

Transcript for Episode 193: Unlocking Wisdom From Your Past Self

Jessica Miller

00:01 - 00:33

Hello everyone, and welcome to this week's episode of the It's Your Offer podcast. I am so excited to be here with all of you. I wanted to thank you first for being here on these airwaves with me every single week. So many of you have been on this journey with me almost 200 episodes now. And I am so grateful for you showing up on the airwaves with me every week. I learned so much from you. I hope you glean so much value from this podcast. And it is just really an amazing thing to spend this time with all of you in this space.

Jessica Miller

00:34 - 01:07

So I wanted to say thank you and I wanted to come today to talk to you about something deeply personal to me. That of course is business related. But it's also very much life related and it was actually sparked by an episode of the Mel Robbins podcast that I listened to this week. I know many of you are a listener of Mel's podcast, and if you haven't heard the most recent episode called, If You're Feeling Behind in Life, Listen to This, you need to go check it out. Because this episode was shared with me from a colleague of mine and good friend.

Jessica Miller

01:07 - 01:40

She said, Jess, this awesome episode dropped. You got to go check it out. And I have listened to the Mel Robbins podcast quite a bit, but it's not something I listen to every single week on the usual, and that's frankly true of all podcasts. I don't necessarily listen to something every week, but then I go and binge them all at one time. And I took her advice and I went and listened to this podcast, and I was so deeply moved by the message, by what I was hearing people were dealing with, and also, there's something I so love about Mel.

Jessica Miller

01:40 - 02:18

She's been in my life for a really long time, and she has a certain vibe that I absolutely connect with. I think some part of listening to her, I hear a part of me, and you really, you know, you catch those waves from someone

sometimes where you're like, there's just something similar about us. It just is an awesome experience to share a space with her. So, this podcast actually got me thinking about this idea of like where we are in our journey, in our life, in our businesses, what we look to the future for. This idea often about our future selves and where we're going and what we're supposed to be doing.

Jessica Miller

02:19 - 02:58

And it actually sparked in me this reflection of not where I'm going, but where I've come from. and this idea of the wisdom that my past self has given to me and continues to give to me in the present moment. And often, especially in business, we think a lot about mindset, we talk about that, and we talk about this future self-pacing. We talk about borrowing wisdom from the person that you have become in the future, that you're striving to get somewhere because you're going to have a certain wisdom or you're going to have a certain success or hit a milestone.

Jessica Miller

02:58 - 03:39

And we're constantly looking to that future person as the person with the wisdom and the person that we're aspiring to be. But today I want to come to you from a very deep place in my heart and from my own experience and to tell you that actually you are already who you want to be and that borrowing wisdom from your past self can be one of the most powerful things that you can do in your business and in your life. We spend so much time trying to become the person that we think we need to be.

Jessica Miller

03:40 - 04:34

But what if the most powerful version of you is someone you already were? That really tapping into this wisdom of your former self and how you may already have everything that you need to succeed was actually the key to unlocking it. And I want to offer today that you are extraordinary and you are already this person. And that sometimes in the journey of adulting, in the journey of becoming, you know, a business owner and an adult and what that means societally, we forget who we were, we forget all that wisdom. But borrowing from that, going back and looking and mining for it, I believe is really the key to the next version of who you are.

Jessica Miller

04:35 - 05:13

And that future self-growth actually comes from within and from your past. And instead of being in this like future of, you know, when I get there, I will be this person or, you know, once I'm, you know, I've achieved this thing, then I'm going to, you know, feel better or, or be something else. Instead of kind of pushing us into this place where that downside can really make us feel like we're always like chasing and striving and that we're not enough. I want you to take a minute and actually think about this. What if you were not missing anything?

Jessica Miller

05:14 - 06:06

You just need to remember what is already in you. So that is what I want to talk to you about today. And I want to share with you sort of the top three magical wisdoms that I have gleaned from my past self. because here's the truth about me and it is the truth about you. Your past self has already walked through the fire. They have created the winds. They have followed the joy. They have made powerful and sometimes really, really hard decisions. That wisdom is pure gold. And I want you to look back, not through the lens that we often look back in, which is with regret, but with curiosity and reverence that you are a badass and there is so much there.

