



## **LIVE with Heidi Powell, Episode 13 (06/10/20)**

**Guest: Heidi Powell**

### **Show Notes:**

- 0:00: Heidi welcome viewers to the show and explains why there wasn't an episode of *LIVE with Heidi* last week.
- 1:00: Heidi apologizes for not sending out the link to her LIVE with Chris and tells viewers it's up on her blog and on YouTube. She will also be posting on social media about it.
- 1:25: Heidi talks about the guest this week: Heidi Powell! She talks about how she didn't mean anything great by the way she introduces herself. She talks about the power of words and how a teammate, who put her notes together for the shows, put at the top of the document where the guest is listed: The Ah-Mazing Heidi Powell. She talks about how much she loves this teammate and how much this simple affirmation meant to her that day.
- 2:02: She talks about what she wants to share on the show. She hopes viewers will use the time to listen, learn, take notes, absorb, and really dig deep into what she's talking about and teaching and then use it to dominate their own lives in the way she knows they can. She talks about her mission in life to raise 4 amazing kids and to help people realize their power. She talks about how the best way to apply what viewers are learning is to share, share, share, and use the hashtag #LivewithHeidi.
- 3:30: Heidi talks about a stat that you are 5 times as likely to retain information if you share that information. She promises viewers they'll get at least one gold nugget during the show. She says to focus on getting one thing from the show, then share it. She invites viewers to participate through commenting and asking questions during the show.
- 4:30: She asks viewers to be respectful and kind during the show with her and other viewers. She talks about the importance of thinking about the intention of others and look for the positive.
- 5:45: Heidi will share her thoughts about some frequently asked questions, being as vulnerable as possible. She's an open book. She doesn't want to leave anything on the table. She doesn't believe in sharing too much.
- 6:52: The first thing Heidi talks about is her thoughts about what's been going on the past week. She wants to be as delicate as possible. Everyone, no matter who they are, isn't quite sure about what to say and how to act right now. We're not sure how or if we should show up. She invites viewers to comment about how they feel too.
- 8:01: She talks about how unfortunate everything that's going on is: pandemic, George Floyd. It's been a tough time. The economy, people losing jobs, and darkness and despair. 2020 has been a really rough year. She wishes she could help everyone having a rough time right now.

- 8:38: Heidi feels the best way she can help right now is to share some wisdom that has helped her get through these times. She talks about how there are things we can control and things we can't control. A lot of what's happening right now are things we can't control. But it's important to do what we can by educating ourselves, we practice compassion, we love each other and unite. There's a lot of room right now to grow and to learn and to make a difference. But there are still so many things we can't control, which leads to frustration, anger, and people acting out. It's a result of a lot of things acting out. She compares it to a kid having a tantrum. The tantrum is a result of a lot of things that lead to that point. She talks about a little meltdown she had the night before. She mentions all the stresses she's going through right now, a lot that others don't see. She's been getting some flack on social media. What's happening right now is not the result of one thing. Her best advice is to be kind and to be compassionate and to try and see how we can make any situations better. "What can I do?"
- 12:20: Heidi talks a little bit about her divorces. In any kind of relationship, if you're pointing the finger at someone else, it's not going to change anything. You have to be willing to point the finger back at yourself, and say, "What can I change?"
- 13:00: Heidi talks about a social media post she shared recently and how we need to not take things personally. When we take things personally, it's really easy to contribute to the problem. Try and be a part of the solution and don't be a part of the problem.
- 14:32: Heidi talks about how 2020 is her hardest year yet, but she thinks it's going to be one of the most rewarding too. Hard times are our opportunities for growth. When we're feeling scared, those are usually the things we need to face the most to take ourselves from where we are to where our potential is. Times like these can teach us where we're weak and where we need to grow. You can either shrink, or you can stand up and face your fears and become someone so much greater than you are now. "Iron sharpens iron."
- 15:58: Heidi compares personal growth to building muscles. 2020 is one long workout! Our muscles, minds, emotions, and spirit are all being broken down, a lot of things are being tested. Allow yourself to feel those feelings, and then love yourself, be kind to yourself, and allow yourself to process what's been happening and come back stronger.
- 17:07: Heidi talks a bit about Rachel and Dave Hollis' divorce because she feels she can relate. She talks about how much she admires Rachel and Dave. She talks a bit about her and Chris' separation and how she had admired Rachel and Dave, not knowing what they were going through. She talks about how her perception of their relationship was similar to people's perceptions of her and Chris' relationship. She talks about how Rachel and Dave's posts were real and honest and how they have mutual respect for each other. Nothing was fake. She admires them for not letting pressure from the world stop them from doing what is best for themselves and their family.
- 18:52: She talks about how hard this is. #relationshipgoals They talked about how they needed to be true to what they preach to others about self-love and be true to yourself, and they felt like they were living self-betrayal by pretending to be something that they didn't feel was best for their family and for them personally.
- 19:41: Heidi answers her first frequently asked question: "How do I learn to love myself as I am right now?" She talks about how we often put ourselves in situations where we seek love from others. For her, for

most of her life, she was an insane people pleaser. She was living for other's approval. She couldn't tell anybody no. She talks about wanting so badly to get love from Chris that she didn't have for herself at the beginning of their relationship. She was working as hard as she could to get this love, approval, and appreciation because she loved him and because she felt like if he loved her, if she was enough for him, then she'd be enough for herself. This was true everywhere in her life. She had some pretty toxic relationships because she couldn't say no. She was constantly reaching in all the wrong places for love. The more we reach for that love outside of us, the less love we feel for ourselves, and the less worthy and more empty and dark we feel.

