

Full Episode Transcript



EPIISODE FIFTY

**Compassionate
Calendaring**
with Adriane Nichols

*THE EASE
of hustle*

You're listening to Episode 50, Compassionate Calendaring with Adriane Nichols.

Welcome to The Ease of Hustle. I'm Lauren Cash. I'm a master certified coach, calendar queen, and multiple six-figure digital business owner. I adore helping you create goals your mind never thought were an option by blending together spirituality, mindset coaching, minimalism, and psychology. If you're looking to go from exhausted busyness to easeful goal creatress, this podcast was meant for you. Thanks for being here. Now, let's get to the show.

Hey. So today, I have a very exciting guest. All guests are very exciting guests on The Ease of Hustle podcast, but today we have a long-time client of mine, who has done multiple rounds of my signature program and another program that I had done this past winter. I'm so excited for you to hear from her because she talks about her own experience, what she thought she was going to get out of the program, and then really what she actually got out of the program. We talk about a lot of the struggles that go on for folks who try Cultivate Margin and what they really get out of it.

I love that Adriane shared an outcome that's kind of hard to talk about on a sales page, at least in the way that we've been taught in online business to write sales pages. It's kind of like these intangibles that are difficult to express, and maybe aren't even really that sexy to sell when you're inviting people on a sales page to join a program. So, I think you're going to really enjoy hearing Adriane's story. We go back and forth and have a little bit of banter and commentary on some other topics as well that I think you'll really like listening in on. So, let's jump in.

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Lauren: Yay. So, I'm super excited today to have a special guest, one of my very own clients, Adriane, is on. Adriane, I'd love for you to tell the people listening all about you.

Adriane: Oh my gosh. Well, I'm Adriane Nichols, and I'm a Cultivate Margin super fan and participant. I'm also a life coach.

Lauren: Woot-woot.

Adriane: I live in Southern California. I do all sorts of things. I'm living life.

Lauren: Yeah. So tell us, maybe this will be helpful for people, where were you, what did you think you were struggling with, or why did you decide to join Cultivate Margin initially. Do you remember?

Adriane: Yeah. So I love systems and processes and procedures and tactics. I gravitated towards it for those reasons, even though I had a lot of those things in place, but I just wanted to do it. It was one of these things, when I saw it, I was like, "I have to join." I'd already done Monday Hour One and was implementing that. I could just see from some of the calls that you did that Cultivate Margin took it a lot deeper and made it really specific to goal creation. It was just much more robust. So, when I joined, you had this option for pursuing a goal, a very specific goal for a 12-week period, or just developing good calendaring skills and learning how to do that. I elected to do that and it was so surprising to me what came up because I thought, "Oh, that's sort of a lightweight thing to do." But by doing that, it made me realize how full my life was and how many things I'd glossed over that were taking a lot of time or that I hadn't accounted for in terms of the fact that they took time.

Commuting is one thing. I don't do a lot of commuting. I'm on the 405 a lot. Just realizing that that actually takes a chunk of time was something that I needed to do. So when I started, I had this one idea and then it definitely morphed into something else. One of the biggest things was realizing that I wasn't really accurately assessing time. I think that that's not a problem for a lot of people. They know what they're doing. They're pursuing their goals, and they're pretty accurate about time. I think one of my big things was I wasn't seeing what I was doing clearly. By using the container of Cultivate Margin and using that exercise of looking at the calendar and using a calendar, I was finally able to see that.

Lauren: Yeah. I think that you're not giving yourself enough credit there, because I think there is a good chunk or subset of people, especially the people I attract that maybe have perfectionistic tendencies and things like that, that maybe haven't come to head or haven't really looked at like, "Let's look at what are the facts right now as it pertains to what are my commitments, what am I doing with my time and my energy," and really seeing that on paper almost or on the screen when you're doing time blocking to really see when I'm telling myself maybe "I don't have enough time or I'm not getting things done that I want to get done, what are even the facts of how I am committing my time or my energy right now? And does it even make sense that I'm telling myself that I "should" be making progress on this thing when really there's not even space right now that is available to be devoted to that thing?"