Jessica Miller

06:07 - 06:43

for you to pull forward into your present moment that you already know you already are. And that is going to rock your world and make you stand up a little taller and put those shoulders back a little broader because you are amazing and there are so much goodness there. So, I want to share with you these things. And I want you to stick with me as I share this to the end because there's a little exercise that I want you to go through that is going to blow your damn mind. Like it is. Because when we're bogged down in this, this headspace, right?

Jessica Miller

06:44 - 07:14

Like Mel was saying, where we're feeling behind, where we think it's not enough, where it's like all the things are kind of crushing. I am here to tell you, you are, and not only are you enough and you're amazing, but you are ahead of the game. And sometimes we need to go through the process of binding this data so we can really see it. And I have a tool for you at the end to do that. And

I also have some things that I have pulled together that are gonna, they're really there for you to keep these things top of mind.

Jessica Miller

07:15 - 07:54

Because like I said, sometimes when the adults are adulting, we can forget. But these gold nuggets are so important. and I think they will resonate with you too. So here are the three magical wisdoms from my former self, from my past self, which frankly is from my inner wisdom of who I am today. So, when I think back to, you know, Jess Miller of years gone by, you know, many of you, you know my story, but I'm going to share here for those of you that don't know it. When I was 39 years old, I suffered from a fatal heart attack.

Jessica Miller

07:55 - 08:39

I was two months postpartum. I was in good health. I didn't have any preexisting, you know, problematic diagnoses. I was not overweight. I was postpartum and I was a young, healthy adult. And I was always very aware of my body. And one day I started to not really feel well. And I have a lot of amnesia around this event, but I was home in my house. I had just booked a vacation to go away with my husband for the weekend. And we had booked this before we actually had our second child with the idea, like many new parents, like, I don't know how the heck we're going to do this, but we're going to put this on the calendar and figure it out.

Jessica Miller

08:39 - 09:06

Well, that weekend had finally come and we were going to go to Maine and I was so excited. My parents had come to stay with us for the weekend and they were going to take my kids, you know, for a few days while we went up to Maine. It was a normal morning. I dropped my husband off at the train station. He took the train into the Boston area. I was going to go pick him up from work and we were going to drive north to Maine for the weekend. And I came home and I was doing all the things, feeding my son, getting ready.

Jessica Miller

09:06 - 09:41

I had actually planned to go for a run that morning, but you know, things just got crazy as you're trying to run out the door and it never happened. Well, thankfully. I remember vividly being in the shower and washing my hair and

just thinking, I am so tired. I cannot wait to get to Maine and like sleep for 48 hours because, you know, I was a new mom and I was tired and I figured I just want to like sort of zone out. And some of this is hearsay because I guess I've repeated the story, some of it I don't really remember exactly, but basically, I came out and I felt like I had reflux.

Jessica Miller

09:41 - 10:12

And I took some Tums and it was just kind of like, okay, this is kind of annoying, but I kind of said I felt like something stuck there, it was like reflux, whatever. So, I said goodbye to my parents. I told them I was going inside of my house to grab a bottle of water. They got into the car with my kids and pulled out of the driveway. I'll never forget looking out the window as I was going to grab this bottle of water, seeing them pull out of my driveway and drive away. And I was walking out the door to get into my husband's car to go pick him up and go to Maine.

Jessica Miller

10:13 - 10:50

Somewhere along that ride, I realized I really, really didn't feel well. and I actually called my mother and told her that I wasn't feeling well and I guess I said I'm going, you know, to urgent care or to like, you know, the emergency room or whatever and I'm, you know, going to go get it checked out. Well, I had driven myself to the ER. And I marched myself, you know, up the hill to the hospital, walked in there, told them I had chest pain, told them I wanted to be put on an EKG machine, and proceeded to go into that EKG machine, sit down, thank goodness with the experts, to where I essentially coded on the EKG machine.

