

# Episode 03 Empowering Women to Step Into Their Power with Sa...

Mon, 9/20 2:08PM • 30:45

## SUMMARY KEYWORDS

women, people, life, samantha, supporting, sam, thinking, business, insurance, role, roadblocks, biggest, jen, figuring, called, chooser, listeners, promote, week, podcast

## SPEAKERS

Samantha Tradelius, Jen Marples

### **Samantha Tradelius** 00:00

When you start to look at your life and the things that are filling your time, are you doing what you want to be doing? I mean, are you just trading time for money? Are you really filling your days of purpose and giving yourself what you need to get? And, you know, for me work needs to be something that I enjoy doing. And I think for most of us, like we need to be stoked about how we're spending our days, because otherwise, you're just going to die a miserable person and who wants that? So if you're thinking about something, you know, let's think about an unpack like, what are your roadblocks? You know, is it that you don't know how to do it? Is it that you don't have enough money in the bank to be able to start something different? Is it that you don't even know what it is that you want? I mean, there's a lot of different blocks, so to speak, that you kind of need to push through and what's holding you back and why I think it's the biggest question unveiling that I think is really what is your biggest block, or what was mine, at least because I was like, you know, I know, I'm not necessarily thrilled with what I'm doing. But how would I and what would I want to do and so figuring that part out, I think the hardest part, but once you get it together and you realize like, I'm going to do this, women are amazing and like we can do things.

### **Jen Marples** 01:16

Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a former public relations agency owner turned business and life coach and motivational speaker dedicated to helping female entrepreneurs achieve the business in life they desire in their 40s 50s and beyond. Each week, I'll be bringing you conversations with incredible women who are rocking entrepreneurship and taking courageous action while also dealing with all their midlife entails. I'll also be dropping in solo every week to share thoughts, advice, tips and tricks that will help you live your best life. If you are thinking about pivoting in your career, starting a new business or looking for a second act. Stick around as I guarantee you will be inspired and know that you are not too fucking old.

02:05

Alright, Samantha delius is in the house. Thank you for joining me today on the Jen marbles show. Welcome.

02:12

Here I am welcome girl. Thanks for having me.

02:16

So exciting. You guys. Samantha is a dear friend of mine. And we sit on the same Board of sparkle foundation. And so this one is a Spitfire and she's still the sparkle. She is sparkly, sparkly. Samantha. And I'm just thrilled you're on today, because Samantha is also another one of us. And she's at midlife and she's kicking ass. But of course, it always hasn't been easy. And she's doing some interesting new things. And she's got Givens and a husband and a husband who recently had surgery. So she's probably has three kids right now dealing with a laid up husband, because we know how the guys can be. But Samantha, just introduce yourself to our listeners and tell us who you are and what you are up to.

02:58

Yes, I am Samantha Sam I am as some of them know me. And like Jen said, I we sit together on farkle Foundation Board, which I am the Executive Director and Founder of big title. And we help single moms and kids throughout California in various different capacities. So that's one half, I have spent 20 plus years in risk management. So insurance in layman's terms, whether it was owning an agency selling insurance, you know, organizing and managing people all the above something I've done for a long time, and actually started my career in insurance, teaching insurance, which is something that many people don't know, I taught insurance all through college to get people licensed and all that stuff in my family's business. So I still do insurance. I try to get away from it, but it won't get away from me. I say it's about you know, 30% of my day structure. And then most recently, I just had a new business that I've started as vice Samantha, which is a female focus. I don't want to call it a marketing approach. But it's more about promoting women in business and women doing amazing things. So I have a list that I feature local and nationwide businesses that are female she brands I also have a podcast that I co host called inspired where we interview wonderful women like you Jen, you've been on it before talking to the Main Street gal doing big time stuff and I've got a book coming out which is pretty exciting, kind of on the same theme. And I do some events quarterly with that since kind of something new it's in its eighth month and I'm really having a great time with it. 40 was this year will last October so I'll be 41 in a month is frightening. So yeah, I am one of you listeners out there doing way too many things as always, but yeah, that's who I am and what I'm doing and how old are your kids, my oldest will be 11 in about six weeks and my youngest is eight be nine in February.

04:53

Awesome. So Samantha as you can tell is sparkly and filled with energy and obviously you're a go getter working in college. You probably did more in college than most. So I want to dig deep into the impetus for starting this new venture. Because I know you're so passionate about supporting women, we definitely share that together. We're both collectively super passionate about this. So I want to dig deep into that. And like where you got the inspiration and the courage and everything to go forward,

because I know a lot of our listeners are going to take away some really great tips today from listening to you, because you have made some really huge strides. So tell us all about it.

