



## **LIVE with Heidi, Episode 12 (05/27/20)**

**Guests: Heidi + Chris Powell**

### **Show Notes:**

- 0:00: Heidi talks about being both nervous and excited for this episode. She knew she was going to do her show this week, but she didn't know that she and Chris would make the announcement of their split before the show. She says she'll be as transparent as possible, keeping in mind respect for her kids, her family, and Chris and Derek. She hopes that everyone can walk away from the show today feeling good and learning something. She talks about tragedy and how it's unavoidable. She believes it's in those times that we can learn the most about who we are and what we're made of, and we're able to take those lessons and spread them throughout the world and to everyone in our lives. She also believes that in the harshest of circumstances there is so much beauty.
- 2:16: Heidi talks about why she started the show and finding the light in the darkness and the glass is half full and not half empty. She doesn't want anyone to think she's calloused to situations. She's very sensitive and she believes her life is as happy as she chooses to make it. She believes she's good at living a happy life...better than anyone she knows except for her mom...in any situation. No one can distract her from living her most happy life. She wants to be sensitive to others who are going through tough times.
- 3:50: Heidi talks about what she wants for this show. She says she's afraid of the comments and this uncertain time in her life. She loves and embraces fear because it drives her and invigorates her and makes her human. She talks about an experience from a couple of hours ago with being in the car and Marley comes and gives her a pep talk. Marley tells her to just speak from her heart. Heidi talks about how proud she is of her kids and how special they are and what they're going through and how loved they are. She believes she has her family for a reason, and they are the perfect blended modern family.
- 7:05: Heidi talks about a John Wayne quote that she loves: "Courage is being scared to death and saddling up anyway." She believes she's a courageous person because she chooses to be one and she has complete control over that.
- 7:52: Heidi talks about viewers being respectful and sets some ground rules for comments and questions. Not everyone deserves a seat at her table.
- 9:12: Heidi talks a little bit about Derek. She talks about her plan for the show. She talks about how her plan can be very flexible and completely alter the plan. She likes to feel the room and her feelings and the feelings of those she cares about. She also cares about the viewers' feelings.
- 10:50: Heidi talks about making the announcement and being public and how they came to the decision to make the announcement. It was a choice for them to live life in the public eye, and they appreciate the love fans give them and they wanted to be truthful and honest. Yes, they've tried working through things—they're not quitters. She doesn't feel like she and Chris failed. Marriage is stressful and emotional, and they both believe they didn't fail and that they're succeeding at their relationship right

now. And it's the most important thing to them. She talks about the things they have together. She talks about a binding piece of paper and how that's not really important. They want to create peace with themselves and their family and Derek and their businesses—all the hats. She talks about the steps they took to try and figure things out. They love each other for who they are. Their relationship is so much deeper than a piece of paper. True partnership and true friendship. They'll both do whatever they can to make sure their relationship stays peaceful.

15:22: Heidi talks more about Derek and their past relationship and current relationship. The most important thing in their relationship is their kids. They have a wonderful relationship because of Derek and Chris, and she tries to not screw it up. You have to drop your ego and pride and being right. Your kids are the priority. Derek is one of her best friends. No, they are not an item. Derek works with Heidi and Transform. She talks about the quarantine and Derek. She talks about how Derek helps to keep her in balance. She values that so much. Surround yourself with people who will call you out and help you be a better person. She talks about what matters most.

19:27: Heidi talks about how Chris was the mediator at one time, and now Derek has been the mediator.

20:00: Chris joins the show. They joke about their bad sides and good sides. Because they're good friends, they can joke. Sometimes you laugh not to cry. They talk about who Derek is to both of them and how important he's been and is in their lives and family.

23:25: Heidi talks about Transform, and there are no changes there. It will get bigger and better. Their relationship has gotten better in working through things as they came to peace about splitting up. Transform is their mission. They're committed for the rest of their lives. They talk more about Transform and how it's one massive modern family.

25:55: They talk about the world's idea of divorce and how they feel about divorce. Heidi talks about her first divorce, which was more like most divorces. She compares this to her current divorce situation. She talks about what she learned from her first divorce. They will always be a family. She talks about how their actions affected their kids with the first divorce. She talks about not using the word divorce and their relationship is evolving and transforming. Chris talks about being life partners. They talk about not using attorneys this time. They gave the money to a therapist instead.

31:50: Heidi talks about why they're getting divorced. Their quest is for peace with themselves and in their family dynamic. They do so much together, and she talks about how they were constantly failing at the expectation of marriage they had. They didn't feel like they could do it well enough, which would lead to broken integrity. She compares it to having cancer and how it can spread. It was affecting their family dynamic. There wasn't a line between business and family and their marriage. Things weren't getting better.

34:35: Heidi talks about questions about trying the 30-Day Challenge again. She talks about what the challenge was and how it really didn't help looking back. It wasn't about the sex, it was about making a connection every day. The challenge was a temporary band-aid, but the issues were still there. They talk about how things have been more peaceful the past few months. The deciding factor was when things started spilling over to the kids, and that's when they realized things were out of hand. They needed to make some big decisions. The space has made things better for them and the kids. Heidi shares the quote from social media about expectations.