I ended up working with a lot of clients that are like that, that haven't realized like, "Oh, actually, there is this reality of I do need to commute to work and I'm not even accounting for that in my calendar, nor am I accounting for that in the energy that it requires for me to also do the commuting. Am I even noticing that in my commitments?" So, I think give yourself a lot more credit of that is I think, for not everyone, of course, but a subset of people that are having mind struggles around time. It's part of this not wanting to really face the reality too, probably because of the negative self-talk maybe that might come up by looking at it or even, I don't know if you relate to this, the loss may be around the fantasy. Do you relate to that at all?

Adriane: For me, that was huge. I've joked that one of my ways of surviving and one of my superpowers is denial. So when I was doing my acting career, for many years, I think that I was so good with the rejection because I just didn't look at it. It was a blind spot that served me. But in the calendaring thing and just in terms of time, I had this fantasy that I could do so much more than there was time for. So when I started blocking it all out, so the big chunks for me were my day job. That was 30 hours a week. So when you see it on the calendar, you're like, "Those hours are accounted for." There was nothing else happening during that time, other than things related to that job, and then the same thing for the commute, when you block that off.

Yeah. For me, it's been making peace with a lot of that. And then even having to, I would say it's like really recalibrate. I feel like that's my big thing that I'm doing right now is like, "Wow, this is a massive recalibration." Because for so long, I have stacked and layered and added in so many things and then been troubled when I couldn't get as much done as I thought I could get done. And then using the calendar was a way for me to just get into reality. Yeah, it is kind of painful when you have to come out of that fantasy, but it's also really reassuring.

I remember when we were talking about how many hours I thought I had available for this big goal, and it was like 10, and playing around with that number rather than thinking it should be 30 or even something that I should be doing almost all day. Unexamined, that's how it was running in my mind, was like, "I should be working on this thing all day." And then when I was looking at it more carefully and under the lens of calendaring, I was able to see like, "No, 10 hours is actually a lot."

Lauren: Mm-hmm. And then that has you confront your beliefs around how much time is enough time to create what you desire to create. And then you can get super creative about ways in which you are going to create that goal in that amount of time, and that opens you up to so much more magic and possibilities than if you wouldn't look at it at all and you're like, "I don't know why I just keep not booking clients or making the amount of money I want to make or whatever," and not really looking at it.

Adriane: Yeah. I mean, I do think in some weird way having the limitations and working within the limitations is the secret sauce for magic and possibilities. I always think of old movies in the film noir genre. There was all this censorship at that time, but using those parameters at that time, this whole incredible genre of film was born. I think of it as the same thing. It's like work with the boundaries and the parameters, and it's exciting and magical.

Lauren: Yeah. For me, I feel like that really relates to the human design conversation too. For me, learning that I'm a projector, a lot of people could see things about that design and about that aura as a limitation or constraint and a negative way of like, "I need to wait for recognition and an invitation," like that's a bad thing, but really then so much more can unfold and it can be this really beautiful thing, where all the magic and possibilities can come in. So, I love that. I know you had told me before that what you got from Cultivate Margin or how you grew in it was not really what you expected when you entered. Would you say that? How would you describe it?

Adriane: I mean, yeah, because some of the things were along the lines of what I expected, like getting to know my time and seeing all of the different routines and commitments that I had during the week. All of that was really fun, like the tactical part of it. But honestly, the biggest thing that I didn't anticipate learning was the compassion piece that I brought to all of this stuff that I've worked on and studied and developed over the years. I wasn't really able to see that I had taken coaching tools and started to use some of them against myself or made them, I wasn't using them, what they intended for in a way. To me, their whole purpose is to make your life better. I had slipped into using some of them as a way to be more judgmental of myself and my life. And so, I didn't anticipate unearthing that, and that was so relieving.