05:29

Yeah, thanks. I mean, I think we all had this like COVID moment where we all were home really digging deep and try to figure out like who and what life was and what we wanted to be the things that we were doing that weren't necessarily serving us, we're really kind of showing up a lot, because now we were really reviewing our life. So you know, like I said, insurance has been something I'd grown up in, and I've only ever done. It's like riding a bicycle, something I really enjoy doing. But I mean, at the same time, I always felt like there was more to me and more to my offering to the world. You know, my work with the foundation is not something that's a job, it is something that is a passion, and I don't get paid to do it. It's a pure passion insurance, you know, yes. But I wanted something else to bring in another stream of income. So I started thinking like, what do I like doing? What am I good at what brings me happiness? And I'm like, supporting women, and connecting people. That's who I am and what I do, and how can I turn that into something that can make money and be a passion business that I'm earning an income and enjoy doing? So I thought about it. And it was really interesting, because my website person for our sparkle stuff had called me and said, Hey, you know, doing this stuff, and I've got some promos going, and you know, do you know anybody that needs to start a new business or get a new website, and I was like, Oh, my God, like, this is interesting. And I was like me. So I sat down, and I worked with her. And I threw this, like, I barked out this idea. And she was like, I love it. This is so you, let's do this. And so she made me a website. And off and running, I went, I started blogging, which was something I was like, I don't know what or how to do. And I've like now my eight months of doing it, I started focusing on these female products that I love, and I use anyways. And I was like, how can I get these gals more business and get the world to know about them where maybe they're local? And you know, they don't have such a huge platform? Not that I do at this point. But hopefully someday will you will. So I started reaching out to these businesses I love and I say, Hey, I'm gonna put you on my site, I'm going to promote the heck out of you, you know, do you want to offer a discount for your dress, or candles or whatever, and I don't want to take any money, I don't want to get paid to talk about your business, I really just want to support you. And it's been really well received, you know, and so people have been blogging on buying things. And you know, it's been great. So yeah, I mean, that's been kind of something that I just threw it out there. And I was like, I'm gonna do it. And then it's kind of morphed into some other stuff podcast came about. And then the experiences are just something I enjoy. I enjoy events in general. But I wanted to find a way to tie in events, and also supporting business women as well. So that's where the past experiences kind of came about. And we've had to, we're just about to have a third and October. And it's been really cool. It's been really fun.

08:05

I love it. What do you think women out there need to hear if they are contemplating starting something new, because I know a lot of people that I'm talking to they're either they've just started something, but they don't quite have the courage to go for it. Or there's a lot of folks who are in corporate jobs. And of course, after COVID, that has kind of opened the door for entrepreneurship, I think, are people thinking about that? What would you say to a group, this group of women who are like pondering or just getting started? What would you be like biggest piece of advice or a ways for them to actually kind of like, bring the idea to light? Well, I

08:41

think this entire COVID, whatever you want to call it staycation that we all experienced really allowed us a pause that we didn't know we needed or we didn't even know could exist, and it probably will never happen again. In that level. I mean, God willing, it won't. But when you start to look at your life and the things that are filling your time, are you doing what you want to be doing? I mean, are you really filling your days of purpose and giving yourself what you need to get and, you know, for me work needs to be something that I enjoy doing. And I think for most of us, like we need to be stoked about how we're spending our days because otherwise you're just going to die a miserable person and who wants that. So if you're thinking about something, you know, let's think about an unpack like, what are your roadblocks? You know, is it that you don't know how to do it? Is it that you don't have enough money in the bank to be able to start something different? Is it that you don't even know what it is that you want? I mean, there's a lot of different blocks, so to speak, that you kind of need to push through and what's holding you back and why I think it's the biggest question unveiling that I think is really what is your biggest block or what was mine at least because I was like, you know, I know I'm not necessarily thrilled with what I'm doing. But how would I and what would I want to do and so figuring that part out, I think the hardest part, but once you get it together and you realize like, I'm going to do this women are amazing and like we can do things and even if The screw up or we fall down like you just dust your knees off. And yeah, straighten up your jacket. And yeah, try it again. And failings cool because you learn from it. And then you can go and do you know, you can take it on to the next level. So, yeah, I mean, figuring out what your roadblocks are. And why is something that I would say, as a starting ground and then getting past those and just going for it, like, what do you have to lose? Just do it.

