

Welcome back friends to the sustained your success podcast. Today's episode, we are delving into the inner work for high performers and what that means if you're an entrepreneur, or hold a leadership position in a company. Also, we'll be touching on human design and why it goes so much deeper than any personality quiz you've ever taken, and why you need this in your life. Let's go.

Okay, so whenever I'm on coaching calls with other entrepreneurs or high performers, I always say that anything is on the table to discuss. However, when it comes to unlocking your potential in life or in business, the conversations they normally revolve around subconscious beliefs, biohacking, or as I like to call it, bio tuning, and the inner work, aka personal development, self help, and or spirituality. So before we go any deeper, I want to tell you that I have one on one private coaching spots available, this kind of work is what absolutely lights me up, because the way that I work is like nothing you've ever seen. My background as a doctor allows me to see what you don't, I've developed my intuition. And I've been able to go deep down and been trained to recognize the root cause of issues, as well as go high at like that 10,000 foot overview to have that EagleEye vision of your big picture when you can't, and doing that in medicine has naturally crossed over into my life, and business. So if you're having like those mystery blocks that you just cannot get past, and you know, you're three feet from gold, which is why you keep going, what needs to happen is the realization that most of the time, it's not your funnel that's broken. Or it's not that you're surrounded by the wrong people at work. A lot of those thoughts are actually surface level symptoms of some deeper thoughts and fears. Like, how do I have the confidence that you need to show up the way that I want to? Or how do I sustain the level of success that I'm at if life throws me a curveball? Or can I actually replicate what's been working, so is it successful. And so once these mystery blocks are uprooted, that's when you can unlock the magic of your potential and unleash this high performance with ease that we all crave so that we can have sustainability and longevity, not just in our business, but in our life. So reach out, there's a link in the show notes, I'm happy to hop on a call with you to see if we can unlock your magic together.

So now for this inner work piece, because if you've heard me talk about the other two pillars that I use to help coach people, it's the subconscious beliefs on also bio tuning. But we can't talk about those things without talking about spirituality, because I feel like spirituality is not just religion, it is actually the inner journey that you take within to meet yourself, and to find out what you're really made of, and to discover your own essence. And uncover that connection that you have to whatever it is you call it, your source connection, the universe, God Mother Nature, there's so many names, right. And for us, spirituality is individual, it means something different to every single person, but at the core of it is that it is inner work. It is the inner journey to uncover who you really are. And that's actually what unlocks your potential and what helps you get to higher levels of success in your life and in your business. So pretty early on in my entrepreneurial journey. When I opened my very first functional medicine practice, I had so much stuckness and so many obstacles that I had to overcome. And because I hired a mentor very early on in my journey, I was extremely fortunate to have someone show me and tell me that it was myself I was coming up against right. And although you know when we get in our ego or we get in our head, we don't want to think that we're actually the problem. But truly subconscious beliefs of not being good enough and being scared to be yourself can manifest and show up as stuckness as confusion and lack of clarity. And it's something that most of my mentors have actually taught me. What I realized is that I need to actually work on myself. And I'm not going to get rid of any fears, because fear is always going to be there. But I can work on myself and build up my confidence and uncover my own

subconscious beliefs so that I can make the hard stuff feel easier, right, because stuff is never going to actually just get easy on its own. It's just that we all handle hard, much better, the further we go, and the more that we work at something, right.

