

Rebellious Wellness^{over 50}

Let Go or Be Dragged. One Way to Change Your Life



Episode 81: Let Go or Be Dragged. One Way to Change Your Life with Monica Ricci

Gregory Anne: So welcome back everybody to another episode of Rebellious Wellness Over 50 podcasts.

My guest today is Monica Ricci, and we're gonna talk about letting go or being dragged. And how life constantly comes at us and gives us opportunities to pick ourselves up and continue to keep moving forward. Monica, welcome. Thank you so much for being here.

Monica Ricci: Thank you, Greg. I'm so excited to meet you.

Gregory Anne: Well, I'm excited that you survived all that you did so that we could be talking here. I'm gonna tell people a little bit about your story and you can expound. Over the span of four months, in 2020, Monica lost her marriage, two homes, a business, and the illusion of a secure future. She had two choices fall apart or forge ahead.

and I will let you take it from there. Monica, you can fill in a few of those details for us cuz that's that's a lot.

Monica Ricci: It it is a lot. And, it was a year of destruction. 2020 was for a lot of people, for a lot of reasons. And I'll tell you what, COVID was the least of my worries in 2020 , honestly.

It really was. If I just had to nutshell it, I, I blew up my life. And when I say that I lost my marriage, two homes and a business, it wasn't like they were torn away from me. It was my creation. It was my doing. The process of undoing a life of 24 years with a partner involves losing things, right?

So even though we sold our homes, I still lost them rapidly.

Gregory Anne: Yeah.

Monica Ricci: And one of them was a vacation rental home that I ran for 12 years as a second business. And I loved it. I loved the house, I loved the property. I loved running the business, I loved the guests, all of it. And all of a sudden it's just gone.

It's like everything, bam, bam, bam, bam. It's just, even though I started the ball rolling. You know, even though you get on a roller coaster, you'll still scream when you go down the big hill, right? ,

Gregory Anne: yeah.

Monica Ricci: You got on that willingly. But man, that hill. So it was kind of like that and, and I just felt like I was on a roller coaster out of control.

No hands and not the fun kind. Yeah. But you know, I just had to, I had to pull myself together and I had to lean on people. That was the year of leaning. On people. And, and, and that was unfamiliar to me. And, and that's one of my biggest lessons I took outta that experience was that even though you know, you might always be the strong one, you might always be the person that people come to for your level head and your sound advice and your sympathetic shoulder.

You also need to learn to lean on other people. And that was a skill that 2020 forced me to learn. Mm-hmm. like I was on my knees and. and literally and figuratively on my knees. And so that was a gift for me to be able to realize that people want to contribute that in that way. To be there for you.

Mm-hmm. . So would you say you. Let me just back up for a second. Anytime I've had to make a big life decision, like I got divorced, my first marriage was kind of a, sort of a sample of what marriage could or couldn't be. Hopefully could never be like that one again. It was only a year and a half. God love him.

But I thought I agonized for months and I knew I was gonna do it. I just couldn't pull the plug and. . I was living in Manhattan. Luckily the apartment was technically mine. And so, you know, I was still gonna have a home unlike having to sell anything and have be homeless. But did you agonize or were you just like, I gotta go and I'm into this right now?

I agonized and the interesting thing, Greg, is that

my conscious, agonizing was only probably several. . My unconscious under the surface agonizing was years. Mm. Mm-hmm. . And it was years that I silenced that part of myself. Yeah. I didn't wanna listen to it. I didn't want her to speak. Mm-hmm. , I didn't want her to jeopardize, you know, the good thing we had going

Yeah. . But ultimately if you don't listen to those quiet voices, they have to become louder and louder and louder and louder. . Yeah. And eventually one day you listen. Mm-hmm. . And so I would say that it was a long and protracted process that I only became aware of. 2020. Somebody let you in on the situation.

Right, right. Your little inner voice, Uhhuh . So did your health suffer during this time? Interestingly. . My health was part of the reason why my inner voice, I allowed my inner voice to become louder. Hmm. In 2019, I had embarked on this health journey on this, this, what, what turned out to be a complete transformation of everything.

I just wanted to work out a little . Right. And look what you thought. That's all I wanted was to work out a little. I ended. Completely transforming my body and my mind. And that was when all these thoughts came like knocking on the door that I hadn't listened to for a long time. Like, there's more for you.