10:24

I love your attitude. And I know that because I'm right there with you. I know that for a lot of people, it's so much easier said than done. Because women typically come with so many self limiting beliefs. And especially maybe if they haven't been working for they're doing one thing, they're like, well, who's gonna buy from me or listen to me and this other thing, but you say, you made a really good point. And that's like, actually trying to understand what your roadblocks are. So that's all about like taking time and stepping back and actually having that time for yourself. And so you were just saying, before we got on today about like, Oh, I accidentally joined or the head of the PTA and unlike, and I'm always the one who says, just say no. So you actually have these, this time. And you you can protect yourself when you're actually going out and wanting to like achieve these goals and dreams. What would you say to the women out there that are like, I'm just not like Sam, she has so much energy, because clearly your energy shines through. And we can tell that you're a very confident person. So what would be the one thing you would say to folks out there, I mean, maybe they need you as a cheerleader in the corner. And that is true, because everybody can have a sparkly Sam in the corner. But for a lot of folks, like, I'm just no one's gonna want what I have.

11:31

Somebody said something to me, that was very interesting to like my late 20s. He said, You know what, you're the chooser of the way you want to live your life. And that was a statement that has always lived in my head. Can you do it? Yes. You don't have what I have? Yes, you do. I'm no different than anybody else. I have feelings. And I screw up and I get insecure. And you know, I think sometimes like, I get

nervous, if I have to speak, I don't know what I'm supposed to talk about, or, you know, there's a lot of things that I get overwhelmed with, that people would never think I get overwhelmed with, but I'm a human too. I just always have felt that like, you know, if you fall down or you fail, it's okay. Because I firmly believe that those are the stripes, we're tigresses. Right. And those are our stripes, those failures are those struggles are what make us who we are. Everything in my life has been trial and error. I mean, I have screwed so much stuff up and learn the hard way. And it's been hard, but it's been it's been great, because now I can go Okay, you know what, like, I don't want to do that, or I need to go this way. Or I can help somebody else do that. So I think making excuses for what you can't do is like, you can do it, you just gotta want to do it.

12:40

I love it. I'm a firm believer in that. It's like, what was the quote, it's like, if you set low expectations for yourself, you're going to meet those expectations. So it's just the mindset.

12:48

Well, you look like somebody said to me, when you turn 40, something happens to you, and you literally stop just giving a shit. I don't know if I can swear or not, but I just said, but it's like swearing here. It's like, why do I care what people think of me, I'm a 40 year old woman who's like, I don't really care what this thinks I care about what I think what my family thinks and how I feel when I go to bed at night. That's important to me. And for me purpose. And living a life of purpose is incredibly important. That is like my foundation of value zone. And so for me that was like, you got to find what what makes you tick, and who cares what people think people are always gonna have their stuff. And that's okay. And when you're 20 that really bothers you. Or maybe when you're 30. You know, you're like really like, Oh, I'm not like the other moms or Oh, you know, my kids this. You know what, when you're 40, you don't care anymore. Like you can think whatever you want about me, I do show up in the nine and shields to the PTA meeting, and I don't care, this is who I am. Take me or leave me. And I think more women need to have that. And we all have that energy in us. Ladies, we all do. We just need to invoke that power and just care about what's important to you.

13:57

100%, let's like the unloader for the people in the back. Because honestly and like I'm older than you it's like I like when you once you hit 50 you even give less apps and it's so amazing. And it's so freeing you guys, it's so freeing to step into your power because when you don't care what anyone thinks. And I say this all the time, because guess what, no one's thinking about you anyway, you think they are but they're not. People are gonna have opinions no matter what you do. So just go do it. Any founder of any company if they worried what people thought like nobody would have started anything. Nobody would have started anything. And I

14:33

think living life out loud is also okay. It's always funny to me when you have people I would never you know, cuz I'll post on social media like, Hey, here's what we're doing or you know it yesterday, our foundation was in the paper, and that's a big deal. You know, we work really hard and I'm very excited to share like, Hey, we made the news. This is great stuff and people like, Oh, I would never I would never be able to like be comfortable posting. And I'm like it's why you know when you do good you

need to celebrate good weather you doing something good for someone else, you accomplished a goal, you met your weight loss goal, you wrote a book, you got a new logo, whatever, you have a new product, like all those things, women want to celebrate each other, like so more people need to be living out loud and talking about their successes. Because women want to hear it, we need to hear it because it helps the rest of us keep going and and want to shoot for those goals as well.

