

Episode: 100th Episode Celebration

DESIGN
your dream
LIFE

with
NATALIE BACON
JD, CFP, CERTIFIED LIFE COACH

Full Episode Transcript

[Design Your Dream Life With Natalie Bacon](#)

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Welcome to the Design Your Dream Life podcast where it's all about designing your life on your terms and now your host, Natalie Bacon.

Hey friend, welcome to the podcast. I am giddy recording this because it's the 100th episode and we are celebrating today. I am celebrating you. I am so grateful and appreciative that you have been here with me, even if this is your first episode. Welcome. And thank you.

I have been reflecting so much. So this episode is going to be a lot of what I've learned, what I want to share with you, where I'm headed kind of a, a different sort of podcast that I think will be really helpful for all of you who listen and my amazing team and I created a book to celebrate it is the 100th Episode celebratory book. You can get it if you're on my email list, we will send out an email how we're going to do it. So just get on the email list. If you're not on it, just go to NatalieBacon.com/subscribe and make sure you're on the list.

If you are listening to this in the future, you can email info@nataliebacon.com and put in the subject line podcast book. And you can kind of ask your question there, how to get it, that sort of thing. And we will take care of you. If you are listening to this in present time, as this is coming out, just get on the email list and you will get an email with instructions. This book is amazing. It's beautiful.

We've been working on it for months and the cover is beautiful. The quotes in there are beautiful, but what's more important is the value that you're going to get in it. Each page has multiple summaries of the podcast episodes. It goes through all 100 and there's a quote for each one, a lesson for each one. And the link to the episode. I know you're going to love this.

If you've been listening to the podcast, I am going to print one for myself as well, and we'll have instructions for you to print it. So just a little way to celebrate. What else is going on. I'm taking a breath class. Steve has been joining me as well, and I'm doing it because that's the next level of growth for me is really practicing more mindfulness and present living. I think that it's so much easier to be one way.

So how you do anything is how you do everything. We've heard that before it is true. So it's a lot easier to hustle and achieve and keep going down this success path and not take breaks. That's the path that you're on. That's the energy that you're creating. Those are the results you're creating. So that's what you'll continue to create. It's much harder to have a life full of achievement and success and incorporate, present living and mindfulness and all of that.

Episode: 100th Episode Celebration

For lack of a better word balance. I don't like to use the word balance because I think we often need to get off balance for whatever it is we want to create in our lives. But I want you to think about balance as being internally balanced. That's what I always aspire to have is that internal balance. So breath class has been just a pleasant joy for me to go to every week.

And if you've not learned anything about breathing or breathing as a practice, there's prana, that's something to start looking into and reading about, and you might find yourself at a local breath class. So I just wanted to share that with you. I'm constantly trying new things like that. And I found that I've really enjoyed breath class instead of what is typically what we do is go to like a yoga class. That's more focused on, it could be focused on meditation, but also like the exercise of yoga. This is very different. It's specifically just a breathing class.

All right, let's dive into what I want to talk about with you today. It's going to be different and fun, and I'm just so grateful to be here with you. I know that there are a lot of you who listen, who are listening for different reasons. So some of you listen because you want to know how to better your life. You want to learn specific life coaching tools that I'm teaching, and you want to get a free way to apply them to your life, right?

Every single week, there's a new episode on a new tool that you can use after listening to the episode. So there is that group. Then there is those of you who want to start a business and you've followed me since I was a blogger or you've taken one of my online business courses. And you mostly follow me because you like to learn about business.

And then the third category is those of you who follow me because you really want to be me. And I don't say that in a way that's narcissistic. I say it in a way that what I mean is you want to create the results I've created in your own life. So you want to create the business and the money and the freedom and the love and the, all the things that I have you want. Okay. So I get that.

And I know that, and I love that, right? That's why I follow certain people. If you ever notice the difference between people who you follow and people who you buy from and where that overlap is, that's just kind of a fun exercise. So sometimes I follow different influencers specifically, just to see what they're recommending, what products they like and use.