- 22:29: Heidi talks about how we love ourselves. She talks about integrity and how important it is for self-love, especially personal integrity—integrity with yourself. She shares some examples of personal integrity. When we tell ourselves we're going to do something ("The diet starts Monday..."), and we don't do it, we've lost integrity with ourselves. She talks about still struggling with this also and shares more examples. When you have breaks in your integrity, you're chipping away at your dignity—your self-love. Your self-love is directly related to your belief in yourself. When you don't believe in yourself, you're not going to put forth the actions necessary to get to where you want to go in life. When we feel like goals aren't attainable, we feel terrible about ourselves.
- 24:28: Heidi talks about personal integrity and parenting and how she used to feel like a really bad parent. She also struggles with mommy guilt. A lot of it is because she'd tell her kids that she'd do something, and then she wouldn't do it. And she was constantly seeing the areas where she was falling short and like a failure. She learned the power of under committing and of her word and her commitments. If she's going to say it, she must be willing to do it. If she can't, it's up to her to clear her integrity and communicate to those affected (confess), then reassess, then recommit (known as the CRR process). It has completely changed her life.
- 25:35 Heidi shares examples of this integrity process with her kids and why she says no because she knows if she says yes, she must follow through—with both positive and negative things (like disciplining her kids). She shares examples of this. She makes her word be powerful and she feels more self-love. This also builds respect and trust with her kids, improving their relationship.
- 27:40: Heidi talks about this integrity process with others in her life. If she can't trust their word, it's very difficult for her to let that person in. She needs to know she can trust they're going to do what they say they're going to do.
- 28:18: Heidi talks about integrity and Power Promises. She doesn't believe in taking on the entire mountain. She has goals galore. Others might also. She talks about her work with an addiction recovery system. Big goals can be overwhelming and scary, and when something feels too big, we automatically tell ourselves because of all the broken promises year after year that we won't succeed. 9 out of 10 people fail on a diet within the first week usually because they take on too much at once. The same applies to every goal. She shares examples of this. 99% of people will fail, and when you fail, you chip away at your integrity and your dignity and how you feel about yourself. It's a vicious cycle. We combat this by making super small promises to ourselves every single day. Make one simple power promise. She promises viewers that power promises will help them and invites them to make one power promise. One thing that is so stupidly simple that you know you can do it every single day. Hers is to make her bed every day. And while it sounds stupid, it's the most powerful thing in her life. When she makes her bed, she's following through on a commitment to the most important person—herself. She's already a winner for the day because she kept her integrity with herself. She layers on promises (like go to the

gym). Keeping that simple promise to herself every day helps her believe in herself again. And that's the only expectation she has for herself. When she knows she can do this for weeks at a time, then what else can she do?

- 31:57: Heidi talks about her new morning routine and how huge it's been for her to accomplish these things. Her next Power Promise she's going to layer on is drinking more water. She's been struggling with this lately. She's not being over realistic with this promise. She's aiming for ½ her body weight in water. When we mess up, because we all do, ("when" is an important word), it's important to surround ourselves with people who are going to love us and also call us out.
- 33:38: Heidi talks about the CRR process for when we break our integrity: Confess (even the smallest things to someone you trust who won't judge you, probably not your spouse), Reassess (figure out why you broke your integrity—it's usually from taking on too much at once and Heidi shares examples of this), Recommit (figure out what will work and recommit to doing that thing). The most important part of recommitting is verbalizing it—you must make a verbal declaration of your new commitment—speak it into existence. A silent promise is one you really don't believe you'll keep, you're letting yourself off the hook, and you won't follow through with your promise—you won't reach your goals. Accountability is important to achieving your goals.
- 38:50: Heidi talks about boundaries and how they can help you to learn to love yourself. She talks about how she struggles with setting boundaries because she loves everyone and shows gratitude by letting them in, which makes it hard to set boundaries. However, time is the most valuable commodity. It can't be built up, it shrinks. Boundaries are important, and if we don't set them, we're taking away time and love from the people who need it most from us. She gives examples from her own life from this. We suffer the most from not setting boundaries. She likens this to building muscles. She talks about how she's started setting boundaries by creating blocks in her calendar. If you're not willing to prioritize your life, you'll never fit it all in. She explains the rocks, sand, and rocks object lesson from her *Secrets of Goal Setting Course* (to be released soon) about setting priorities. She shares personal examples from her own life and how setting boundaries and priorities has changed her life. There is power in setting boundaries.
- 47:10: Heidi talks about how you can't say yes to every thing and every person. Setting boundaries can be scary, but when one is set, things will work out the way they're supposed to. Either that thing will work out, or something better will come along. Timing is everything in life. Have faith.
- 48:15: Heidi talks about setting boundaries and how scary it is. Think about what you're scared of. She refers to her LIVE with Jen Cohen. List all the fears—what's the worst-case scenario? Set your expectations low and your hopes high. Understand that when you're feeling scared, FEAR (False Expectations Appearing Real) is guiding you. You can't let fears drive you—they're not real.
- 50:05: Heidi talks about how we don't set boundaries for ourselves and how we don't love ourselves because we don't understand our value. We don't realize how incredible we are. We compare ourselves to others and feel like we're coming up short. She shares her all-time favorite quote from Marianne Williamson: Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, "Who am I to be brilliant, gorgeous, talented, fabulous?" Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to

make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

52:25: Heidi talks more about this quote and how we self-sabotage ourselves. She invites viewers to share their power and share their light and give permission to others to do the same.

53:10: Heidi thanks viewers for watching and commenting. She talks about struggling with feeling worthy and valuable just like everyone else. She talks about how important viewers are and that she hopes to help even one person, and that is worth everything. She thanks viewers for their amazing comments.

Interview ends.

### **Connect with Heidi:**

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

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