As I went through the entrepreneurial journey, and started learning and things started working, I delve deeper and deeper into the journey of myself, I actually started doing a lot of things like open focused meditation with Dr. Joe Dispenza. And I think on one of my episodes, I probably should talk about my very first retreat with Dr. Joe, because it was an extremely small retreat of like 35 people with him in Costa Rica. And it was fantastic. It was back in 2014. And it really unlocked so much of my potential back then. And it really gave me a whole new insight and perspective on the world. So definitely, I'll have to revisit that story. But what I did was really focus on Dr. Joe's work, and helping me to create a new identity, create a new personality, like be the person that I needed to be to unlock other levels and be that next level version of myself. Because if I wasn't, I was actually acting as the old me, the old identity, the old stories that kept me stuck in fear and kept me stuck, really inaction and not moving forward. That wasn't the only thing I did, right. There's so many ways that you can delve into yourself and do the inner work. But I also utilize things like Tony Robbins, Tony Robbins workshops, and that actually helped me a whole lot, because I had a lot of stuck energy in my body. And if you've ever been to like any sort of Tony event, I've been to, gosh, at least six they are so next level to help you get up and moving and move stuck energy in your body, right? All the dancing, like there's actually science to all that because we do tend to have emotions and issues that get stuck in our tissues, right. And if we're not moving our body, if we're not detoxing and trying to eat as clean as we can, and we live this detox sort of way of life, to cleanse ourselves continuously, but also replenish ourselves, then we can have issues that get stuck in our body. That really helped me a lot. It really helped me to see logically what was really going on in my brain. Right in my conscious mind, that was holding me back. And it was a lot of issues that were stemming from childhood, and issues that were stemming from traumatic events that I went through when I was in the Air Force and traumatic events that I went through when I was in my medical residency, because I faced so much harassment, sexism and racism, there was a lot of discrimination because of who I was. And I carried all that trauma with me into my entrepreneurial journey. And then all of these things that I was doing to help myself all the reading all the books that I was reading all helped me to kind of process at all, you know, like actually stop and take a break. And what I realized is that a lot of us are not taking breaks, like we just pummel through life, like one thing after the other, right? So if you're like me, you were in high school, and then there was college, and then there was grad school or medical school or law school. And then you go right into work, you go into residency, you go into working, if you're in the military, I was in the military. So I went straight from residency into working. And there was no break. There was no time that I had to sit down and really take a look at what's going on with me. Where have I been? Can I process anything that I've been through? And where am I going? Where would I like to go? And more importantly, like, Who do I want to become like, what's that next level version of me? And we're not asking ourselves those things because we're just trying to get whatever materialistic goals that we have. Whatever status we're trying to get to, maybe you're keeping up with the Joneses when you don't really need to, and a lot of that pressure is self inflicted at some point, right? So when we're young, so we're conditioned right up until the age of seven or eight. Our subconscious is has no filter and we're taking in a lot of what we see in our family and from our parents were the people who were raising us. And if you're like me, you know, I was the child of a second generation immigrant parents. And I had a lot imposed on me as far as what success

looked like. And there was no time to take a break, I was just told that you go from one thing to the next and you keep going, you keep pushing, there's no time for rest. So that really did it. Let's just call it a mind job. There's a lot of mind, fre, behind that, but I'm really grateful for it, because it got me to where I'm at. And I love my life, where it is I love the flaws, the imperfections, but also the amazing things. I love it all. And honestly, what I realized, after all this inner work and spirituality business that's been going on is that I have to love and be grateful for my life while also desiring what's coming, and being excited about what's to come.

So in order for me to really unlock the future that I want to have, I've got to be grateful and accept and love and enjoy what's happening right now. Even if it doesn't look exactly the way I thought it would. And even if it doesn't pan out or look like what I want it to right now. So in that, you know, there's this letting go and having some patience, right? When I say letting go, I mean, like letting go of the wheel, right, letting go of so much control, and just stopping and enjoying what is right now and how far you've come. So one of my mentors, Melanie, and Leia says, you know, you have one foot in gratitude and one foot in desire. And I love that because I've had so many big dreams, right? I've had so many big visions in the past, and I've had so many people tell me Well, why don't you just be grateful for what you have now like, this is good. Like you're a doctor, right? You've got a job, you're with a group practice, you're a board certified internist. Like, is that not good enough for you? Or is the family you have not good enough for you? Right? Your relationship not good enough? And honestly, it was. But the problem is that I wanted that. But I also did want more, right? I wanted more. And I wanted more not because that wasn't good enough. I just am someone who loves to see how far I can go, how far can I expand? So it's almost like, Yes, I have all this greatness in my life and all this juiciness. But is there more, right? More, please, I'll take more of it. Let's compound it and grow it. So this whole concept of gratitude and enjoying where I'm at, is the spirituality piece. It's been connecting to source to get my own personal instructions to be my own predominant creative force. And that's actually what is fueling me right now is, Yes, I've done a whole I'd mentioned Dr. Joe and mentioned Tony Robbins, there's so much more than that. There's also plant medicine, which is probably a few or several episodes, right. That's how long that conversation is going to be. Like plant medicine also unlocked so many levels for me and my conscious mind, and helped me to really embark on the inner journey in a more graceful way, in a more loving and accepting way of myself, right, I dropped a lot of judgment for where I was at in life. So that's actually what helped me be able to seek out feeling grateful, you know, without changing anything around me, right without having more money, without having more status, or having more clients in my business or having my business grow. So these are the things that I love to have conversations about because spirituality looks different for every single one of us, right? My journey is not going to look like your journey. Even though I mentioned that things that I've done for myself, it doesn't mean that you should be doing them. But it just means that it's probably a sign, right? Like, if you're looking for a sign, here's your sign, right? Because you're listening to this, that if you're looking for answers, or you're feeling stuck, and you're looking outside of yourself, like, Okay, who should I hire to do this? Or what do I need to do that I need someone to tell me what I need to get to the next level, I would stop and look within and see what it is that you're holding yourself back from. One of the most things that I see people do in their business when they're feeling stuck is that they're spending a lot of money and hiring agencies or hiring other people or companies to help them do things like fix their funnel, right like create more money in your Facebook group. Like how do you monetize that, like all these things, right that you can do to like improve your business flow and efficiency, but they're not

utilizing all the things that they currently have in place for their business, and a lot of the time, it's because that block is coming from them personally.