There is more for you. Right? And, and so that's such an interesting thing because it was because I had take charge of my health because I had put my health and my fitness, my wellbeing at the head of my priorities, and I was focusing on what I needed. That that voice was able to, to be heard, I was able to hear it.

Mm-hmm. and that's what started the whole cascade. So you talk about that time where you decided to, in 2019 you be, you decided to start strength training. Mm-hmm. , and you went from being a soft, fluffy, average American woman. I love that. To being a strong, lean muscular. woman and the with the body that you wanted in your twenties but could never achieve.

Yeah. What, what is it, or was it in 2019 that allowed you to achieve that? What changed for you? I love this conversation. It, it sort of sneaked up on me truly. I, I innocently joined a Facebook challenge like you do . My finger just roamed around on the thing and it, I saw a Facebook challenge show up and it said, New year, you know how new year things happen.

New new year. New, new, new you. Right. Exactly. It was 12 minutes a day. 12 days in a row of exercise. That's it. That's was so innocent. Like a little kitten. So I, I went, oh, okay. I can do that. Even a loser like me can do 12 minutes of exercise a day. That's what I thought at the time, and I had been like, people exercising, working out in fits and starts for many, many years.

You know, you, you do it for a couple of months and then you slack off, or you do it for a little bit and then you don't see results and you, you know, it abs, it flows. You never really kind of dig in. Mm-hmm. , and I just, I thought, you know what? 12 minutes, 12, 12 days, I'm in. Well, on day 13 when the group is gone, nobody's there.

Nobody's waiting on your selfie. The end of your exercise, you have to decide who are you gonna be now on day 13, are you gonna stay on this nice track you've started or are you gonna just start sleeping in again? And day 13 was where things really turned around. And, and, and I had this feeling in my, in myself, wow, look at me.

I did 12 days of something in a row at five 30 in the morning, and granted it's only 12 minutes. , it's something, but it's the showing up. It's not the 12 minutes, right? That's it. It's exactly it. Ding, ding, ding. It's the showing up for yourself. It's the commitment to yourself. That's why the group is helpful.

The group is like training wheels. It, it gives you that accountability until you can build it for yourself. It gives you external accountability till you can get internal accountability. And then day 13, I thought, man, I'm, I'm on a roll. I'm gonna keep doing this. And then I started going from 12 minutes and I just added two minutes.

and then I would be on 14 minutes for like five or six days. Then I'd add a couple more minutes and I was up to 25 minutes. And then I started to get curious, like, Ooh, I wonder what else I can do. I wonder if I could get, you know, like, get a little weight bench or, you know, get some bands. I, I was just becoming immersed and then I found the magical thing, which is community.

Mm-hmm. , I found fitness, Twitter, and, oh, that's a thing, huh? , it's a thing. There's, you know, there's communities for everything on Twitter, gaming and crypto and you know, they're not listed anywhere. They're just people. But yeah, you know, people, like-minded people tend to find each other, and I found a mentor.

and that was what really set things in motion. He fixed how I was eating and I began to see the fat really fall off and I began to see the muscles develop and I was in the, I'm not kidding you, my gosh. I was in the bathroom one day and my hair is, you know, long and I was drying my hair. And you know how you have a dryer in one hand and a brush in the other hand?

Mm-hmm. . . Well, I'm in a reenactment. I had a dryer in this hand, and I had a brush in this hand, and I'm looking in the mirror and I go, whose arm is that? ? Like, I just, I, I was, I was unfamiliar with this, this. Thing in the mirror and I was like, my, what is happening? Cuz it happened so slowly. I'm just gonna say for the

people that won't see this on YouTube, that was a muscle she was looking at in her arm that she didn't recognize as her arm.

Cuz it had a muscle . It was a big old bicep. And I was thinking, who? Ah, that's crazy. I don't recognize that. And it was just this transformation, this slow transformation and this momentum. And when you start to see results, that is powerful fuel for your motivation and your inspiration because you begin to see what is possible for you.

Mm-hmm. . And that's when all the mind stuff started happening. Like, well, what else is possible? What else have you been settling for in your life? Oh, settling. Ugh. Yes. So many people do. Yeah. A sort of a transition back to the 2020 ball. You started rolling day 13, by the way. I want you to name your book Day 13.