And so, now, I'm at this funny place of I almost like all the things that I'm currently "struggling" with. I have such a softer view of them. And even looking back on my whole life, I always get to a place where I like my past, where I'm like, "Oh, that period of time when you didn't know what you were doing or you were flipping out about this thing." I always get to a place of peace. So what I'm doing right now is I'm trying to just have the peace while I'm going through the thing that I'm going through. I'm not totally there yet, but it's definitely something that I'm developing. I just feel like with everything I've learned, all the different strategies, all the different tools, I'm finding a way to use them kindly.

Even when the self-judgment does come up and I notice myself being hypercritical or slipping into something that I thought I didn't really do anymore, it feels a lot lighter and totally okay. I think that's what it is. It's like, "Oh my gosh, I'm going to do this forever. It's okay if this happens forever." I don't know if you intended that to be a big part of the program, but that was something that just seemed to come up a lot for a lot of the participants and it pervaded a lot of the course for me, just this feeling of everything's okay. I don't know. For me, that's been a big shift.

Lauren: Yeah. I think that's something that is hard to really write into a sales page or a benefit that you'll get out of it. It's not really a bullet point that I think about, but whenever I've talked to anyone or read the exit surveys, testimonials, or whatever, there is this big component of self-compassion, of becoming the compassionate watcher of all of that. I think it's probably because a lot of the people that come to me are pretty high-achieving, right? You have to be at a certain level of high-achievingness to want to do a time blocking method and probably have tried that before you come to me. And so, there's something like that. And then there's the goal creation that is the purpose of really looking at our time to me. That's the purpose, is to create some goals, some intention, some reality or outcome we desire. That's why we're looking at the time.

So then if we have that drive or that desire, then some part of us is somewhat high-achieving. If we have that, I've found, at least in a lot of especially women, that there tends to be this being hard on ourselves or self-criticism or something like that. And that was a huge part of my master coach project, was really unearthing that and going through that change myself. So I think now it comes through in a ton of my coaching because I can see it so clearly when I'm hearing it now because I've done so much work on that in my own coaching too. So, I love that you shared that.

Adriane: Yeah. I feel like you really embody that now. I mean, I didn't know you very well before. I knew you a little bit. It's like your whole energy to me is very different. I don't know. I just think it's so nice to see an example of something. For me, it's always helpful when somebody has struggled with something I've struggled with and then they're like, "Oh no, I used to do this exact same thing, and then this is what I did and where I am now." It's amazing to me, and I'll just say women's specifically just because I think I've only seen women in our groups, how much people can achieve and how many degrees they can have and how many difficulties they can have overcome and just not give themselves credit for it, like forget that it even happened. That's why I loved that you forced us and we were not very good at it. I wasn't very good at it. You forced us to celebrate weekly.

Lauren: Oh my gosh. Yes.

Adriane: It's so interesting to me how the things that come up when I'm sitting at my computer thinking, "Oh my gosh, I got to do this," almost like it's homework. I've got to say something I'm celebrating about. A lot of times there's a good thing, but then I'll think things like, "This is shallow." It's just so interesting how we work so hard to pursue something and then we get it, and then we feel like we have to keep it on the down-low.

Lauren: Or move on to the next thing so fast that we don't even celebrate it. That happened yesterday on the call yesterday. So yesterday, we had a live coaching call for the monthly coaching for Cultivate Margin self-study. Adriane was on that call too, but one of the women on that call had accomplished her 12-week goal for her first round of Cultivate Margin. She told me that on the call and was already onto the next thing. She hadn't even posted in our Community App yet to celebrate that she had accomplished her goal and she was already onto all of the mind drama of the next thing. That's so true, especially this type of person that we're talking about. They're so quick to not celebrate or they'll be quick to discount, or it's not enough, or "I need to set the bar higher," or "What will people think of me if I'm just celebrating this small win?"

