



Episode 46: COMPLETE WHAT YOU START

This is the *Become an Unstoppable Woman* podcast with Lindsay Preston Episode 46, Complete What You Start.

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Welcome to the *Become an Unstoppable Woman* podcast, the show for goal-getting, fear-facing women for kicking ass by creating change. I'm your host, Lindsay Preston. I'm a wife, mom of two, and a multi-certified life coach to women all over the world. I've lived through enough in life to know that easier doesn't always equate to better. We can't fear the fire, we must learn to become it. On this show, I'll teach you how to do just that. Join me as I challenge you to become even more of the strong, resilient, and powerful woman you were meant to be. Let's do this.

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Hi there, Miss Unstoppable, welcome to the show. So happy to have you here for this episode. This episode is all about *How to Complete What You Start*. It was inspired by some clients of mine. Recently, I unlocked my Life Lovers 21-Day Challenge program for free when all this Corona stuff came out and all the crap hit the fan. I unlocked my typically \$97 course and give it away for free. I had about 200 women who jumped on that opportunity and went through that course and learned all the basic neuroscience fact tools for success.

During that process of them learning those tools, I gave them some surprise Q&A calls where they could get on the phone with me. They would have about a 10-15 minute hot seat for a few weeks. We would coach through either the tools in the course or different things they were experiencing in their life and helping them get through those things. It was so interesting that one of those calls, I had a group of women who were basically getting coached on the same thing that night and that was that they don't complete the things that they start.

They have all these goals and aspirations for their life, but for whatever reason, they just feel like they're stuck in this hamster wheel. They're getting a lot done every day, but they're not moving forward on the things that really matter most to them. They're just so busy and so chaotic that it's like, "I just start all these things. I don't finish them. I just



really want to stop that way of living." I think for a lot of people myself included in this, with this quarantine period with Corona, we've all had to slow down. I know in my world, there've been some things I'm like, "Wow, we can really cut that from our lives. That's not really important."

I'm focusing more on things that are important like you and me and making this podcast my business. "Oh my goodness, this is so much more important than taking my daughter to a million activities half of what she doesn't really like." [chuckles] It's just been a really good wake up call for a lot of people. You may be on this boat too of "Hey, I'm not getting any younger, time is going faster. You never know when our last day will be. Not that I'm worried but it's true." They're like, "I really want to make my goals and dreams happen, but I have this ongoing pattern of not making things finished when I start them."

It's actually a really easy thing to fix. A lot of people I've experienced in my coaching practice have a lot of shame around this. It's really just a couple of quick tweaks that you need to make. A little bit of awareness, you need to gain about yourself. Then typically you start completing what you start. It's pretty powerful. I want to give you a couple of tips today and a couple of resources for you if you are on this boat. Again, it's pretty easy once you know these things. All right, my friend, there's no need to have shame in you again about this. It may just be that you haven't been set up for success. We're going to fix that today.

Now, before we get into my tips, I do want to give a shout out to those who have left a review for the show. Thank you, thank you so very much. I am extremely appreciative of everyone who goes on and leaves a review, especially if you are listening on Apple Podcasts. It makes a big difference in regards to the rankings of the show. It's been so fun because we've had a lot of new listeners come in, in the past month or so. My numbers are increasing. I'm getting more on the charts all over the world from Spain to India to Australia, New Zealand. Goodness, there's been a couple of others that have blown me away, but they can't come to mind for some reason.

I welcome you. I'm so glad you're here. If this episode or any other episode that you listen to gives you great nuggets of inspiration and wisdom, please share it either on social media or with a couple of friends of yours that you think it would be helpful for. I know it can be weird sometimes to share personal moment stuff because some people can take it a little funky, but just put it out there. I encourage you to be courageous in doing that because you never know who will be inspired by that. I can't tell you how many clients I get that say, "Actually, I found you through my friend, but she has no idea that I'm coaching with you."