Jessica Miller

10:51 - 11:29

For all intents and purposes, in that moment, you know, my lungs stopped working, I basically, you know, dropped dead in this ER. Had I not been in that exact moment and had gotten myself to the ER, I would not be here to tell you the story today. Thank goodness I was there with people who helped save my life, stabilized me, got me to the experts that I needed to be with. Those people helped me recover. And the exact words that my cardiologist said to me after I walked out of that hospital six days later was that I had had a miraculous recovery.

Jessica Miller

11:31 - 12:09

And to tell you that it was a guided experience is probably an understatement. And to believe in miracles is also an understatement. But I am here to tell you that for many of us, we have had trauma. And those events in our life give you so much perspective that you carry forward with you, that give you the wisdom and the knowledge that you need to show up as your best self today. They also solidify the badass that you are and that all of these crappy stories that we tell ourselves because we're human on a day-to-day basis are normal, but they are absolutely not true.

Jessica Miller

12:11 - 12:46

So having had this experience, and I think somewhere, even in my earlier years, understanding the value and the beauty and the gratitude for life, it has always been very, very deep within me. And as I said, these experiences shape us as human beings, and they have taken that deep-seated knowledge that I've always sort of had. I think I'm an old soul in that way, and I think many of us are, and we are connected to things energetically that we don't necessarily always understand. But it's taken that and it's like ratcheted up all that wisdom 10 times over.

Jessica Miller

12:47 - 13:34

And in those moments in our life, we pause to really reflect on, you know, who are we? Where are we going? Where have we been? And what can we take from that? So that moment in my life shaped everything from that time forward. It was the impetus that helped me create my business. It made me a better person, a better mother, a better human being on this planet. That person is the person that has filtered these three magical wisdoms to you today. So, the first thing I want to offer That was so important to me, especially when I was in my high school years was fun was a priority full stop, I loved having fun.

Jessica Miller

13:35 - 14:18

I thought it was the spice of life the decisions that I made were driven by joy and I wanted to know, where are the next great fun people? Where's the next party? What's the next thing I can laugh at? Laughing and humor are such a huge part of who I am. And I never really understood that it was really like a

compass. But what I understood from this lesson is that joy really is a strategy. And the truth is, if it's not fun, it's probably not sustainable. And my past self-lived that truth. I made decisions based on fun that completely changed the trajectory of my life.

Jessica Miller

14:19 - 14:54

For example, I followed my passion of fun and joy when I was in high school by getting very, very involved with music. I wanted to be on stage. I wanted to perform. I thought I was going to be a rock star. I was a rock star. I use those things to propel me forward and I cannot tell you the people and the things that I learned and the person I became as a result of following that passion. I was one of these people where joy was the leading emotion and right behind that was the belief that whatever I wanted, I would figure it out.

Jessica Miller

14:54 - 15:24

So, I became really nimble. I remember being 26 years old and deciding, I'm going to get on a plane now. I'd never been on a plane in my entire life. And it was spring break with a friend of mine who had been on a plane a million times. And I was like, let's go to Paris. She's like, you're gonna get on a plane for eight hours as your first plane ride? I was like, hell yes, I am. And we did. And it opened up my entire world. I think somewhere in a parallel universe, like I am living over in Europe and that is my life.

Jessica Miller

15:25 - 16:08

It changed everything. It changed who I knew. It changed how those people influenced my life. It changed connecting to my roots. Fast forward to my current self in my business as an entrepreneur. The things that I created, yes, my offers, those foundations, it is about creating a thriving business and making money. But right underneath that, the underpinning of it was about joy and fun. My whole branding, hell yes offers, those are fun things. I think I shared with you all that I had an offer that was called Rock Your Biz, which was a VIP Day where we would do this business growth building, and then we would go to a concert.