- 38:55: Heidi talks about never wanting to get divorced again after Derek. She's struggled with a second divorce—a scarlet letter. She talks about what she can and can't control. She talks about how emotional she's been the past several weeks and how tough things have been. She's been grieving the loss and death of something that is better off another way. Grieving the loss of something that meant so much to her. She talks about watching the finale of *Modern Family*. Life isn't supposed to be anything, it's supposed to be what works best for each of us. They can't judge what's best for each other.
- 41:45: Heidi starts answering viewer questions.
- 42:04: Heidi addresses those who say that if Chris and Heidi can't make it, no one can. She nips that in the bud and explains why. She talks about the #relationshipgoals hashtag. You can't base anyone's failures to dictate your life. We get to make the life we want. She talks about knowing where she went wrong, and two willing parties can make a relationship work if they're prioritize marriage first and are hyper-committed.
- 44:20: Heidi talks about how they both didn't make the marriage a priority. They came together at first for their vision. She talks about how Chris made her want to be a better person and she wanted to be a part of everything he wanted to do, including having a family. The idea of kids came before the idea of marriage. They talk about Chris convincing her dad to let them be life partners. She told him she wouldn't have a baby without a ring to give her kids an example. She talks about how their marriage has never been as important as their relationships. They didn't want the world's view of marriage to tell them who they needed to be for each other.
- 47:55: Heidi talk about how marriage needs to be the #1 priority, which it wasn't for them. They talk more about this and the coulds, woulds, and shoulds. There are things they'd like to do differently. The mission and the kids were the priority. There was always an urgency about opportunities and kids and the business. The marriage—not the friendship—took the back burner. It created a ton of turmoil that they didn't see coming and it grew and grew.
- 49:50: Heidi and Chris talk about advice for young couples who work together. Set date nights, make time to reconnect. Leave your phones at home. Their date nights turned into business meeting. They don't know how to be without working—making an impact in the world. Most important advice is to have a serious talk about priorities and what's most important and why they're united. No answers are wrong. Be willing to not let anything get in the way of the priority. Their relationship is better now.
- 52:55: They talk about dealing with stress and if the pandemic has changed them in any way. Heidi talks about dealing with stress through communicating, letting things out. She values honest feedback and other's perspectives. Chris deals with stress with music (piano and guitar). It helps him explore. He also talks about how self-improvement helps him relieve stress. He wants to continue to grow so he doesn't withdraw and experience destructive behaviors.
- 56:02: Heidi talks about the identity crisis from her first divorce. Especially when she was alone. They spoke openly as they started to explore their own paths. They get to create who they want to be and what they want to do next. She says the pandemic was perfect timing for them at this time. It's been the silver lining. It's made them stay home and take time to be stuck together and talk through things. It was so important for their kids that they've been home so much. It allowed them lots of time to

communicate together and with their kids. They found more peace and happiness because they were under the same roof all the time.

61:26: Heidi and Chris talk about where they get their strength in hard times. Chris gravitates towards his kids to feel that love and connection. They bring him peace and happiness. Strength has come to him from a lot of reflection and who he is and what he's on earth to do. He is so committed to that mission. That brings him hope and strength. He has a mission, and Heidi is part of that mission. The mission remains the same. Heidi talks about how they've always believed in each other and how she believes Chris is fulfilling his mission and that will never change. She's been honored to be a part of his mission. She talks about Chris' work ethic. Chris says he's not a completely balanced person, and balance is different for each person. And his balance works for him. His balance could be different in 5 years. We can't judge each other's balance. Heidi talks about how the faith she has in that everything will work out exactly as it's supposed to and the faith she has that she will be guided and led in a way that she can flow through life and make everything work for her and her family. She doesn't have a lot of fear—she firmly believes she's right where she's supposed to be at all times. She believes there is something bigger. She's going to share what she learns from her trials. She has faith in her abilities too.

67:45: They talk about this next phase in their lives. She talks about identity and she gets to be whoever she wants to be no matter what others think. Understanding who she is a big one. She won't waiver who she is to make others happy. Do you, be you, Heidi.

69:10: Heidi talks about realistic expectations. Disappointment is always the result of unmet expectations. She thinks it's important to know that the grass is not greener on the other side, it's greener where you choose to water it. Neither of them are ending the marriage thinking there is happiness over them, which leads to lottery syndrome. "If only \_\_\_\_\_, then I'd be happy." Enjoy the process more than the results. Life is going to be hard and we have to understand that right now is where true happiness is.

73:00 Chris talks about integrity. They talk about his rules to happiness post and how Heidi is never on time. It's the little things that are the big things. He talks about the pep talk he gives himself over and over and over again is don't forget what you're here to do. He's said this to himself for years, he's always been on a mission. And he's never left that mission. It keeps him making progress in his life. His mission is to alleviate obesity-related suffering in the world. Heidi talks about the huge dent he's made in the world. Chris talks about how Heidi has always been his biggest cheerleader and believer and how he struggles with that. She talks about Chris being a perfectionist. Something is better than nothing. They will always be a great team. He gets analysis paralysis sometimes.

78:15: Heidi talks about having belief in herself outside of belief she got from Chris and how hard it's been to develop that belief in herself. She talks about feelings of unworthiness and believing in herself. She surrounds herself with people who believe in and how important that is, they don't let self-doubt get in her way. If we don't believe in ourselves, we won't put forth the effort to get where we want to be. She talks about not believing in herself before she met Chris. She now knows she can do whatever she wants to do. They feed off each other to be each other's biggest cheerleaders. Chris talks about the power of who you surround yourself with.

83:10: Heidi talks about what people see in social media. Chris talks about how they still get along great and will continue to do so and have a lot of fun. Nothing's going to change. Hard times will come no matter what. You work things out to get the outcome you want.

85:15: Heidi thanks viewers for watching. She appreciates everyone's love and respect and allowing them space to be themselves. She appreciates that those who don't understand are still respectful. They're not going anything. Their devotion to everyone is only getting stronger. They thank each other. Hugs all around.

End of interview.

**Connect with Heidi:**

Website: <http://www.heidipowell.net>

Instagram: <http://instagram.com/realheidipowell>

Facebook: <http://facebook.com/realheidipowell>

Twitter: <http://twitter.com/realheidipowell>

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Twitter: @realchrisspowell

Website: <https://www.chrisspowell.com/>

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