15:21

By now we need to do away with that old paradigm and that old thought of who she to promote her success like you guys that so like 1980 or 1970s. It's like, ah, we have to go out there and promote and if someone I was just talking about this to somebody the other day, if you go out there, and you're promoting and someone's triggered by you, it's just simply shining a light back in on something that they're not realizing. So again, I wouldn't say trigger like, oh, unfollow somebody, I would actually challenge everybody to like, why is somebody trigger you? Is it because Samantha is like, proud of her accomplishment, then you should be proud of your that you should be paving the way what Sam is doing, or Jen is doing what anyone's doing should be paving the way for you to feel confident and shouted from the rooftops. Because you're like me, I get so happy. It's like, like, how can I like this 1,000% that you went out in the crushed a goal? It's like, makes me so happy. Do you think that women can have at all

16:16

I think you can have at all I think you need to figure out what all means to you. You know, I think that there are different versions of having it all and different measures of success for every individual person, you know, people that have these crazy career jobs, and they're working 8090 hour weeks. And then they're saying, Well, you know, I'm not seeing my family, well, you're the one in control of your life. So if you're going to work 80 or 90 hours a week, it's you're doing you're choosing to do that you were to go to your employer or you know, your situation, say, Look, I'm only willing to work 50 hours a week, because I've got a family. And there's other things that are important to me. And I think more and more people are actually doing that now, because they realize, Hey, I can work from home or I can have a zoom meeting and be 14 places at once instead of killing ourselves. And so there is kind of some silver lining with what we've all just been through in the workspace. But I think you can't have it all. You need to figure out what that all means to you. Because it's different to all of us.

17:16

I think that's great advice. Because I think that's like the old notion of having it all. It's like her perfect weight. And she's got the perfect job and the husband, it's like let's just tear down what's perfect. And I love that you mentioned especially this last year and a half, it's like it's really broken down. What's perfect. I think the walls, everybody used to come into the corporate world all buttoned up. And it's like every, you know, you put on this armor. But it was it was like a facade, because literally, we all have kids, we all have pets, we all have things going on. Like all that stuff. That was like showing up on everybody's zooms. And it's like that is that's real life, right? And then when you're like, Okay, what is having it all really mean? Yes. Is it all at once? Is it all in chunks? I love what you said about really figuring out what that is because you don't have to be a slave to the 70 Hour Workweek. And somebody said, that's what you have to do to be successful and sacrifice everything else. So I think it's reimagining what all of that was like, I love that you said that



18:08

when I think to like women are redefining their roles in these leadership positions and saying, you know what, like, my family is important or my time is important. And so work is also important, my career is important. But there has to be a balancing act. I don't remember where I'd heard of it. Maybe somebody said to me, like living life, a third, a third, a third, so a third you a third them a third us like when it comes to couples and marriage and family and life. And basically, you know, whether you're coupled or not, or have kids or don't break your life out of third, a third, a third 1/3 of my time is this 1/3 is this a 1/3 is that and at some times it's going to go in a different direction. Some simple take over a little bit more. But you know, again, going back to that statement, you were the chooser of the way you want to live your life. So if you want to be all stressed out all the time and overextended that from you guys, like you're allowing that to happen.

19:01

I love that you said that. Yes, it's true. And I think it's it's waking up and like you're saying it's like you're choosing that life you have my big thing she was you need to be intentional about your life. So you need to make the choices. And so you always hear me saying no, when it's like especially with women, we say yes to everything by default. Yes. I'll be on the PTA. Yes, I'll bake the cookies. Yes, I'll be on that nonprofit. Yes, yes. Yes. Yet you're so yes. Oh, that you look at your calendar. There's no time for you. There's no time to think and then you wake up five years later and you're like, I hate my job. I'm not happy I'm screaming at my kids. You're like okay, because I've yes to made everybody happy since we're, I think have been conditioned to be these people pleasers and say yes, we sacrifice ourselves. So I think this new paradigm you're in it of No, it's actually okay to be selfish because guess what everyone also benefits your kids are going to benefit. The people in your homework and a benefit friends are going to everyone's going to benefit when you're standing in your purpose and power?