And other times I follow influencers because I enjoy, you know, just kind of tuning into what's going on in their family life and their personal life. Other times I don't follow someone and I just buy their products. I'm not really interested in their personal life. I am interested in how they can help me, whether it's hiring a coach or a trainer or physical therapist as of late any of those things.

Episode: 100th Episode Celebration

So I just think it's useful to pay attention to why you follow who you follow and why you buy from who you buy from. So, as I go through what I want to talk with you about today, I'm keeping those things in mind. So I want to kind of address each of you so that nothing's left out. If you don't have a business, it's totally fine. If you don't have any interest in designing a life like I have also totally fine. You will find that the lessons I share will be helpful for you specifically with the little stories that I am going to share in there as well.

So I want to start off with the biggest life lessons that I've learned from starting this podcast. So I started this podcast less than two years ago, right? A hundred episodes in, and at the time I started this podcast, I had so much resistance to it. I knew that I wanted to do it. I knew that it would be successful. I know that people tend to connect best with me through listening to me and through watching me.

People love to watch my videos and listened to me talk like that's how they connect most versus reading what I write. So I knew that this was next, but I had so much resistance to it. I didn't understand how to create it. I didn't know how to start a podcast. I had so many thoughts about how it would be in the beginning and I did it anyway. And I'm really proud of myself for that.

And if you've been a longtime listener or if you've gotten to the beginning and you're now caught up, you know, that the beginning episodes are very different than they are now. So I've changed. I've evolved. And that's not just with the content, but it's really in who I am.

I look back and I think I'm so different than who I was, in a great way. I love who I was then. And I love who I am now. And I can't wait to have the next celebration with you at 200 episodes. And it will likely be the same thing because I am devoted to a lifetime of growth from a place of love and abundant wanting, meaning wanting from a place of having enough.

So I think that one of the biggest life lessons I've learned is that there's no substitute for thought work. You can listen to podcasts, you can read books, you can read blog posts, you can talk with your friends, but knowing how to watch your thoughts, how to question them, how to decide, whether to continue thinking them, how to see what results they're creating is a skill that is irreplaceable.

It's one that I've learned and developed in the last couple of years, specifically for myself and how to self coach and how to examine my mind and how to know that I am not my thoughts and look at my thoughts without moral judgment. That is not something that we are taught. And it's something that I think is irreplaceable. I think there's no greater lesson for me than that because it's something that I will continue to do and use in my life. Part of that is deciding and using my decision, making power to live my life.

Episode: 100th Episode Celebration

I think about where I want to be in five years, 10 years at the end of my life. And I make decisions from that place now, and that requires so much thinking power. It requires me to get inside my brain and decide on purpose instead of looking at what my circumstances are and thinking that that's the only reality that is available to me.

I think that most people I see and I help underestimate their own decision making power. And I'm telling you getting really good at decision making is one of the best skills that I can suggest for you. I know for me, I am someone who like most people, like a lot of options, like to consider the right choice and really think about it and be in that comfort. But I know that if I stay there, that is going to be what keeps me stuck.

So as a practice, I decide on purpose and I take action forward and it's very uncomfortable. And this isn't just for my business and for money it's for all the things like moving to Chicago. When most people who I was closest with in Ohio, it's not like they didn't support me. It's just not that it was something that they really thought was the best idea. They're like, okay, if that's really what you want, but you sure that was sort of the tone.

And rightfully so, like from a place of love, it wasn't from a place of, you know, them thinking they knew better. They were just looking out for me and didn't want me to make a mistake, right? Like we do with all the people that we love. So for me to lean in and trust myself and look inward, that has been a gift. That is something that I want to empower you with. And that's something that I see every time that I do it, 10X's, my results. The decisions that I think about that I decide were wrong decisions or that I might regret are always when I looked for someone else's advice and took it when I deep down knew that it wasn't best for me.