It's like, "Oh, my gosh, we still got to break some stigma with this whole coaching mental health thing." It's true, you never know who you're inspiring so, please, share it. I'd be so appreciative. That's a quick shout out. Let's get back to getting into the tips of how to complete what you start. As I said, this is inspired by a group of women that I had on a call recently. It was just so funny to me because I gave them these tips. It was like this weight lifted off their shoulders. Almost as if many of them wanted to cry because they felt like they had been dealing with this for so long.

That's what's so interesting about hiring a coach be it me or somebody else, is that sometimes we just need somebody to give us a little bit of knowledge or see our lives in a different way or our minds in a different way. All of a sudden, the problems you are dealing with the day after day after day just go away because somebody else knows how to solve them for you. So many times as ambitious women, we just think, "I got this. I don't need any help." I know because I catch myself doing this all the time. Then when I do reach out for help, be it hired help or just asking for [chuckles] a little bit of help around the house, just something of that sort, I always feel so much better when I do.

Again, I just want to tell you the stuff is so easy to fix. I'm so glad you're here. Let's talk about it. The first thing of why it happens, of why you're not completing what you start, is that you haven't found a deep enough why, yet with a goal. Typically, someone will come to me and say, "I really want to lose a certain amount of weight, but for whatever reason, I just can't get it done. I really want to start this business venture, but I'm just not getting it done. I really want to improve my confidence, but it's just not happening."

I'll say, "Okay, first off, the thing that we have to do is we have to make this a smart goal. We have to in essence get really specific on what it is that you're wanting. We have to make it measurable. What are we going to measure along the way? We have to have a time table on it. We have to make it attractive to you. We have to make it something that you can implement in your life." The big thing here is people think they're making it attractive to them or they think they're getting specific enough and they're not. I can't tell you how [chuckles] much coaching I've done just around making a smart goal. A smart goal is a concept that's out there everywhere.

Even in the professional world, you go to a personal or professional development meeting, everyone is talking about smart goals. Yet, nobody's really teaching them how to do them in a really good way where you're actually going to complete your goals. What I do with my clients is I test them on their values. I also give them values meditation where in essence what they're doing is they're pulling an old memory that was amazing for them. From there they are figuring out, "Okay, what values are tied to them." As we coach longer



in the process, we go deeper into that. We pull their top 10 memories of their life. We see longer patterns of those values.

Those are the things that really light you up. Those are the things that make life amazing to you. They may not make life amazing to me, or if they did make life amazing to me, it may be for completely different reasons than they do to you. I'll give you an example here as I actually coached somebody I went to high school with, who I was on a dance team with. One of our moments was the same thing, but her values tied to that was about achievement. For me, it was totally different. It was about creativity and expression and feeling like I was present in the moment.

It's just so interesting how, "Hey, we're not taught the stuff of how to dig deeper with our goals and really find a deeper why, in our values and tying it there. Two, how different yet similar we are [chuckles] in many ways." That's why it's so important that we not just take generalized concepts and think, "Okay, this is a cookie-cutter way to make our dreams and goals happen. Let me apply to my life." Everybody needs a little bit of customization, a little bit of individualization. That's why working with a coach can be so powerful. This is actually one of my biggest gifts and strengths is I love customizing things to people.

I love taking the research of things like a smart goal or neuroscience research tools that can work to convert their brain. Then customizing it for somebody and saying, "Okay, based on you, this is how we need to tweak these things to make it really work for you." Let me give you an example of how I've used this with a client so you can understand what I'm meaning here. Recently a client came to me and said, "I really want to improve my health. I know I want to improve my health. I even enjoy moving my body and doing certain workouts, but for whatever reason, I just can't stay consistent with it. I don't know why."

What we did is we pulled her values. I gave her that values meditation. I said, "Okay, based off the memory you pulled in that meditation, what were some of the biggest values for you?" I forget the specifics of what her values were, but we started digging deeper. I remember on the phone, her having an aha moment and a sense of, "Wow, this is what I really value about my health and moving my body. It's not just looking pretty." It was something deeper for her. Again, I can't remember what it is. [chuckles]

I remember thinking in that phone call of "Once again, somebody didn't teach her how to pull her why. How to pull her values and tie it into something bigger and deeper for her." I'll give you an example of my personal life, how this could work. If I was just making a smart goal around my business and saying, "Okay, I want to take my business from making this amount of money to making this amount of money. I want to do it by this timeline."