I'm always saying on those posts, no matter how big, no matter how small or ridiculous. But you're right, there's so much resistance around folks posting those. Yeah, I really want to cultivate that culture of wins and celebrating each other because that also helps us learn that we can celebrate. It also shows us examples of so many different ways in which we can be winning and celebrating and all of that too.

Adriane: Yeah. I mean, it's funny. We have these goals and we work so hard. We do all these different things to find solutions. And then if you get it and you don't own it, you don't embrace it, I feel like we're missing something very critical because then you go onto the next thing and you're going to have that same, I really do think that we're always being and becoming. We're always our current version of ourselves, even as we're striving and growing and developing. I really want to enjoy wherever I am. I think that's that thing where I was talking about I'm doing a lot of reflecting on the different decades of my life. I have such a sense of humor and pride and just interest. I'm like, "This is my life. Look at all these different funny phases."

I really want to just be in the phase that I'm in, even if I'm doing this other thing because if all I'm focusing on is the other thing, the next thing, I'm just depriving myself of pleasure and of just really, it's almost like then you're not in the present moment. You haven't really developed that ability and I feel like you're only ever doing the present moment. When you are, then actually I feel like most things are pretty interesting, even like loading the dishwasher or making some toast. The mundane things can be so interesting because you're just so, I don't know, attuned or aware. I feel like for me, that's when I feel the most alive, is when I'm able to pull myself into the now.

Lauren: I agree. Yeah. I think that really ties in, too, with as projectors, our signature is success and you're basically saying like, "Feel the success now." It's not something we go out and achieve, and also has reminded me of a private client I coached yesterday, who has achieved what a lot of us probably would think are really large goals. A lot of us are striving to achieve the goal that this person has. It's so interesting to see this person not celebrate it, not fully embrace it, and they still feel like it's not enough and they're not satisfied with their life as it is, even though they've created that goal that a lot of us think that that goal will make us feel better. But that's the thing about goals, is if you know the model, we create these R-lines, these results, these goals are achieved, and those then become our C-lines, the circumstance line of the self-coaching model, and it's never those that change our feeling state. It's always what we're thinking.

So, it really doesn't even matter what we create in the future. Yes, let's evolve and set goals so that it can bring up all this inner work to be doing and feeling through. But you're right, feel successful now. Also, if you believe in any Law of Attraction stuff, then the things will come to you much more easily if you're in that state anyway.

Adriane: Yeah, definitely. I had this epiphany in Cultivate Margin when one of the other women was talking about. She's very accomplished, but she had this other goal. She said something in a way that I feel like I've been needing to hear this because this is how I came upon this whole thing of like, "I don't want to miss anything." She was like, "I have this goal over here, but you know what, I've just decided I'm going to hang out with my life as it is right now my current life." It was like, I don't know, something in my mind just shifted into place, where I was like, "Oh, that's the thing we all need to figure out how to do." That's why I do think whatever the thing is you're struggling with, if you can figure out a way to be with that struggle and that current version of your life, you're really unlocking the skill set and the muscles that I think we're all yearning for. Because otherwise, if we're just in that pursuit pursuit, we're missing the satisfaction and the presence and all of that.

I don't know. I think that it's fun as you get a little more of a taste of it. For me, I'm almost thinking it's a phase or a place to start a new goal, is like, Hold on. Let's just take a moment to feel amazing about our whole life and feel pride and feel ownership and feel like, "This is me. I'm this age. These are the things that I've done. These are some of my struggles. These are some of my accomplishments." Because everybody has something they've accomplished that somebody else wants, everybody.

Lauren: That's true. Everyone listening right now, think of something that you have or you've created in your life that somebody else wants. You have one thing. Think of it. That's so true. Continue, Adriane. I just had to be like, think about it.

Adriane: Yeah, I think everybody has multiple things.

Lauren: Yeah.