Part of that means being willing to feel all of the emotions. So experiencing emotional pain and totally being all in on it. A lot of people confuse personal development, work and growth with thinking that life is supposed to feel good, 100% of the time. But then if that's the case, how do you explain trauma? How do you explain heartbreak? How do you explain disappointment and loss?

So I don't believe that life is supposed to be positive and amazing 100% of the time. And I further create evidence for this belief by thinking that if life was blissed out 100% of the time, there would be no negative. So if it's happy all the time, how do we even know it's happy? Right. What makes something good is that we know bad is the opposite.

We know that everything being good is something we decide that it's good. And we decide that it's bad. So it's the 50 50. But what I used to do was I used to not just feel the emotional pain, like disappointment or heartbreak or, you know, sadness, any of those emotions, anger, I would add

Episode: 100th Episode Celebration

on top of it, a lot of emotional suffering. So when I went through a breakup, it would be something that was so much worse than just experiencing the heartbreak and those emotions.

And knowing that they came from me, not the other person, I would think thoughts like this shouldn't be happening. This was never supposed to happen. This is his fault, right. And I really have this victim mentality. So I haven't talked a lot about the victim mentality on the podcast. I talk a lot about it in Grow You. Basically it's when we revictimize ourselves in our thinking.

So I'm not talking about if you're an actual victim, right. That is real. I'm talking about when you revictimize yourself and your mindset. So it would be like thinking the thought he is causing me this emotional pain, right. When I know now that the emotional pain is coming from my thoughts, my thinking and that I kind of want to feel that.

So when my dad passed away, I wanted to feel devastated, wanted to feel heartbroken, but it was so much more of a cleaner pain than a suffering pain than a dirty pain than a, this shouldn't be happening and everything's gone wrong pain. It was a, his life is complete. This was supposed to happen. I am so sad and I can feel all of the feelings and take as long as I need.

So for me, that's a gift that will keep on giving for the rest of my life, because I don't believe there's any place where I arrive, where I don't experience negative emotion. And I don't really want to arrive at a place where I don't experience negative emotion. So the goal is not to be happy all of the time, but it's also not to add that suffering. And in my case, a lot of the suffering was in self-pitying and self-loathing, and this kind of poor me attitude.

So not having that and taking full responsibility for my life has been just such a game changer. So proud of that work. And I'm sharing it because if you are someone who identifies with experiencing a lot of self pity, it's okay, it doesn't make you a bad person. It just means that there's more work to do in your thinking and in your feelings and that having a really good life coach who can help you with that is the next step for you.

I have been so grateful for these tools. And I think that one of the areas that you guys have heard me talk about a lot with them is with my family and with my new family, with Penny and with Steve and with meeting Steve and experiencing love from a place of completeness, not from a place of, you know, thinking that love comes from outside of me and being able to love my dad unconditionally. Well, knowing that he had agency as a person to live his life, how he wanted,

And me still choosing to love him, just because I wanted to, like, these are life skills that I'm so passionate about, and I hope that you get that from the podcast. And that's why I really try to mix it up and give you all of the life tools that I'm learning, because they've changed my life so much. It's one thing to learn it. It's another thing to do it.

Episode: 100th Episode Celebration

And I am doing it, making mistakes and failing forward and accepting all of it and growing. And that's why when I think about, you know, who I was less than two years ago, it's so mind blowing to see the difference. And I'm really proud of that because it shows that I'm doing the work, not from a place of thinking that I was less than back then from a place of like, I planned this and then I did it and it works. So you can too.

One of the other lessons that I learned was that over there, isn't actually better than right here. I know this is hard for a lot of you who are setting big goals, especially big weight loss goals and big money goals and big relationship goals. I tend to hear from a lot of clients that they think that when they make the money and pay off the debt, their life will be better. They will feel better. They will have a totally different mindset. They will be happier, same is true for the weight loss. As soon as they lose this 50 pounds, then I'm going to love myself. Then I'm going to love my body. Then I'm going to appreciate myself. And then the same is true with getting married or meeting that partner. It's like, when that happens, then that's when the happiness comes.