There, I've gotten specific. I've said, "I want this amount of money to this amount of money." I've made it measurable with the money. I've made a timetable. I've made it, I guess, attractive. I guess people want money. I like money, I guess.

I've made it something that I can implement in my life, I guess so. I will tell you, knowing who I am at this point; money does not really motivate me. What motivates me are my values. My values are things like experience. I love getting to have amazing experiences, be it going on a great vacation, going to a concert, just being able to be present in my world around me. That's why I value my mental health so much and hire coaches and do different programs and such. I also value creativity. I love getting to express my creativity and seeing the money come in from that. That's what fires me up. I also value teaching.

I love getting behind the mic and teaching you or teaching somebody on a call. That lights me up. Then two, I value spirituality. For me, coaching is a very spiritual experience. I'm tapping into what I consider my greatest self. I feel like sometimes spirit is moving through me. I know for some non-spiritual people, they're not into that, but for me, that's how I show up and how I'm the best coach. I'm bringing out the best in other people. I'm teaching them how to use their God-given gifts. How to show up in their best life and things of that sort. I'm giving them healing. Oh, my goodness, that's such a spiritual experience for me.

Really, the money is just a secondary gift of me getting to use my values. When I see more money coming in, I'm saying, "Wow, my creativity is working. My teaching skills are working. My ability to spiritually connect is working." Then I get to feed into my values even more with my spending of that new money coming in of, "Okay, well, now, I get to up-level my business." Right now, I'm redoing all the branding in my business. I'm about to rerecord all my courses. That's such a creative and teaching process for me. Two, it's a very spiritual one. I'm having to do a lot of self-care right now, as I'm getting ready to rerecord all these videos. That's what excites me.

The money is just a measurement piece that comes along with having to be this humanly being where we have to exchange money. [chuckles] Again, that's what makes me show up for my goals. That's what makes you want to complete it because I have that deeper why. Now, we could go even deeper with this. When I coach with somebody, a few months in, we get to a point where we're finding their life purpose. They're doing certain exercises to find what it is that they're here to do in the world. We do that by building their puzzle of who they are and their values, peace is part of that. We look at their strengths.



We look at their way of thinking and their admiration and all of these things. It slaps you in the face when you're starting to see this puzzle of who you are and the patterns of that and say, "Wow, this is my life purpose. This was what I meant to do." All of a sudden, you start showing up in life in a whole new way. You start making things happen. When you're sitting down and determining new goals for your life because hopefully you're always going to be making new goals or you maybe accomplishing them. Maybe sitting in, resting in that for a moment and then you're back at it and making new goals.

You're going to go back and say, "How do these goals tie into my purpose? How are they going to allow me to use that purpose and use all my strengths and my values, my way of thinking, and things of that sort?" Then you just become this person who's in massive action. Just checking off the goals, one by one by one by one. They feel really good in the process. When I'm getting on these podcasts or you see me on social media and I say, "You can make goal setting and accomplishing so much easier and feeling good in the process," this is what I'm talking about. You're tying in your values. You're finding that deeper why.

You may even find your life purpose so that everything you're doing, you're tying into the things that light you up, to begin with. Of course, you're going to show up and be motivated. I actually recorded a podcast here recently called *Master Your Motivation*. I had a guest on called Susan Fowler. I'll put a link in the show notes. I forget what the episode number was. She talks about this. There's three factors for motivation. One of it or one of them is connection and having this deeper why, with your goals. That's what's going to help you show up and make things happen. The research backs me up on this, my friends. This is a way to make your dreams and goals happen.

Now that's a bigger one I must admit. It's going to take you more time to pull those pieces. Two quick and easy ways that you can start to see, why it is, you may not be finishing what you start is just taking two assessments. The first one is called The Four Tendencies Assessment. It's actually from an author named Gretchen Rubin. She has a podcast. I believe it's called *The Happiness Project*. She came up with this concept of these tendencies. She was actually having lunch, I believe, with a friend. Her friend was saying, "I used to be a runner. I used to go out and run all the time and be on a running team. Now I want to run, but I just can't make it happen. I don't know why this is?"