I think that's a really, because you know, 13 is one of those magical numbers. People either hate it or they have, you know, some attachment to it. But in the same way, like day 13, you said there was no. , no one is waiting for yourself. You were all alone in 2020. You decided to blow up your life. You were all alone.

Yeah, and in both ways. Even though your community might have been smaller, the people you leaned on in 2020, you found some people, a community, and I have interviewed dozens of people on this. We can't say it enough. Reach out for help with people that are like-minded. Going through where you've been, what you've been through.

Just find some people, people, you know, share the love, share the grief, share all this stuff. It is known to be good for our hearts and our brains. Nevermind. It feels good. So back to you. I just had to make that connection. I love that. And thank, thank you for making that connection. I, I had never put that together, but you're absolutely right.

The community that held me up when I was falling apart was a different one. But the idea is the same, you know? Mm-hmm. , they inspire us. The people in our lives inspire us, and we have to be around the right people. Oh yeah, that's a whole other talk show right there, right? It sure is. Discern, yeah. I just put discerning something on Instagram about, you know, the toxicity.

A lot of people talk about toxic relationships, but I think it bears repeating because we, we underestimate the impact, I think of toxicity, whether it's a relationship, an

environment, the soap we use in the ba, whatever. because we're so used to, you were like, I didn't wanna talk to myself about the problems I was experiencing.

I didn't want to, I was the last one that was in on the story. So you were agonizing. Right. I think we just get to the point where things are not well, or we don't feel as good and we're like, eh, just the way it is. But I don't think we should settle, as you said, for just the way it is. Unless just the way it is feels really like what we.

I have to agree with you and, and you know, we do get into that sort of complacency where if it's not, here's the thing, if it's not bad enough Right. That's the worst, that's the worst place. Yeah. Because it's pretty good. Yeah. So, so it lulls you into this sense of uh, that's all right. I can live with this.

Yeah. And then years go by. Mm-hmm. , and as you said, you had a 24 year marriage and all the other things you. years go by, and I know for myself when I, so I finally left a career, I was a chef, and I finally got out of that and went into this coaching life coaching, business coaching, and I held on those last few years.

I don't resent it. I loved my clients. I was private chef. But when I look back and I think, what if I had started three years earlier? What if I hadn't kept taking those cooking jobs? Why, you know, I missed this thing and that thing. And it's not that I wanna say it's not a big regret. I'm not gonna take it to my grave and be like all doom and gloomy about it, but, If we just settle for what's good enough and we don't know what could be that much better, why not try something that might feel better?

And if it doesn't work, you could stay where you were, right? It's no big deal. Or you can go back. Sometimes you can't. You blow up your life. You're not necessarily gonna be able to put it back together in the same way, but as you have proven, you could put together a pretty good life. So tell us about your life today.

Well, interestingly when my husband and I split, I took about six months living with a friend. to kind of just figure out what was next for me, where was I gonna live, right? Because I, I was already coaching by Zoom, so that wasn't really an issue. Thank God I wasn't changing my work at the same time. I was, you know, changing all this other stuff, but I just had this thought and I thought, I can live everywhere.

Hmm. So I became Noma. , I hatched this, like what seemed like to everyone else, a Looney Tunes plan to live on the road, and it made so much sense to me and I thought, I have people all over the country that I haven't seen in a long time. Nobody's been traveling. It's been 2020, and I can go and stay with people and work from the.

and that's exactly what I'm doing, and it is absolutely glorious. Oh, that's cool. I love it so much. I don't have a camper. I just drive and I have a minivan. Mm-hmm. , and I have a lot of stuff in it, but I just drive and I stay with people, colleagues, friends, family, sometimes brand new people that I meet along the way.

Mm-hmm. and sometimes I stay four or five nights. Sometimes I stay four or five. just depends on what we work out. And then I move on and it has been such an enriching experience. Plus I've gotten to see places I haven't been before. I'm gonna get to go to Maine this year, which is so cool cuz I haven't been to Maine yet.

Yeah, I love Maine. And right now I'm up in New England and it's fall. And as I look out this window here, there are these amazing orange and gold trees. and I'm getting to reconnect with the people in my life and getting to know people I hadn't known before. And it's just, oh my gosh, it's been, that sounds wonderful.