And you have to be careful with this, because what that means is that you're setting goals to feel better. You think that over there is better and I promise you, it's not, I know this is hard to really get until you have some experience with it, but I can tell you for sure, you know, once you accomplish one goal, you will want to go on to the next. And that's not a bad thing as long as you're not chasing the happiness.

Meaning as long as you understand that achieving is achieving, it's not changing your feelings. So achievement, I can teach you how to lose the weight. I can teach you how to meet the guy. I can teach you how to plan or how to build a business. There are steps. You do the steps, you see what doesn't work. You do more steps, right? Basically for everything that's fun. And that's awesome.

And it gives your brain something to focus on. You can get your dopamine hit from goal setting instead of needing all of this external pleasure, right. Instead of needing the social media or the alcohol or the sugar you set goals, and your brain gets that dopamine hit from that instead. One of the reasons why I love goal setting so much, but that doesn't change how you feel.

So you just want to make sure that you're not trying to change your circumstances and move forward and set goals so that you can be happy and feel better. And I'm going to be talking a lot more about this work, about fulfillment and mindfulness and present living and finding joy as we go into the next phase of the podcast. Because what I found is that you can have both, it is a lot harder because it's a lot easier to just be one way.

There's a lot of people teaching, present, living, and mindfulness and joy who are not creating anything. And it's actually easier to do it that way. And the same is true. The other way. It's a lot

Episode: 100th Episode Celebration

easier to hustle and keep taking action without pausing and breathing and being mindful. It's harder to do both, but I think that's where the magic is. I want to live a life with both.

I want to live in the present moment and be mindful and grounded and find joy where I'm at and be willing to experience all of those negative emotions. And I want to create and fail and set goals and achieve and have success. I want both. And I think that having both takes intentionality, and I really want to encourage you to set the intention of having both. And there will be seasons where you will be more focused on one or the other, but having both at the same time is magical.

So unplugging and having space and reading a real book in your hands without checking social media, without working, and also setting big goals and taking action and creating. Can you do both? That's kind of my challenge for you.

So that's what I wanted to talk to you about in terms of life lessons that I'm thinking about and really resonating with. As I look back, I also want to take a minute and talk with you about money and business. Y'all know that I love money. I love money. I don't like money. I love money. I appreciate my money. I cherish my money. It's not from a place of greed. It's not from a place of attachment. It's not from a place of, Ooh, I want to get more.

It's from a place of groundedness and there's a seriousness and a gentleness that comes with it. I think of my money. Like I think of having a relationship with anything else in my life that I want to take care of. So love is an emotion that you can feel about anything. You can make, anything, the object of your love that love doesn't jump out. And if it comes from an abundant place, it feels amazing.

If it comes from attachment, it is not love. It is likely fear. So if you're very attached to a person or to money or to something else, you will have so much fear around losing it. So you will likely either overspend or underspend instead of being in flow with the money. I like to spend money. I like to spend money on things that I value and I like to have money.

One of the biggest skill sets that I've really developed in the last year and a half has been my capacity to have money. Like I just stack cash. And I say that because regardless of where you're at, you can increase your capacity to have. Everyone wants to know what to do with their money. I'm like, just pause for a second and have, have you some money. What is it like to have money?

A lot of what I teach in Grow, You will be different tactics to practice increasing your capacity to have. And one of those is to put a one, a hundred dollar bill in your wallet and don't spend it and don't do anything with it. Just cherish it, just have it, just appreciate it. Or to log into your

Episode: 100th Episode Celebration

bank account and notice the feeling that you experience and notice your limitations and how they're in your mind.

This is something that you do before you create results with money. I know a lot of people with a lot of money who do not have an abundant money mindset, so they're not creating more money, or if they are, they're doing it from a really raspy place. And the differences in how you feel when you clean up your relationship with money, the actions follow and the results follow. So I've paid off my student loan debt. I've invested thousands and thousands of dollars in coaching.