Her friend's like, "Can you relate?" Gretchen was like, "No, I can't relate at all. [chuckles] When I decided I'm going to do something, I just go and do it." It began this research project for her of just trying to decide, "Why certain people can show up and make their goals happen and why certain people don't?" What she found is that there are four tendencies that we have. The four tendencies are, upholder, questioner, rebel, and obliher.



Obliger are what I encounter in a lot of women who come to me and say, "I have these goals and dreams, but I'm not making it happen." Obligers, they have to have external accountability to make their goals happen.

Once I know this about somebody and once I teach it to them, they start rocking and rolling. Here's why, because we build external accountability. That's all they needed. When we're coaching together, obviously, they have external accountability with me. Then I have an ongoing community in which they can always get accountability with things. Then they learn, "Okay, if I'm not going to continue working with Lindsay forever and ever, then I need to find external accountability in other ways." Maybe I'm in a mastermind group or in a peer group with other people. I'm in a running club if I'm wanting to go run. I can't just go on my own. Things of that sort.

Gretchen talks about in her four tendencies book. It's a really quick and easy read. I encourage you to get it. I'll put a link in the show notes too, for you to go purchase that if you want it. She talks about it in her book, different ways obligers can find accountability. She mentions somebody who, I guess, had like a scheduled post on their social media every morning that would be really embarrassing if it went live and they put their phone across the room every morning. When their alarm would go off, they had to get up and turn off the alarm in order to, I guess, dismantle this prescheduled post.

That was accountability enough for them to get up and get moving, which sounds really harsh. [chuckles] Those are just ideas. Those are the way that obligers work. It's really important you know, A, that you may fall into that quadrant or whatever quadrant you fall into, and then, B, know just how to set yourself up because of that. Now, you may not be an obliger. You may not need that external accountability. You will find out if you take that assessment. Again, I'll put the link in the show notes for this specific assessment. It only takes a few minutes and it's free to take, by the way. You may get an upholder. An upholder is one that they get it done no matter what.

If they set an internal goal for themselves or somebody externally sets a goal for them, they're just going to get it done. Gretchen, the author is the one who is an upholder. That's why she was like, "What? People just can't get stuff done. I don't get it." They're likely the ones not listening to this podcast. There's questioners. Questioners, when they internally set a goal for themselves, they get it done. When somebody puts a goal on them, like a boss or a peer or society or whoever, they question them. They have to ask a lot of questions, get a lot of information before they determine, yes or no. Once they determine yes, then they're all in. I'm a questioner. [chuckles]



I totally get where that's coming from. The other one is rebel. Rebels are people who, if you get an external goal to them, they're not going to do it. If they give themselves an internal goal they're likely not going to do it either. I've worked with a couple of rebels here and there in my coaching practice. To be completely honest, it's really hard for me, to get them motivated and to get things happen. Even will come to me and they'll say, "Okay, I want to lose weight or I want to make the money or I wanted the confidence or I want this or whatever." For whatever reason, we just can't seem to get it done.

If you fall on that rebel quadrant or whatever you want to call it, tendency, just know that you still can get your goals and dreams done. It's not like you're given some kind of goal dissonance here, but it's going to be a lot harder. Now that I've worked with enough rebels that I haven't been able to get from start to finish, I've adjusted a lot. I'm learning here. I'm a coach and a student too. This is why I give this assessment to my clients many times when they walk through the door with me and they sign on. If they are a rebel, then I know we've got to do a lot more of that purpose work.

We've got to do a lot more of that why work, to really get a solid foundation to get them showing up. The other thing with rebels is I'm going to have to do a lot of belief work with them, healing a lot of things, before I can get them really into action. I'm not saying again, it's a goal dissonance, I just know it's going to be a harder game, and it's going to be a harder game for you too. Go take that assessment, so easy to take, so much knowledge. If you do take it, and you find out what it is, go to my online community and tell me. I would love to hear about it. To join, you can just go to lindsayepreston.com/community.