Adriane: It's so good to be like, "If somebody else wants this thing and if they had it, they'd be like, 'Woo, I got this thing.' " So why don't you do that for yourself when you've gotten that thing for yourself? And then go out and get the other things too.

Lauren: I love that. What else about Cultivate Margin or your process in it or coaching with me did you feel drawn to share with the podcast listeners today?

Adriane: Oh, one thing that I'm totally obsessed with right now is I wrote down all of the weeks. I'm like, "Oh, what were all the different weeks?"

Lauren: Aw.

Adriane: The one that I'm super focusing on right now is decisions, like decisions ahead of time. So I'm going into a year that I've decided is going to be full of things. I'm going to keep my day job for at least this year, and we're going to see how that all goes. It involves a lot of commuting and it involves a funky schedule that's sort of like a split schedule. So I'm doing a lot of prep for that because I want to feel amazing about it. So, I'm using this thing that I worked on in Cultivate Margin, just decisions. So I'm deciding on, it sounds really goofy, but I'm super excited.

Lauren: I love it.

Adriane: So, I've decided on my clothes. So for work, it's going to be jeans, T-shirt, and blazer every single day.

Lauren: Love it. Oh my gosh, that's amazing.

Adriane: Yeah. A lot of times it's going to be the same jeans because I work at different locations.

Lauren: Perfect.

Adriane: Actually, I have just enjoyed a summer of only one pair of jeans.

Lauren: Oh my gosh.

Adriane: I just told myself, "You know what, there's just going to be one pair of jeans this summer."

Lauren: I only have one pair of jeans this summer too. It's the best.

Adriane: It's so fun. And then just in terms of like, I'm just setting it all up like, "These are the days I'm going to make a smoothie." I'm just really playing it through in my imagination so that it can be enjoyable and it can run smoothly. Anyway, it just comes down to that one module of what are all the decisions I can make ahead of time?

Lauren: Yeah. So it's talking about how on a day-to-day basis, we have all these decisions that a lot of us just react to just in the moment. We're making these decisions over and over and over and over again. There's this concept called decision fatigue that you can just really get fatigued for making all these decisions over and over again. And so, what if you could just decide what some of those things are going to be on your rinse and repeat every day so that you're not having to exert all the energy to make the decisions, or you don't want to exert the energy to think about what you want to make for dinner so you end up ordering takeout way more than you want to?

What if we decided ahead of time how to create the dinner prep situation for you so that it feels really good, but it's not in a way to make you not have any spontaneity or not do what you want to do. It's from this really loving, fun, playful place. Of course, one morning, if you're scheduled to have a smoothie, but you really feel toast, you can have toast, but it's not like, "Oh my gosh, I'd have to decide what I'm going to eat every day. Do I even have the ingredients and all that?"

Adriane: Totally. Yeah. For me, I always think spontaneous is always an option.

Lauren: Yes.

Adriane: You can decide to wear something different or eat something different or whatever at all times. So I have a deep sense of that, always. I don't really.

Lauren: I do, too.

Adriane: Yeah.

Lauren: I think that's why these things don't feel stifling or constricting in a way that some people think that they can be. Same thing with the calendar or stuff like that, some people use it against themselves that they can't have creativity and spontaneity, but I think what you just said, your belief is, "Spontaneity is always an option."

Adriane: Oh, yeah. It's funny because I think it's an example of how certain tools, you're using them in a way that just really flows and really feels good and really works for you. And then other tools, you've got to find out, if you're struggling with it or using it against yourself like, "What am I thinking about this tool? What's going on for me?" Because if it's not working or you feel really bad about it, something is going on and it's fun to find out, but yeah, I love, decisions ahead of time mostly feel fun. What's funny is with clothes, even if it's not the cutest outfit, I'm still like, "Yeah." It feels different. You could be wearing the same clothes that you decided ahead of time or you decided in a frenzy at the last minute, but it will feel different for me. So, that's one interesting thing about how circumstances or factual things can feel so different depending on.