Incredible. Yeah, I can ditto. The fall leaves this year. We had a really serious drought here in Jersey during the summer, and I was afraid we wouldn't have had such a glorious fall because maybe there wasn't enough sugar in the maples or something, but it's beautiful. Like words, and it's just, I'm a person who grew up on the East Coast, even though I lived in California as an adult, I like the seasons.

And fall is my favorite. Possibly spring might be second, but so I'm in my heyday right now with all the leaves blowing around and yeah, so I would imagine, oh, that's so funny. Go ahead. What you said is so funny because I go through this every single year, fall, oh my gosh, fall is my favorite. And then spring comes, oh, no, no, no.

Spring. It's definitely spring. And then fall comes, oh, fall. I think fall is, I mean, it's ridiculous. It, it is ridiculous as somebody notice says, yeah, but I, but you know what I, I love about that whole idea is that we get. , we can have fall be our favorite. And then when spring comes along, we don't want her to feel bad, so we're like, no, no, you're my favorite.

Like, we're high in high school or grade school, you're my best friend. No, no, no. You're my best friend. You're bright . It's too funny. . So you coach women on finding ways to get unstuck on frustrated, getting the same results year after year. What would you say is the most, or if, if there is even a most common thing among your.

not your corporate clients, cause I know you do that as well, but individual women, what do you think keeps us in the place of feeling stuck and it's never gonna change? Lack of belief in ourselves. Mm-hmm. . Just, just a, a, a lack of understanding how truly fantastic we are. Hmm. that holds us back. And when I say us, I mean us.

I mean me. I mean we all day to day, you and I do this for a living, we still have those blocks, you know? Absolutely. . Absolutely. I struggle, not struggle. I hate the word struggle. I am faced with the same challenges every single person on planet Earth is faced with, who is in the process of growing and learning and expanding.

Mm-hmm. , every day I get to choose who am I gonna be today? Who do I wanna be today? You know

it's, it, it's like people who look at someone who's, who's made a physical transformation, for example. They think, oh, oh, well, that it's easy for that person. Oh, oh, she's got abs and you know, fabulous arms and great legs. It's easy for her. No, I gotta do the same stuff every day that you gotta do. Yeah. I just happen to be farther along down the road than you.

That's all my, my results show a little differently. Mm-hmm. . But if I stop doing the thing that got me here, I'm gonna go right back to where I. So I have that head battle every day I get up mm-hmm. , what am I gonna do today? How am I gonna move my body today? What am I gonna eat today? It's never easy. Yeah.

And it, like you said, it's never ending. It's that, I mean, our, our reptilian brain is more powerful than the executive part of our brain, sad to say, but it's older, right? Older, wiser, maybe not so much wiser, but in reality it's wiser. We just don't have the same stressors. things around us that are dangerous, but that reptilian brain will help us stay on the couch cuz it's comfortable.

Go back to the foods we like, cuz it's comfortable dismiss science cuz it's easier than what, you know. We have one thought like I'm, I just got off doing a podcast on bioidentical hormone replacement. Not saying that everybody has to take it. Just that it's not scary. There is such like tons of science that proves it's.

That's the biggest thing we have to the hurdle that doctors tell me that they have to offer this to women and have them try it anyway. Just, you know, it's that tin hat thing. New science comes along. Some people embrace it. Some people are like, oh no, because 10 years ago somebody told me this and I believe that.

That's fine. You know, believe what you want. But when it comes to our own beliefs, like you said, it is those things that we told somebody told us about ourselves that stuck with. that maybe wasn't kind or it certainly wasn't true. I told my sister recently, you know why we're talking about my mother? She died.

Your mom died young. My mom died young also. She was 49 and I wore a uniform. Oh yeah. She was very young. I wore a uniform and we had knee socks for the uniform, whether it was spring or winter, we always wore knee socks. And she was behind me one day and she said, , Greg, you do not have the knees for knee socks.

And I told my sister, she was like, she said that to you. I said, I don't think she meant anything to be horrifying, but of course it stuck with me. 40 years later, I still remember 50, whatever it is that she said that. So my point being, we hold on to some of those things we heard from other people, and that also informs whether we have the motivation.

Some days it's like, well, why are you even gonna. , your knees are never gonna look good at knee socks or whatever the story is. So it's good that you say that because I think, like you said, people listening who may wanna coach or have some support from somebody they see further down the road, down the path, they're like, must be easy.