Lindsay is spelled L-I-N-D-S-A-Y, and then E. Then Preston, P-R-E-S-T-O-N, [.com/community](https://lindsayepreston.com/community). Link in show notes, as always. Go in there and tell me, "Hey, Lindsay, I checked the four tendencies assessment. Here's what I am." Let's start the conversation with that. You can even tell me maybe a goal you're working on. We can brainstorm on ways for you to ensure that you get that done. Now, we've talked about two different things you need in order to complete what you start. We talked about the values piece. We talked about the tendency piece, which is really just figuring out what your accountability style is, and how to get that.

The third thing that I want to throw into your awareness, is maybe you have some strengths that just have a learning process of not completing things. There are a couple of strengths that are like this. When I say strengths, I'm talking particularly about the CliftonStrengths Assessment. If you've followed me for a while, you know that this is hands down my absolute favorite personality assessment on the market. The reason why is because you're going to get specific results to you. I just mentioned the four tendencies.



You're going to get one of four tendencies. Well, with the strengths, you're going to get a combination of at least five strengths that are 1 in 33 million.

They're very specific to who you are. That gives me a better idea of who you are. If we were to look at even more like your top 10 to 15 strings, man, that gives me a really good picture of who you are. What's going on behind the scenes in your mind, particularly in your unconscious mind, because our strengths are just natural patterns of behavior. We don't even think about these things that we're doing them. For some people, they just have these strengths where they learn through action or they learn through ideas or they learn through taking in a ton of content. They need that as part of their process to get things done.

Yet, they judge themselves on the things they don't get done, even if they are getting some other things done. Let me give you a taste of what this means. I mentioned a strength called activator, or maybe I didn't. [chuckles] There's a strength called activator. An activator is all about learning through action and getting started with things. That's what they're really good at. I actually have this strength. That's my number five strength. It's very strong in me. I used to be that person. I would start a lot of things at one time. For example, when I started my coaching business six years ago, I actually started an event planning business at the same time.

I also, a few years prior to that, had a dance studio business. I also had a career in human resources. This is all in the span of just a few years that I was doing them. It wasn't until after I started my coaching business and my event business. I'd, of course, closed my dance studio, left HR. At this point, I'm only like, gosh, 29-years-old. I've lived a big career at that point. I discovered this activator strength in me. I started learning about it, doing a lot of trainings on it. I realized that I needed just getting into action as part of my goal process.

Two, I realized, "Hmm, now knowing that I'm really good at starting things, I need to slow down my roll a little bit and think through things before I actually start them." If I had slowed down a little bit, I wouldn't have started the event planning business and I ended up closing just a few months after I had started it. A lot of that was because of the awareness I gained from my CliftonStrengths. It just opened my eyes to, "Okay, A, this is something that is just part of my learning process in some ways, but also that I need to slow down." I'm really good at getting started, but sometimes I just need to think things a little bit through more before I start.

Just knowing that about myself has allowed me to not start so many things. Two, it's allowed me to realize that sometimes when I do start things and I don't finish them, not to



judge myself because that's just part of my learning process. Now, there are some other strengths that I mentioned in there that if you have them, you're likely going to start and not complete, one of which is called ideation. These people are really good at coming up with ideas. My daughter, I believe, has this strength. My mom has this strength. My daughter's father has this strength. I see this in my daily life. I have had many clients with this strength.

Again, they all come to me and say, "Well, I have all these ideas, but I don't ever follow through. I don't ever get it done." I say, "Well, that's just ideation in overdrive. That's just part of your process." Part of the process is you come up with a lot of ideas. This is going to sound maybe grotesque to some of you, but it's like sperm. There are millions and billions of sperm out there in a man. Likely, only a few of them get to hatch and become a baby. I joke with my husband all the time because he only has one child, which is our son and we're done. We're not having any more kids.