Jessica Miller

16:09 - 16:46

Pure joy. People loved it. I find my clients, because I love working with them, and they're super fun, and so are my colleagues, and so are all of you, which is why I'm even here on this platform. So, while people are like, oh, have fun. Enjoy. I'm here to tell you like it being a priority is actually one of the best, most powerful things I could have ever done in my business. And for my, my present self, I have really incorporated into my business the two ideas that if it's not fun and it doesn't feel easy, I am not doing it.

Jessica Miller

16:47 - 17:31

And let me tell you, I have had more momentum, more success, made more money by living by that rule than I could write a book on it. So, I really believe fun as a priority is something so important. And as we record this podcast, I want to get up on my soapbox and say, Now, more than ever, we need joy. We need to have fun. How is that impacting your life and your business? If you could infuse more fun into your life right now, if that was a priority, what would you do differently? And how could fun being a priority and your past self-knowing this, because I think as young adults and young children, we know this, we live by it.

Jessica Miller

17:32 - 18:05

and it gets sort of conditioned out of us. If we could go back and borrow it again, like you're already that fun person, you're already the person that knows that, how would you show up differently? What would it do for your life, your business, and you? So fun was a priority. That is the first magical piece of wisdom. Number two is as a young adult, my father used to always say to me, Jess, this is the best time of your life. Live it up. Really enjoy it. And I think my dad, he's such a fun-loving spirit to begin with.

Jessica Miller

18:06 - 18:09

He's always like, he's just like that fun spirit.

[Speaker 1](#)

18:09 - 18:31

Very sort of childlike. Always finds the humor in things I remember. Sitting in the living room watching him watch Saturday Night Live You know or you know these different shows and laughing at the screen at these things You know many of which I didn't really understand as a young kid but you know there's

nothing like watching someone sort of watching comedy or things that they really enjoy and just laughing

Jessica Miller

18:33 - 19:08

But I know that like when he was in college, he really loved it. There was a lot of freedom and a lot of exploring and he's just a natural sort of leader and explorer in that way. So, he would always say that. And as a young adult, I really internalized that. And I really believed that that was the best time of my life. It really anchored me to this idea of being in the present moment. What I learned from this is that, yes, my college years and my young adult years were amazing, but they weren't the best time.

Jessica Miller

19:10 - 19:51

I learned that every time is the best time and that really this idea of being present, of understanding, having perspective, that where you are is magnificent and it is the best and how can we make now the best time is really what really stood out to me. And my former self knew that like gratitude and connection and awareness of how you are winning right now, right? All the things that you are and all the things that you have created. As I said earlier, the fires you've walked through, the success you've created, like the cool things that you have done, really those things are how you are winning.

Jessica Miller

19:52 - 20:33

And I also realized that in those moments, my past self wasn't waiting for the future. She didn't live in this place of like, hey, I'm going to, I want to get there some, someday, some place that I'm not at yet. Like she believed that the moment that she was in was the moment. for all that it was worth. She was owning it. And there's something so powerful about understanding deeply that the best time of your life is right now in every moment from the past to the future. Like it is the best and you get to make of it of that.

Jessica Miller

20:33 - 21:10

and some of those moments sometimes, I just want to caveat this and say, they are hard and they suck. They really do. Life can be difficult sometimes. but that you are in control and you own that moment. And for the fact of having the moment, that is a gift and a win in and of itself. And the fact that you have

made it through every single moment that you have had, and you have won those moments, right? Because you're still here and you're still winning. And oh look, another moment and you're still here. You did it again, you've won.

Jessica Miller

21:11 - 22:05

So, the best time of your life is now, right? Every moment is a win and that the moment that you're in was the best and is the best moment. And carrying that forward and learning from that and having that wisdom too. of, you know, looking back and being able to see where you've come from with a different perspective and also knowing that the way some people look at that nostalgic time and sometimes that pastime with a lot of clarity, there is going to be a future you that is going to look to this moment with your quote-unquote past self from your future vantage point that's going to think that this person right now was really wise.