Lauren: How you enter into it. Yeah.

Adriane: Yes.

Lauren: Yeah, I love that.

Adriane: I loved that entering into thing.

Lauren: Oh, yeah.

Adriane: The entering into thing I just learned about, and that's another thing that came up for me during Cultivate Margin. I think a lot of my initial goals were entered into very mentally from my mind, but also from a place of denying my time situation, so I wasn't able to get an accurate lay of the land and a true sense of what I could accomplish. I think on some intuitive level, we always know when it just feels like, "Oh, something is wrong here." So that is a really fun thing to play with, where you start to look at like, "Where did I make this decision from or where do I want to make it from?"

Lauren: That's what I've been seeing within Cultivate Margin, with the people that are in that going through the framework right now, but also with however many clients I've coached through similar things now and goal setting. I've been finding recently, that is the main "problem" or where things go wrong is they start by setting a goal from their previous mindset and the goal isn't really necessarily meant for them, is kind of like how I'm conceptualizing it. It's either not clean, which you all know about clean goals if you've listened to the podcast. It's either not clean or they selected it in a way that's not in alignment with what they truly want or not from true abundance. It's like they're either adopting something that they think they should want to go after, or it's from their previous mindset in some way.

So, I'm actually going to be revamping that module one, where we set the goal and really developing even more of a framework and teaching because I think slowing down Week One of the program is really going to be helpful for a lot of people. Just seeing it play out over the framework, too, of, "How does how I enter into things really impact how everything else unfold as well?" You'll learn it from just doing it too so that then you can make better decisions for yourself around goal setting too.

Adriane: Yeah. It's almost like we need this pre-goal setting session, and there's this thing called the transtheoretical model of change. Do you know about that? It's like pre-contemplation, contemplation, preparation, action, and blah, blah, blah. So I was thinking recently, even before pre-contemplation, there's just settling into sufficiency and enoughness around who you are and your life so that you're not pursuing a goal, thinking like, "This is going to make me a better person," or "I need to earn my worth or prove myself in any way," because I think it does feel pretty icky when you choose a goal from that place.

Lauren: It does, from my experience.

Adriane: Yeah. I've done it so many times. I mean, you can still achieve goals from that place totally, but it feels not so great. And then when you get there, you still aren't feeling this sense of wholeness or sufficiency that probably you're seeking from the goal. So it's so fun that you don't even need the goal to do that. You can have your current life as it is and have that feeling already, and then goals and all the different things that we want to pursue are just for fun or preference or whatever.

Lauren: Totally. Yeah. I was talking about that with that same client I was talking about yesterday. They were like, "Okay. So if this is all there is, really, and the goal isn't going to make me feel any different, why even create things or set goals or have new R-lines or realities." Well, if you're really content with what you have right now and you're enjoying your life right now, and that is sufficient, why not play with creating other things? Because if you're not getting your worth or value from that, then it's just this game that's super fun that you can play and set from this place of abundance and sufficiency and worthiness. So, it doesn't really matter then whether or not you create it, but then you also can play with the belief of, "I can totally create this thing." Does that make sense at all?

Adriane: Yeah. Yeah. No, completely.

Lauren: Some people listening, it might not. But I also was thinking as you were talking about really doing that work first before you're setting the goal, I think for some people, and it was true for me and it sounds like it might have been true for you too, we needed the experience of going through setting goals from this ickier place first to see what that experience was like so that then we could shift into this new understanding. What do you think about that?

Adriane: Yeah. I mean, I think that I organically got to this place of, "Huh. I don't know if I want to pursue goals in that way anymore." It's fun to achieve things and do things, but when I'm still missing this piece, why don't I just bring that piece in? That's how I think of it now. I mean, so many people, I think, we do. People can achieve amazing things. From maybe a scarcity mentality or from a lot of fear, it's totally doable. It's fine. Also, you can do it that way. But I knew for me, I want that. I want that at the same time, that feeling of like, "Wow. I, as a person, can be struggling with certain things and be not there with certain things and I can always experience myself as enough."