I was like, "Out of all in your entire life, you had all these billions, trillions, whatever amount of sperm and just one, just one got to go and become a human baby out of that. What a lucky little sperm?" Well, it's the same with someone with ideation. They have all these ideas but just a couple of them go and hatch. Once they know that about themselves, again, they stop with the judgment. Two, they start thinking through things a little bit more. They may realize that they have strength with ideation. They need to partner with somebody who's going to help them implement their ideation.

We start to look at that in a deeper way and say, "Okay, well, since you don't have any executing strengths, but you have a lot of thinking strengths, you really need somebody in your life who's going to help you execute. Be it a coach or just people you partner with, in your life to help you get into action and have some boundaries with you on certain things." There's just really great awareness to have about yourself, of how you work in a unique way. Now, there are a couple of other strengths where I mentioned you just need to learn a lot before you implement.

I actually had a coaching call with a client, oh, gosh, a few weeks ago, where we got on the phone. I had coached with her. This was just a maintenance session. She said, "Lindsay, I learned about all these things and I don't act on any of them." I said, first off we coached together for seven months and you got a crap ton of stuff done. Are you sure this is true about yourself? She's like, "Well, but I'm taking these courses now and I'm learning about other new things and I'm just not implementing them." I was like, "Okay." We dug a little deeper. We realized a couple of things. Things that I'm teaching you here on this podcast. She just needed a deeper why, about things.



The other thing was that she has a lot of learning strengths. She has a learner input. Gosh, she has a couple of others, but they're considered the thinking strengths. I just re-explained to her because we have to learn about ourselves a couple of times, get the message a couple of times before it sinks. I just told her, "As It's like part your learning process is just taking in a lot of content." Then again, it's just some things move forward in the funnel and some things don't. Some things just stay stuck just because you're not moving forward with everything you're learning about, it doesn't mean you're failing. It doesn't mean you're not completing.

It's just part of the process and that's okay. For whatever reason, I'm thinking about the sales process in my mind. We talk about different buckets when we're talking about sales. Obviously, the biggest bucket is when people come in the door and they find out about me. Then from there, some of them move on to the next bucket of maybe buying a lower end course of mine. Then some people go to the next bucket and buy, six months of coaching with me and so on and so forth. If I were to say, "Oh, my gosh, not every single person is moving forward. I'm such a failure."

Oh, my gosh, I would be missing out on so many beautiful things from the clients who are moving forward versus focusing on the things that just wasn't a good fit. It needed to die to begin with. Maybe that's you; maybe you're just somebody who needs that as a part of your process. Two, if you're not getting any of your goals and your dreams happening, you just feel like you're on that hamster wheel like a lot of my clients the other week told me they feel, and a lot of women tell me they feel in their everyday life. I'm raising my hand; I used to be there too. Then these are the things that are going to start changing the game for you.

Taking again that CliftonStrengths Assessment, seeing what your strengths are and starting to understand them. I actually have a course called solidify your strengths. It teaches you how to take your CliftonStrengths Assessment results and understand your strengths in a deeper way. It's a very easy course to go through. It only takes about five hours of your time to learn about your strengths. I always tell everybody, you can pull at least one hour from your week to go through this course. It will only take you five weeks to do that. I bet you money, you have more than an hour a week. If that's minimally what you have, you're going to learn so much about yourself.

You're also going to get a lifetime access to that content to go back anytime. I'm going to teach you so much about yourself. Why you have certain spending habits based on those strengths. What are the best work environments? Who you need to be partnering with, in your life to get you moving and grooving or getting you balance in that strength. Then two,



I'm going to give you some different opportunities for you to understand how your strengths work together. How they can be best friends. How they can be at each other's throats at certain times. How you can apply your strengths in your marriage. How you can apply your strengths with your kids.

So much goodness in that course. It's only 197 to go and get that course. It's a steal of a deal. Just go to solidifyyourstrengths.com and you can sign up right away. Get that content immediately and start getting into immediate action with that. That is an amazing resource for you. I gave you two other free resources here. I gave you the four tendencies assessment to go take. I said, "Hey, just start looking at your why. Go deeper with your goals." So, so important to do all of these things. Now, I love putting together all of the stuff for my clients, getting into all the deep stuff, having them getting handheld as we walk through this coaching process.

