points are the same ones used in acupuncture but without needles.

## Qi Gong

Qi Gong came into my life from one of my worm customers. I added Qi Gong with the tapping to my morning and evening routine.



## Meditation

I will often do a short guided meditation in the morning. Meditation is a wonderful way to quiet the mind. In this more relaxed state, we can hear answers from within much easier. This is a practice. We are always on the move, always thinking. Meditation allows us a short pause for increased clarity.

## Laughter Buddy

My Laughter Buddy calls me on the phone each morning. We do two minutes of belly laughing, one minute of deep diaphragmatic breathing then two more minutes of belly laughs. Deep breaths and tap on the forehead between eyebrows to tap in the joy. This anchors the joy into your body.

You can recall this beautiful joy energy at any time: close your eyes, take a long, slow deep breath and gently tap on the spot between your eyebrows and smile as you remember.

## Lymphatic Massage

Did you know that we have three times the amount of lymphatic fluid as we do blood?

Our heart pumps our blood, but we do not have a pump for our lymphatic system. Lymph only moves when we move. Each morning a lymphatic massage gets my lymphatic fluid flowing. Lymphatic massage can be as simple as rubbing and tapping on a few spots (lymph nodes) in the body to get lymph moving. Lymph carries toxins out of the body. It is an essential system for optimum health and wellness.

## Self-Care Equals Self-Love

Starting my day with this short routine of beautiful activities has helped me become more resilient, calmer, and live a more joy-filled life. My evening routine includes positive thoughts, gentle stretches and gratitude about the day. This is followed by a short guided meditation. This puts me in a wonderful state to drift off to la la land where I can rejuvenate and get ready for the next day expecting miracles.

**Take time to care for yourself and watch your life transform as miracles and amazing happenstances occur.**

**We are a work in progress.**

**Enjoy the ride.**



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