So if you're not utilizing all the things that you have to its fullest capacity, and you're just continuously looking for more than that actually can be considered like a subconscious or a mindset block that's keeping you stuck. So that you can reinforce why things are not working for yourself, right. So something for you to consider this inner work this inner journey, meeting yourself, where you're at having love and grace for yourself for your journey, learning how to drop the judgment of where you are versus where you want to be, that's going to be everything for you to get to the next level in your business, or the next level in your company and get that next position. And for the last piece of this, we're going to talk a little bit about human design. So human design is not the only premise with which I'm helping other people unlock their next levels. It's a piece of it, just like a personality quiz, right. So you've probably taken tons of personality quizzes, like a disc score assessment, or a Colby assessment, or the Myers Briggs. But there is something that can help you unlock a deeper understanding of yourself. And it's called human design. So if you've never heard of it, I'll drop a link in the show notes so that you can actually see what your human design type is. And it's actually really an energetic blueprint that is tied into the coding of your DNA, at the time of conception, and I love it because it combines several teachings like the Chinese teaching astrology, Kabbalah tree of life principles. So when I first heard about this, I was really intrigued. And I went, I looked up what my human design type was, because apparently, there is a type of strategy and authority according to your genetics. And it's actually a way for you to navigate through life. So it's a way for you to navigate, like, how do you make decisions? Like, where does your intuition live? Where does it come from? How do you practice your intuition? How do you flex those muscles? And what's the best way for you to navigate relationships with other people. And when I figured out my human design, let me just tell you that everything made so much sense to me, I was blown away, because I'm actually a projector. And I have a very, you know, the way my human design chart is laid out, I am a deeply intuitive person, and was actually born to coach people and to be a guide. And it's no wonder that I ended up being a doctor. So it also tells me that my energy levels are best utilized just a few hours a day to do what I love, right? That actually really lights me up. And then I have to step away from it. Right? It doesn't mean that I only work a few hours a day, right? I'm always doing other things like I'm also in or getting in my practice and seeing patients. But when it comes to things like this, that absolutely light me up, and my coaching and creating content and reading about what I love, I actually need to step away and rest my brain and rest my body. No wonder I burned out so hard. Because when I find something that I love, I get obsessed. And I like do all the things about it. And it just becomes like my life. So now when I find something that I love, I actually do have to give myself an allotted time to do that thing. And then I have to step away because when I step away, and I rest, that's when my downloads calm. That's when my most intuitive, amazing content comes through that really lands for people. And to be honest, it feels so much easier. And that's how I've been able to unlock so many levels of myself and be able to grow two businesses at one time. So if you want to know your human design, I will link that in the show notes. And it's a deeper understanding. So if you're someone who's only ever done only personality quizzes on yourself, once you figure out what your human design is, and you learn a little bit about how you should be navigating life and how you can use your intuition to make decisions a whole lot easier. You're gonna be absolutely blown away, because you can actually apply this sort of strategy to your marketing and business

strategies and help you to run your business especially if you're a service based like entrepreneur, it'll help you run your business model in a way that you won't burn out.

So my friends, this is the spirituality piece that I want you all to know, it's the inner work. They're one in the same. You're delving into depths of yourself in an entrepreneurial journey or in a leadership journey. And you're here, and you're listening to this because you want to know what you're really made of. And that's something special. I want you to know that, uh, most people in the world aren't here to see how far they can go and see what they're really made of. They stay stuck and they stay in fear. They're stay stuck in mediocrity. They don't know how to move forward because they're paralyzed with that fear. And you know, the saying the comfort zone is where dreams go to die. But what people don't understand is that you can learn to be comfortable while you're navigating the uncomfortable absolutely 100% It's possible if you enjoyed this deep conversation and want to take it even further. Hang out with me on my Facebook group Sustain Your Success. The link is in the show notes. Come on in introduce yourself, you will absolutely be amongst a group of lucrative ladies who love to have these types of conversations and who are totally there for the inner work. Alright friends, I'll see you on the next episode.