Jessica Miller

22:05 - 22:45

And that's because it's true. And you are. So how would you show up if you really believed that this was the best time of your life? Like you are winning. And every moment that you have now is yours for the taking. And you can make of it whatever you want. and that your future self is going to thank you for how friggin awesome you are right now. And that those stories of like, I need to get somewhere, I need to be someone and I'll feel great once I've arrived at this place is actually just total BS.

Jessica Miller

22:47 - 23:29

And you're making the best time now because you've got everything you need to do that. So that was this magical wisdom number two. And then the third one, which I knew to be true, but really after I had had my heart attack. It really drove home this belief. And this last one is really near and dear to me. It is something that spring boarded me into the work that I do today, became the foundation of my business. It really is part of my purpose in life. And that is the wisdom that time waits for no one.

Jessica Miller

23:31 - 24:21

Our time is one of the most valuable resources that we have. In many ways it is so infinite and it is like malleable and it is multiplicative. And in some ways, it is

so finite. And as we were talking about, it's like you have this moment in time and it's all that you're guaranteed. but it could also be so vast. And this idea that time is also not fixed, it is a tool that you have in all of its preciousness and in all of its power to really create whatever you want. And to the extent that you utilize your time in the most powerful, productive way, meaning that You use your time for the good that you want to create.

Jessica Miller

24:21 - 24:58

You understand what you want to do with it. You become a ninja at being able to take that time and make it produce the things for you that you want, that get you closer to what it is that you're looking for. That you understand how to leverage it and multiply it and compound it. Because time is elastic. and we can multiply it in so many ways and leverage it. And I feel like in the current climate, especially with technology and AI and the rapidity of things, we have never been in a better time than now to like literally, you know, compound time.

Jessica Miller

24:59 - 26:21

I mean, we can put prompts into things and collate things in seconds now that would have taken us hours. and, you know, have these systems and softwares do work for us while we're like on the beach in a way we never could before. So, when you honor your time, when you understand this concept of how precious time is and that it is a gift and you want to honor it and utilize it, you honor your life. because it is one of the most powerful tools for us to create what we want. And to that end, when we create assets in our lives, when we create routines, or we create habits, or we create things in our business, or we create businesses, period, Whatever we're doing where we are creating these powerful levers in our life around our time, when we learn how to do that really, really well, so that it creates a large return on that investment, we end up getting so much more of what we want by way of our actions and our ability to really harness, respect, and intentionally use our time.

Jessica Miller

26:22 - 27:07

And what I mean by this is, for example, you know, as I said, this really in incorporated into my business or really influenced my own platform. The whole reason I lean into your well, for us, it's entrepreneurs and business and profit is because when you figure out in your business, how to do things better

when you figure out what those levers are that exist in your business right now, with that idea that you have everything you need to succeed and you optimize that business to produce the results that you want. And for many of us, and for what I'm talking about in my business, it's around profitability, which also gives you more time and more ease and more fun.

Jessica Miller

27:08 - 27:51

When you create more of that, yes, it's about the money. Yes, it's about, you know, the clients you want to work with. It is about those tactical things that are happening in your business in that moment. But what it is really about is all of the other areas of your life that it influences. When you figure out how to create more profit, get intentional with the levers in your business that you're going to optimize. Learn how to create an offer that is more powerful, that gives you a higher ROI. It changes the way you think about your time, about your resources, about your business in general, about the type of business owner you are who can take something, a small thing, and create big things from it.

Jessica Miller

27:52 - 28:26

When you do that well, it allows you to do all of the other things that you want in your life. So, more profitability, for example, allows you to reinvest that money into people that you hire for your business. When you do that, it affords you more time. When you have more time, guess what that means in your personal life? It means you get to hang out with the people that you love. You get to take the trip you want to take. You get to start the idea of dreaming and scheming around the best friend's trip that you're going to go on.