20:01

Well, I think just setting the stage for how life's gonna work, you know, in your world, you know, what's interesting is you had said, you know, saying no, and I kind of got roped into this role that, you know, the three of us were out, and we were done, and no one has come in to take us over. So we were like, Okay, well, we don't really want to do this. But I guess we'll do this. Because we're, we're leaders, we don't abandon port, right? So that being said, I remember we were interviewing somebody on our podcast, and it was that some women don't feel comfortable enough to raise their hand to volunteer, because there's these other women that are always doing everything. Right. Very good point. So I was thinking to myself, like, you know what, I'm going to use this role to get in front of these women who don't, I'm going to take this role and help other women that need to get that boost. I mean, this is like the not the best scenario, but it's a scenario that I'm in right now. So I can give it to you, you know, let them have that moment of power. So instead of micromanaging everything, which is the typical role of you know, the PTA president, mine is like, Hey, you signed up for this, thank you so much, for here's your marching, go right on it, do it, be this person, and just know that I'm here to help and support if you need help, I lead every organization that I'm involved with, kind of like that is like I lead by, we're collaborative. And I think women, like, you know, we'd like to help and be and allow other women to rise to the occasion if they can, or they need to. So I don't know. I mean, yes, saying no, was great. And saying, I'm going to be selfish with my time, but maybe also taking that no moment and being able to

get somebody else in that role that maybe wouldn't have had that opportunity before, or know how to have that opportunity.

21:43

I love that. So yes, when I ran my PR firm, I was consistently, you know, relating people, the young girls coming in, the young guys coming in, it's like, Here, take it, you're totally going to swim. Like there's no thinking here. Because I trust you and believe in you. And it's interesting, you're saying because it's so all this translates even when you're older. And you see, just to your point, there are women who because they're not maybe bold or like that, they're just they don't have that self confidence, but they really want to do something they need that nudge. And so I love that you brought that up, because it's so this is my other thing. And you're in there like this, too. It's like we need to do a better job of lifting each other up and supporting each other. And so if you see somebody who's not quite like you, because you know, I'm always the first one to raise my hand for something, but like, let's encourage the gals around the table who are completely more than qualified to do something and give them their voice. I think that's beautiful. We need more of that. None of like, oh, the competition thing. It's so that is so yesterday's news. It's like we are we need to like do such a better job of like locking arms and bringing everybody up with us

22:45

say that louder for the people in the back. Okay. It's such a thing. And I think that there are so many women that are on that bandwagon, and so many women that we need to just throw in the bus and get them on in because for so long. I don't think that was ever something that was spoken about, or really, the movement wasn't there. Now, I think with women, and the different types of roles in the me tos and all the different movements that women are finally getting to have these amazing voices, you know, we're able to stand lock in arms and say, You know what, Sister, I am here for you and I celebrate you. And we collectively as women can go out there and make such a difference in the world for each other, and for the world. And lifting each other up is just, I mean, there's nothing more rewarding than helping a sister up. That's all I got to say.

23:37

I love it. Imagine if everybody was doing that in every community all across the country, just these little things would add up to something huge. Sam and I were going to be on a world tour of women lacking

23:51

All right, the linking of arms. And it doesn't even need to be something major, right? It can be tiny little, just something great. Knowing that you've got someone in your corner is so huge, and we all need it at different times of the day or times of the year. So it's it's important to join join together as women. Absolutely.

24:12

And what would you say to women? Because I know what my answer would be. But I'm curious to know if folks are out there who don't have that support? What would you say to them?

24:22



Call me up? Yeah. look me up. You have that support. You have that support. There are women around you, whether it's family, whether it's colleagues at work, whether it's the neighbors, there are women everywhere, they are all over that are in your corner, you need to be open and accessible to connecting with them, but they're out there.

24:44

I love that you said that. Because yes, you have to be open because we're always looking and you're kind of you see what you want to see if you're in a mentality of Oh, no one's supporting me and everyone's judging me. That's just who you're gonna see. But if you open yourself up, and also have zero expectation of the people around you, but you just can't with an open heart, people are going to come out, you're going to get messages text, someone's going to come up like a friend from college, someone you haven't heard from in years, people are going to show up. So I love that you said that there's women everywhere. And that's like, Oh, it's so juicy and amazing. Let's go. We all need to be locking arms.

25:18

Yes,

25:18

I've got a couple final questions for you. This has been like so juicy. Literally, I think, Sam, I'll have to have another meeting about the movement. We're going to start about locking arms. So stay tuned, guys. I always like to leave our listeners with a couple resources and tidbits. And one of my questions to you is do you have a special book or a favorite book, podcast? Anything that you refer to that you specifically love that can help out our listeners?