I truly believe in what I'm selling. I focus on service and over delivering above and beyond the sale. I think the biggest lesson that I've learned with money is to turn inward and decide what I believe about money. It's trusting myself. It's knowing that no one else has the answer to what I should do with money. So when I still had student loan debt and I was paying for my hair extensions, that was the right decision for me.

And when I decided to quit my job as a lawyer to take a 50% pay cut, and I still had six figure student loan debt, that was the right decision. And when I decided to go full time on my business and quit financial planning and have to start, you know, figuring out how to pay for business insurance and health insurance and all of those things. Well, I still had student loan debt.

That was the right decision for me. I used life coaching to help me seek and find that wisdom and thank, God, I did. Paid off the student loans stackin' cash, making money. And it's from a place of fun and appreciation. Not from a place of money is the most important thing. If you're chasing money like that, you're thinking that having more money will change how you feel, but that's not how it works.

It's the other way around you change how you feel, you change your thoughts, and then you create the results with money. I was thinking about when I started my business and where I was when I started this podcast. So before this podcast, I had my business and I was actually already full time. So my business was already a six figure business. I don't remember exactly, probably about a 100K or so, maybe a little more.

And now a year and a half later, it's a \$400,000 business, almost a \$500,000 business. That's a big jump. And I'm so proud of that. But what I'm most proud of is when I help a client, when they tell me I lost 16 pounds, I've been applying these tools and I doubled my income during stay in shelter during COVID. I never thought that was possible. This work is something I believe in so much.

And I'm so proud of because I know that it works. And then when I have clients who tell me, it's working for them, I know that I'm on the right track. And along the way, building this business

Episode: 100th Episode Celebration

has provided me with so many challenges, building a team. I have a team now I'm a CEO, I'm the visionary. I'm learning about business structures and what's next and hiring and managing and all of the things.

And I know that a million dollars is right around the corner. And I also know I'm not in a rush and I constantly am practicing my coaching and seeing how good of a coach I am and being really proud of that and still wanting to improve. Like I love being a coach. I love coaching my clients. And I also love having a coach. I think, of high performance athletes and the best athletes in the world and athletes, you know, you think of historically the Michael Jordans and all those people who always had a coach.

And I want to make that normal for everyone, for us to have the mentors, the teachers, the coaches, to help us see our minds to help us find our own inner wisdom. That's what I have for you in terms of money in business and life.

I want the last kind of section of this episode to be about my advice for you, for what to do next. A lot of you listen, and there's a common thread of being unsure of what to do next. You're unsure if it's, you know, the right house, you're unsure if it's the right guy, you're unsure if it's the right product or the right business, you're unsure of what career move to make.

If this is the right job, there's a lot of uncertainty and this sense that you're not really sure what to do next. So I came up with five solutions that I think will help you the most. So regardless of what you're unsure about, you can apply these tools for how to get that certainty that you're looking for, that clarity, that motivation to move forward and have the confidence that it's the right decision for you.

So step number one is to get committed. I think commitment is so underrated. And I think that most people think they're committed and they're not at all. I'm talking about going all in on your decisions, practicing being 100% sure. And knowing that even if you're wrong, you can be all in and then change course. So I would rather be 100% all in, on the wrong thing than 50% in on the right thing.

And what I find is that most people are dabbling because they're unsure. And so they think that that makes them more responsible, like, well, I'm not really sure. So I'm giving this a try and there's this underlying a thought that that's very responsible. And I say, do the opposite. Say, you know what? I'm not exactly sure, but I'm all in I'm 100% in on this I'm 100% in on this course, this teacher, this program, I'm 100% in on trying this new career. I'm 100% in on my relationship on where I live. I'm 100% all in. You will feel it in your body. You will feel that certainty, but it's a practice. It's not something that comes from outside of you.

Episode: 100th Episode Celebration

Step number two is to become a faster decision maker, practice making really quick decisions. So for most of you, you think that making decisions slowly helps you, but I'm telling you if you want to be the CEO and the boss of your life, which I think all of you should aspire to be. It means that you need to be a fast decision maker. And if you're not used to this, and you're not used to having confidence in your decisions start really small.