If you're just somebody who's like, "Listen, Lindsay, I want the strengths course, but I want it all. I don't want to mess around anymore. I want to get crap done in my life." The fastest way to start making your goals and dreams happen is to hire me. We're going to work together for six months. We're going to sit down. We're going to make some goals together. We are going to make those goals happen in six months. I'm very honest with you at the start of it, if we can make those goals happen. Most times people come to me and they're actually shooting too low. They say, "Can we really do this in six months?" I'm like, "Yes, we can do it in three."

Then after three months, I'm like, "Okay, what are we going to do next?" They're like, "Oh, my God, this is incredible." You've heard some of the coaching stories on this podcast of people who say, "That was just months ago that I felt this way or that I couldn't do X, Y, Z, and now I'm doing it." Sometimes we just need that extra help to get us moving and grooving. Every time I've had a coach in my life, it has been a game-changer for me. In fact, this has been the year for me that's really solidified just how powerful coaching is. I've made a commitment to myself that I'm always going to have some sort of coach in my life. This year it's been that I've rehired my very first life coach again.

We do maintenance sessions every month. I also had a marriage coach for a little bit to get me unstuck in certain ways in my marriage, which was so helpful. Oh, my goodness, that was so helpful. I've actually hired a business coach right now, and already we're breaking through so many barriers. It's always paying me back in the investment. A lot of people they think, "Well, the money, the money." It's like, "Dude, we were going to make that money back times a freaking hundred because going to be a different person." You're looking at life right now from the person you are.



If you end up as the same person, you are right now in three months and certainly in six months and then from there a year and so on then, I didn't do my job. I am definitely going to show up and do my job for you. Just really start thinking about it. I know for me with all this Corona stuff that's been coming out, it's just made me think a lot more about one day I'm not going to be here anymore. Although I have a really great life and if God forbid tomorrow is my last day, I know that I've lived my life in a really full way, especially these past few years because of coaching.

It's made me step up my game and say, "Hey, it's time for more people know about my business. Hey, it's more important for me to show up with my kids in a certain way. I'm not f-ing around anymore." Maybe you're feeling that way too. If you are, just know I'd love to help you. Really the first step right now to figuring out if we're a good fit to work together and get us on a consult so we can talk more about you and your goals and your dreams, is to just go to Lindsay, L-I-N-D-S-A-Y, epreston.com/assessment. It'll take you a few minutes to take that assessment.

Then from there, if you're approved, you'll get on my calendar. We'll have a free discovery call where we're just talking through everything. From there, if you just want to go straight there, you don't want to mess with the assessments right now, then let's just go to the consult. Let's get this moving and grooving because in the coaching process we'll cover all of the stuff in detail and so, so much more. We're going to make your goals and dreams happen. I'd love to help you. That's my little pitch for the day. I promise I'll pitch on every episode. [chuckles] I'm just feeling really passionate. I'm tired of hearing women who say they're not getting their goals and dreams happening.

We need more women in the world showing up. I know for me, my biggest why, is not only being able to live at my highest self, but just show my daughter what it is to be a woman who is empowered and living in her power and living in her gifts and getting stuff done. I want her to see that firsthand. Whatever your why is, let's make it happen, my friend. Let's get those goals going. Thank you so much for tuning into this episode. I hope it helps you. I can't wait to see you back here again soon.

[music]

Hey there, Miss Unstoppable. Thanks so much for tuning into this episode. If you enjoyed it, share it with a friend. Send them a picture of this episode via text, via email, share it on social media, I'm sure they would be so appreciative to know these strategies and tips on



how to accomplish your dreams. If you are ready to guarantee you're going to accomplish your goals and dreams, then it's time to start coaching with me.

In my nine-month simple success coaching system, I am going to walk you every single step of the way to ensure that you get the goals and dreams that you want. The first step is to apply for a free 60-minute consult call. Just go to LindsayEpreston.com/apply to get started. As always, my friend, remember, you're only as unstoppable as you believe you can be, so believe in yourself. You got this.