25:43

Yeah, so I love like a little quote book. And here is a book, it's called, here's to you, my girlfriend gave it to me. And every now and again, when I just need a little something, you know, I'll pop it open. And one of the things says, it's not the difference between people. That's the difficulty. It's the indifference. You know, they're just little cute, fun quotes. Some are female bass. Some are not. I just I love a good like, quick moment. So yeah, that's a good one. Here's to you.

26:10

Do you have a favorite practice or ritual that you tap into on a daily basis to get you going or something that you do that sort of pumps you up, if you're feeling low,

26:20

I go to Pilates five days a week. That is my everything. If I don't feel like it, if I'm pissy, if I'm just blocked, I go in there, I don't talk to anybody. And I get my workout on, I lay on the table, I pump my legs, put him in straps. And I don't know, I come out of there. I'm a new woman every single time I have taken I think as of today was my 400 and 20th. class. So I'm also committed to this. And you know, the other thing is, is that there's a group of women that we've all been working out together at the same time for basically four years. And I don't know, like sometimes we just don't even talk. It's just nice to

have that sisterhood vibe. And so yeah, that's my thing every day. And if I don't get my Pilates in, it's typically not a great day.

27:08

Beware everybody. It's a not I mean, yoga, it's like people might die. I have my

27:15

schedule a meeting at night. I'm like, No, my day does not start until 945. When I get home like that's, it's a non negotiable for me.

27:22

That's amazing. Take note guys, exercise is non negotiable. What do you think? I know you kind of covered off on this. But what do you think is the best thing about being at this stage in life?

27:33

You don't need a permission slip anymore, right? Pretty great women in my life, my girlfriend Joyce told me that she's like, when you turn 40 girl, you don't need a permission slip from anybody to do nothing. And I was like, That's brilliant. Because you really don't, I think the part where you just are like, I'm gonna do me, and I'm going to be okay with it. And if you don't like it, that's okay, too. I'm not for everybody. And it took me a really long time to understand that because part of me, I'm a very social person. So when when people weren't responding to me, or someone didn't care for me, it was like, Well, why don't they like me? What do you mean? They don't you know, and now I'm like, I'm not for everyone. Right? I'm a lot I know. And sometimes my energy is just, you know, what's too much, or you're not vibing on what I'm vibing on, and that's okay. And now being the sage, I don't care anymore. Like I'm not here to serve you. So fraying. I'm here for me. So spring, I'm here to do what I want to do, right?

28:32

I think we found our key message here. You don't need a permission slip ladies to do whatever you want to do in your life. You

28:38

don't write, I have your quote that I like in back my head, it's like no is a complete sentence. I have, you are the chooser of the way you want to live your life. And then I don't need a permission slip anymore. Those are like my three in my head at all times.

28:53

That's it. That's all we need. You guys like it's over. You don't need therapy or you don't need anything. You just live by those three truths right there. And we've got it covered. So because we're all about supporting women and lifting each other up, where can we find you so our listeners can get more of what

29:13

you got so many places, so many places, Jen? So Samantha trulia.com is my home base where you can find my SOS which are my shoe brands. You can find a link to the podcast which are weekly 30 minute sessions with women, the main street gal do a big time stuff. My book will be for sale there as well Pretty soon, which is it's called impact and that's all I'm going to tell you and the rest you're going to have to wait to see but it's coming out in the next day October 18 that will launch that is something that is exciting. And on social media as well at Samantha Julius are asked by Samantha and you need to ever reach me you can do so at s at Smith Billy's calm

29:52

Awesome. Well, it has been a blast to have you on Okay guys, so you I hope you all took notes and if not, you're gonna listen to You got to write those three things down that Sam mentioned, because that's going to be like your little Bible for the next. For the next couple of weeks. We're all gonna live our best lives. But those three truths. Thanks, Sam for so much for coming on. This has been so fun. This is like, it doesn't feel like work. This is again, when you're living in your purpose. It should feel all joyful, easy and being in flow and ladies, if we can do it, you can do it,

30:23

everybody. And if you're fine those roadblocks find what you think you can't do. Move it out of the way and just go you've got nothing to lose except living a life of purpose and happiness. Like that's what you're missing out on by not doing what you want to do. So live the life you want.

30:39

Amen. And then we will leave it on that super high note. Thanks, Sam.