So I call it, meeting yourself where you are. So you're just going to decide what to have for dinner every night. And you're just going to make the decision quickly. And you're going to have confidence in that decision. That's going to help you start to trust yourself more. And then you can build up those decisions in the future for bigger things.

Instead of making a decision, taking some action, not really being committed, and then taking a break, slowing down, letting life happen. I was just coaching someone in Grow You on this, who was in a grad program. And she sort of wasn't sure what to do next. And so she decided to get her MBA and she decided to take a break because it was really hard and she's not really sure.

And some other things were going on. And she was telling me that this is happening in a lot of different areas. And that makes sense. Remember how you do anything is how you do everything. So it's not about what the right career move is for her. It's not about whether the MBA program is going to serve her or not. It's about her trusting herself and her getting really committed to her life and her decisions and going all in and yes, being willing to change course, but only after you've decided that you gave it your best shot and that you learned new information.

And that, yeah, actually, this isn't what I want to do. I'm going to try this thing instead. And it's okay if I'm quote unquote wrong, I'm not wrong. I'm learning. I don't want to have my MBA anymore. It's way too hard. I want to do something else. It's okay. I think we're so afraid of being wrong as if quitting is a bad thing. I'm like quitting is amazing. Quit all the time. I don't know who told us we can't quit, but you want to quit from a place of confidence, not from a place of life happened that will come with practice.

Part of this means, and this is step number three, that you need to accept your feelings. This sounds all lovey-dovey and not relevant and a little bit woo, but it's not. We all have emotions. We all have feelings. And those feelings we're either tuning into and accepting, or we're avoiding and rejecting. So I want you to actively, except the emotions that you feel in your body and not be afraid of them, be open to all of it and be open to the clean pain and to love your body, to truly love it.

Because if you do that, then you are willing to feel the negative emotion that comes when you decide, Hey, I'm going to quit this program, this MBA program. And you decide, you know

Episode: 100th Episode Celebration

what? I want to feel some disappointment here, and I'm just going to be open to all of it. And I'm going to move forward and do the next thing.

And that's step number four is to stay in motion again. I think it comes with thinking that slower decisions is more responsible. So we stay in, I don't know, like, well, I don't know how to make six figures if I did, I would be doing it. And so we use, I don't know, as a reason not to move forward and I don't know, will help you procrastinate your dreams. And if you understand the brain makes sense, your brain would rather have you stay in. I don't know because it's very comfortable.

It's a really good reason. You're like, I don't know how to do it. So I'm just going to sit here and figure things out. And what's really happening is that your brain is giving you an excuse for why you should just stay comfortable. And I want you to do the opposite. I want you to have the courage to say, I don't know yet, but this is my next step.

And I'm going to try it. I'm going to take massive action. And I might fall flat on my face. And that's okay. When I think about my failures over the last year and a half, it's hard for me to call them failures. I really don't identify with the word at all. And yet of course, I'm failing all the time, but really what happens in my mind is something like, Oh, that didn't go as expected. Huh? What happened? What can I do differently next time? Where do I need to double down? What do I need to change?

And my mind goes into problem solving. And that's really, really useful, particularly with setting goals. So there are failures along the way, but you don't have to make them mean something about you as a person. And if you're willing to feel those negative emotions, you can be in it.

You can be present with it and move through it. I think about, there was a time in the last year and a half where the login page wasn't functioning properly for Grow You. And no one could figure out how to solve the problem. And I'm not a developer. And I was freaking out and I was so upset and I just really came out of it by leaning into the emotion. And by going to my worst fears, which were, I'm going to have to close Grow You and now saying, this might sound irrational.

And it was, but it was so helpful for me to go to that place and know that I would still be okay. And that if it's not this business, it's another one. I'm committed to helping you and helping my clients and the technology might change. And that's okay. Now of course, within a couple of days, the login page was back up and that never came to fruition, but I came to a place where I really accepted all of it.