Lauren: Yeah, I love that, and that really ties into an episode everyone will have listened to before this that you haven't heard yet because it's not out, but we're recording this before it's out, is I just recorded a podcast all about non-negotiables and goal creation. I feel like that ties so beautifully into it of what are my non-negotiables that are just a part of the constraint and the map to creating this thing. It's not that I can't create this thing that I really desire because I have these non-negotiables. It's just like, "No, they're these non-negotiables and I'm going to create this thing." A lot of times we think of those non-negotiables as the obstacle as to why we can't have a goal or why we shouldn't set goals at all, because we want to have these non-negotiables, but just bake them into the process anyway. So what you're saying, "I'm going to stay and maintain this state and I'll play with creating what I want to create, but I'm not going to sacrifice this for that."

Adriane: Yeah.

Lauren: I love that. Anything else you want to share with the people that we haven't talked about?

Adriane: Just that I think I just really enjoy how you're doing your business. I just feel like I've loved all the different things that I've done with you. I mean, it's kind of shallow, but I love how pretty everything is.

Lauren: Thank you.

Adriane: I think you do such a good job with that and you're just really professional. I think you're such a good example of this industry and it's fun to watch. It's so fun to watch other people do what they want to do.

Lauren: Yeah. You've really seen that a lot more in this last year. I've had a lot of cracking open and changing things up and really seeing what is going to work for me and a new paradigm of how I want to do things. So you've had a front-row seat, kind of, to that too.

Adriane: Yeah. One time you sent an email that was like, "You know what, I've over-scheduled myself so I need to rebook this thing." I was like, "Huh, you can over-schedule yourself and then reset, and it's still in this context of like being very professional and like, 'I'm going to get to this.'" I don't know. I loved that moment.

Lauren: Yeah. That was so scary to me. For so long, I would not reschedule anything, even if things weren't the best timing for me. I would work weekends, work nights just to make it happen and to keep my word, but then the outcome of that thing wouldn't be as amazing. The thing that I had promised you was like a Human Design Reading. When I would have done that a couple months ago or whatever, you wouldn't have gotten as good of a reading. I would have been more bitter and in my not-self doing it than when I did it last week when I had more space.

Adriane: Yeah. Yeah.

Lauren: It's so awesome. That's for everyone to remember. What's best for us is going to be best for everyone. Even if it doesn't seem like it's best for everyone in that moment, it will unfold to be best for everyone as well.

Adriane: Yeah.

Lauren: Yay. Thanks so much for being on the podcast, Adriane.

Adriane: Yes, it's such a pleasure.

Lauren: How can people find you if they want to learn about your amazing life coaching in your 10 hours or whatever it is when you're not gracing your presence with your blazer, T-shirt, and jeans at your day job?

Adriane: That's right. They can find me at adrianenichols.com. That's my website. And then on Instagram, [adriane_nichols_coaching](https://www.instagram.com/adriane_nichols_coaching).

Lauren: Yay. Thank you.

Adriane: Thanks, Lauren. Thanks so much.

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Thank you for listening. I hope you enjoyed Adriane and my conversation.

Now, if you're still here, I want to invite you to something that's coming up soon. Two very exciting things are happening the week of September 6th. So, I want you to mark your calendar for September 7th. And then I also want you to make sure that you're on my email list so that I can invite you to an amazing workshop that I'm creating that I've never done before that is coming in September. So you want to make sure you're on our list so that you get the invitation for that and you don't miss it live, because I will help you work through what we're working through and I'll coach you live on that call. So, make sure you join the list at vivere.co/podcastnotes. That'll also be in our show notes. You can always find the show notes at vivere.co/ whatever the episode number is. So, this is episode 50. You can always find it in your podcast description as well. So, join us on the list and I hope to see you at the workshop. Bye.

xo, L.

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