They must be naturally thin or naturally muscular. Let me just tell you, people, when you get into your 60, there's no such thing as a natural muscle. The natural muscles all wanna go on vacation permanently, so you have to work at. , same as when you're in your fifties, fifties and forties. But let me just say it gets a little bit more, you have to get a little bit more serious about it.

You do. There's a lot that goes into it. You know when, when my mentor fixed my food program, that made all the difference? Yeah. I mean all the difference and there's a lot more that goes into it when you're past a certain age. You know, your body's so resilient and you can, you can live. In your twenties and thirties you can live with chronically undereating protein, but when you get into your forties and fifties and sixties, you need more and more and more protein.

Your body is literally made of protein in many aspects. There's so many things and, and we're not taught that, and that's just one simple shift that, you know, that I made that people can, can make that help you. See the results that you've been working so stink and hard for and you're not seeing Yeah, it's so, it's, it's availing yourself of this community that has these experiences that they can share with you, because in a vacuum, you're never gonna learn what you need in a vacuum.

You're just not, you're just alone with your own thoughts. It's not helpful. Yeah. And or Dr. Google, you can Google yourself into a dither downloading free 10 steps to this and that. And I have, I have things that people can download. I'm not dismissing those things out of hand. Mm-hmm. , all I'm saying is if you use those things, at least get a buddy who has the same goal so that you can hold each other up and hold each other accountable rather than just as you said, staying in the vacuum of your own head is never a good idea.

Yeah. My head wants me to eat Cheeto. , although I haven't had Cheetos in a long time. , every once in a while I'll see a commercial in passing. I'm like, wow, new cool Doritos. That would be so fun. And then I think of the headache that I get when I eat that stuff with all the, I literally get a headache as soon as I eat like three of them.

Cuz occasionally we'll have the kids over, we'll get stuff and I'm like, Nope, no headache is worth a Dorito anymore. When I was younger I didn't even notice. Maybe I didn't get headaches, I don't know. But as I've gotten older, I've gotten sensitive. I just don't wanna do that to myself. Do you have any like that that trigger you?

No, I don't. I am really fortunate in that I can pretty much eat anything with, with no consequence other than, like, I find that too much plant matter too much vegetable bloats me mm-hmm. , so I stay away from most vegetables. And definitely, definitely beans beans, chickpeas those kind of things.

Mm. . So I eat mostly animal products and eggs. Mm-hmm. . But to answer your question, I'm, I'm fortunate in that I don't have allergies per se. Mm-hmm. , or get serious reactions like that. Mm-hmm. . Yeah. Yeah. I think that food sensitivities and, well all allergies are an actual, like, you're gonna get a reaction that you're gonna be able to tell right away, right.

That's an allergic hives or. a sensitivity. A lot of people go through life with food sensitivities. They don't know they have. They have maybe have their sniffly nose. They're used to it. They find out, take a test, find out, give up dairy. They're better. I'm not saying everybody can give up dairy. I'm saying if people are struggling with too much bloating and you don't, and you know, okay, lemme back up again.

you decided you recognize your body didn't do well when you ate too many vegetables. Yep. That made you feel uncomfortable. You took them out, you feel better. That's like the body. People say, my body doesn't talk to me. Yes, it does. . You just need to tune in even when you don't like the information you're getting.

Oh, but I want to eat donuts for breakfast. Okay, great. If you want to crash at 10 o'clock and then be hungry right after. Mm-hmm. , keep doing that. Mm-hmm. . Absolutely. We always, we always get the choice. Isn't that liberating to know that we always have a choice? Yeah. Every day. So have the donut on Monday, but try something else on Tuesday.

Right. To give your body a chance to speak to you about both sides. It's like your body's having a debate with you, . You know, this side is winning one minute and this side anyway, the body does talk to. Yeah, but if you can't figure out what is triggering bloating or sniffles or who knows what else, ask for food sensitivity tests, it, I don't know.

A lot of Western medical professionals are not gonna recommend them. , but you can find them online or you can find a coach. Do you do any food sensitivities testing with people? I do not. I will tell you though, and I'll share with your listeners and viewers that one of the easiest ways to identify what's causing whatever the symptoms are that you're experiencing, this is gonna sound radical, but is to eliminate everything but meat and see what happens.