Episode: 100th Episode Celebration

The last step is to expand your mind with a coach. So you want to get committed and practice being committed. You want to become a fast decision maker, except your feelings stay in motion, right? Don't live in that place of, I don't know, and expand your mind with a coach. There is no way you can see everything. This is why you need a coach. And I'm genuinely saying that not to get you in Grow You, which I think you should be in Grow You, but if it's not Grow You, then it's something else.

And that it's another coach. I care more about you understanding that you need a coach than I do about you working with me. Okay? It's so important for you to see your own limitations. I don't think there's an exception to everyone needing a life coach, a good life coach, be careful who you're working with.

I saw someone the other day call themselves like a master coach. Like you can just call yourself things. So do your due diligence, make sure they are, you know, someone who has the credentials that you're really looking for. So I'm really proud of myself as a coach, as a certified life coach, as someone who's built this business, as someone who's practicing these concepts and actually has the results.

So just do your homework, but understand the value. And it's not necessarily that you pay 10 grand and then you make 20 grand. I paid 10 grand for a deep dive coach. And it was not a business coach. The value I got from that was worth 10 times the amount. I remember my coach telling me something and me thinking that our conversation it was written at the time that conversation was worth the entire price of it.

It was one of those aha moments. And that's what you get with a coach because you can't see what you can't see. It's like all the different layers of the matrix. It's like you're constantly growing, not from a place of, I'm trying to escape my emotions from a place of learning and from a place of being open and from a place of acceptance.

I'm so passionate about this, if you can't tell, so I know we're running long here, but I just want to reflect with you for a minute. And remember who I was when I started this in October of 2018, I closed so many chapters since then I quit drinking. I stopped eating most dairy and meat and sugar. And then I started eating dairy again. And I have my pizza from time to time, I moved to a new state. I left everything behind. I fell in love. I cut my hair, which was a product of Coronavirus that I never thought would happen. And I love it. And I've, you know, quadrupled this business.

And with it, I look at who I was back then and I don't even recognize myself. And I think that that's such a beautiful thing. When you look back a couple years ago, are you the exact same

Episode: 100th Episode Celebration

person, meaning are you creating more of your past into your future or are you looking at your future as a blank canvas that you can create anything from?

So remember there is no past or future the past exists as sentences in your head. The future also exists as sentences in your head when you really get that, it's a trip. And you only repeat your past to the extent that you want to. So I continue to live in Chicago. I'm repeating that part because I want to, but so much has changed and so much will continue to change based on what I decide. And sometimes that future that I imagine is totally different than what happens.

I did not imagine stay in shelter. I did not imagine Coronavirus. I imagined having a live event. And so that vision didn't come to fruition and that was complete. That was a loss. I had a loss in the vision. Do you guys see what I'm saying here? It's really important. So if something happens, it can even be a divorce that you didn't see coming and that you don't even want maybe.

And you thought you were going to be this with this person forever. So now you have this vision that is complete. And the loss is in the vision because it was always going to happen this way. We just didn't know it. We did not know that Coronavirus is going to happen, but it was always going to happen. How do we know? Because it did. And these thoughts, these beliefs serve me so well.

They give me my power back. I cannot be certain about what's going to happen with Coronavirus, but I can do my part. I can be certain about how I'm going to think and feel and show up. That's where the certainty comes from.

What I want to leave you with is what I know for sure is true for you. I know that you can create a life that is better than you've ever imagined. And I know that if you're stuck right now, that's okay, you're listening. You're here. You're open. You're doing a really good job. And this next year can be different. You can create more money. You can work less. You can strengthen your relationships. You can pause and breathe and find a joy. You can create and achieve. And you can be present and mindful. I know that you are so strong. I know that you are stronger than you know, and I know that you were stronger than you believe. And I know that your life has always and is always happening for you. Here's to the next 100 episodes together, my friend, I love you so much.

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