You, you sort of give yourself a. because meat is very, very, very rarely the cause of anything, right? So if you eliminate everything but meat and then you begin to add one thing back at a time, you can isolate pretty quickly what it is that is

aggravating you. So if you go all, all meat for seven or 10 days, notice how you feel, then you add back, let's say dairy.

Mm-hmm. . And then you notice how you feel. It takes a commitment, but it's. Yeah. There's no right, but it, it really is the easiest way to find out because you'll, you'll, you tune into what your body is saying. No matter what your blood work might or might not say, your body will tell you, and you're absolutely right.

You know, you said something, you said, your body will talk to you. And that's exactly what we talked about earlier. If we come full circle around, your inner knowing is always talking. Mm-hmm. , but we aren't always listening and your body is also always talking. Mm-hmm. , the question is, are we listening? Do I, am I paying attention?

Yeah. And not so much of what maturity is about, I think, is about learning to pay attention to what you are saying in the, in the physical and the unconscious ways that, that you haven't been listening to before. Yeah. And it takes an intention to listen. You know, some people. . And again, this is not a criticism of anybody who might find themselves in this category, but I cuz I think it's the message we've gotten, rather than doing an elimination diet or deciding to listen every time you eat something, how do I feel?

How long did I feel okay? Or did I not feel okay right after I eat? Like tho that's an intentional process. It's not please body speak to me and then we're onto the next thing. We're on social media, we're working, we're busy. We never take time to listen. I think people eat too quickly. and right after your meal or even while you're eating is a really good time to tune in and see how does this food make you feel?

Mm-hmm. , and then you can extrapolate. I, I get so encouraged when I will have a call with a client and they will say, well, I noticed that when I did this, that this happened. And I just get, oh, that's so awesome. Because you're, you're noticing the art of noticing is so valuable in life. Mm-hmm. . and we can bring it back full circle to your thing.

The art of noticing. That's exactly what you did with your life. Yeah. On day 13, you noticed you'd gotten some results, you felt good, but what were you gonna do next In 2020 you decided, you noticed that this was the, like, you, you were done not paying attention. Mm-hmm. . And usually people change when they're up against it, right.

Physically, especially if somebody says, oh, I've been trying to lose weight for 20 years and I, yo. the day they commit and finally start getting results. I know that they have hit a wall of some kind where there won't go back to that feeling of, and it's usually helplessness. Not always, but a lot of times people who have tried everything, they just haven't tried the thing that's gonna work for them.

Right. But they have no impetus to start if they believe that they've tried everything and nothing will work. Yeah. And it's all mindset anyway. Everything starts with the mindset. Everything around the. . It's true. Everything starts with a mind. Mm-hmm. everything and you know, change in commitment, start on the inside, but then the results show up on the outside, which is where other people get to witness.

Yeah. How do you, and it feels so good. It does. You know, whether I, whether you get the accolades from other people. I mean, I'm not saying we should go around looking for, oh my God, you look so different. Did you lose weight? , that's sometimes it's just one of those questions like, did I not look good before?

But when people, when your energy is different, people respond to you differently. And I guarantee anybody who's listening, and it's not only in your body, but especially in your body, if you make changes and the changes are positive, you enter the room differently. So then your interactions with the energy of the other people is going to be different.

But even if it's, you know, I said you don't, you work with corporate, you work. individuals, not just on their body and their life in that way. Mm-hmm. , anytime we make change that has a positive impact, whether it's the bottom line of a business or the culture in a company that resonates. Energy doesn't stay in a box, we can't put energy in a box, it ripples out.

do you find that that's something that happens with your person? Absolutely, absolutely. When you, when you focus on yourself on, on being in alignment with what is important to you, your actions and your values are in alignment. That's huge. That chips your energy for sure, when you put yourself in rooms and in communities and in relationships that are in alignment with your values.

And that are supportive, uplifting, positive. That changes your energy. And you do, you know, you fill your own bucket. You, you, you commit to doing what makes you your best version of you. Every single thing that you do is a vote for the

person that you want to be. Mm-hmm. . So when you look at your actions, you do an action audit every day.

You may say you wanna. an athlete or in great shape, for example. And I usually use that because it's something that everyone can understand and relate to. Mm-hmm. , you may say you wanna be in great shape, but when you look at your actions, are they in alignment with that desire? And if they're not, that creates resistance.

Mm-hmm. . But if you say you wanna be in great shape and your actions are in alignment, it's effortless. You create flow and you create that sense of centeredness in yourself. Like, I'm doing this for me. Mm-hmm. . And you put your, when you put yourself high on your priority, . It really is magical what can happen around you.

Mm-hmm. , because you begin to be able to see yourself as more important, number one, more valuable and more powerful. Mm-hmm. . Yeah. I think people underestimate the idea of being powerful. They think leaders are powerful. I'm just a human being. I'm not a leader of anything. Right. But power in our own lives means that we feel valuable.

Like you said, we bring something to the table. We have choice. I think that's the thing that every psychologist has said, that when you take people's choice away, that's the worst thing on the planet for anybody. So many countries where people can't find work, they're limited in the Maslow's hierarchy of needs are not getting fulfilled at the bottom.

So they're never gonna rise to self-actualization. Right? So our lives, our control means that we are powerful in the. and that shouldn't be shied away from em. We don't have to go out and lead people, just lead our lives. Absolutely. You, you, you've gotta be leading yourself. Mm-hmm. , you've got to be, you know, I, I look at my life as being me and my partner, who is the higher version of me.

Mm-hmm. , and we're walking through the world together and the higher version of me is always counseling and advising and looking at and encouraging my current. mm-hmm. to step into the identity that I wanna be. Right. And so whether I'm with a partner and like a real human partner, or whether I'm single or whatever it is, I still get to be my most solid, centered, grounded, confident, powerful version of me, which shows up in the world.

Mm-hmm. in a radically different way than than me from maybe 10 years ago. So it's work worth doing. . Sorry. It's work worth doing. Oh, absolutely. Absolutely. Tell the listeners how you work with people. I work with people a few different ways. I do private one-on-one coaching. I also do business team coaching, so, and that's.

That's around self-mastery and, and basically goal setting, personal goal setting. So companies know that when their employees are happier and fulfilled in their personal lives as human beings, and when they invest in them as human beings, everything gets better. , the person's life gets better, their work life gets better, their productivity gets better.

And so that's what I like to create in, in a Workplace team is a place where people can come and talk about what's important to them. What are they working on? That's. It's meaningful to them. Mm-hmm. How are they doing with their personal goals and their aims and their, the person they wanna become? Right.

And so it, the difference, the only difference is it's in a group setting and a, and a and the group dynamic is, can, can be interesting because even people who don't participate, every, every time still get the benefit of the conversation because they're absolutely, you know, they're, they're part and parcel of it.

Mm-hmm. . other thing I do is I do a monthly zoom, which is free and open to anyone who wants to come. And we usually have a topic. This month's topic was every day is day one, which is, which is about just having the resilience to continue to start again at whatever it is you're working on and to give yourself grace.

And so we, I introduce a topic and then we have a discussion about it, and we check in with accountability. For some people who were there last month who wanted to be held accountable for a few things, for their, whatever they're working on. Some people it's fitness, some people it's, you know, I wanna, you know, get to bed earlier.

Some people, I wanna do the dishes more for my wife, you know, Whatever it is they're working on, they get a little bit of an accountability group. We had one woman, she's so awesome. She had a real addiction issue with Mountain Dew. Like apparently that stuff is serious, hardcore. I don't know, I, I probably have had Mountain Dew once in my life and I don't remember liking it, but I understand it's a thing for people.

She said the only reason she was able to kick this addiction was because she did not wanna come back to these zooms every month and, tell the group that she had failed that she and so she kicked it and, and you know that's huge. Quite accidentally, she lost like 10 pounds too just because she wasn't having sugar

Right. So this is the power of community. Yeah. And where can people find out about those Zoom? You can direct message me on my Instagram or you can direct message me on my Twitter and I am at remaking Monica on Instagram and just ask for an invitation and I'll be happy to send it. . Okay. And your website is Monica Rickey, r i cci.net.

Is that correct? Net yes. Net, yes. Okay. What do you wanna leave the listeners with? Monica? Tie us up with a bow. The bow I wanna leave you with today is that you always have a choice and that everything starts in your mind. Whatever is in your mind is gonna come out your. So when you, when you control what is in your mind and you control what you allow into your mind and through your eyes and your ears, that impacts what comes out.

Your mouth and what comes out your mouth creates your reality. Amen. Sister, thank you very much. Thank you listeners. I'll be back next week with another episode and a fabulous guest. He will. Till next time, Monica, you take care.