Jessica Miller

28:26 - 29:19

It's about that. It's about making time work for you so you can fill it with the things you really want. It also helps you do things like think about the construct of things together from a more potent, focused, intentional way. Meaning, I'm not going to do a million things mediocre. I'm going to do some things really well. And if I have a powerful asset, I now need to do one thing with that asset that's going to create a big back-end, backstream effect that's going to pay me back 10 times over, for example. And when you figure that out, let's say around your offers or around how to put that together in a really powerful way

so that the conversion is higher, or you can help more people with less time, for example, guess what you also figure out how to do?

Jessica Miller

29:20 - 30:02

You figure out how to then optimize other areas of your life, which might look like, how do I more efficiently plan my meals every week for my family? or how do I more efficiently run my morning so I can be healthy and exercise and drive my kids to school? It starts to become this thread that actually allows you to harness the power of your time and get more of the things that you want in every single aspect of your life. And this idea, I knew as a young individual, but sometimes we forget, we get into the hustle mentality, we're doing all the things, we're chained to our calendar.

Jessica Miller

30:03 - 30:41

But the truth is, somewhere deep in our DNA, we know that this is a gift, life is a gift, time is a gift, and we don't want to squander it. And sometimes we forget that, but when we bring it forward, one of the beliefs we can really step into is, you have all the time you need. You're not behind. And you can utilize this time in a maximally efficient and fun way to get what you want. And it's not coming from this place of like, you know, caginess and scarcity, like, oh my gosh, I don't have time and it waits for no one and it's finite.

Jessica Miller

30:42 - 31:15

It's from a place of empowerment. Meaning that you're looking at this with gratitude and perspective and that you're honoring your time and therefore honoring your life and being very intentional About what you're creating in your business in your personal life in every aspect of your life So when we think about our time, you know, are you honoring your time? How do you feel about your time? Do you feel like you're good with your time and is it something you think about at all? And there's no right or wrong answer to that. It's just with that wisdom, you ask these questions.

Jessica Miller

31:16 - 32:01

And when you answer those questions, you then find a path to utilize your time in a way that actually gives you leverage and allows you to, again, create exactly what you want. So those are the questions to ask around that. So, I

want to know, I want to invite you to grab a piece of paper and I want you to think about this question. And this might be something you need to pause and come back to, but I want you to take the time to really think about this. And it only takes you five minutes, but this exercise is going to help you access your own past wisdom.

Jessica Miller

32:02 - 32:35

Because here's the thing, we all have it. We are all brilliant. You are a rock star. And I believe you have everything you need right now to inform what you do next, to inform what you do in this moment. You are right where you need to be, and you're a rock star. So how can you access that wisdom? How can you ask your past self for that wisdom so you can pull it forward? So, I want to invite you to grab a piece of paper, grab a pen, And I want you to ask yourself this question.

Jessica Miller

32:37 - 33:19

What did my past self-know that I have forgotten? So, I'm going to repeat that. What did my past self-know that I've forgotten? I want you to think back to a time when you felt most alive, most aligned, most powerful, like all of that energy was firing on all cylinders. I would say it's a hell yes moment, but what I want to caveat that by saying is that sometimes it can feel like that lightning bolt hell yes energy and you should like look for that hallmark because when we're in the flow like that, that is really, really powerful and it is very telling for sure.

Jessica Miller

33:20 - 34:03

But here's what I want to also offer. I want to offer that sometimes it's not like a complete lightning bolt. It is that quiet knowing. It is the quiet confidence. Do you know what I mean? It is the thing that you just know to be true. Some people will describe it as it's just like who I was, quote unquote. I want you to think back to those times. And if you're having trouble accessing it, sometimes it helps to go ask somebody who knows you really well or who has known you for a long time. I always find this so fascinating, especially for people that haven't seen you in a while, but maybe they're like an old friend.

Jessica Miller

34:04 - 34:36

Like I got together with my old college friends from graduate school at one point, and they're like, yeah, Jess, you used to be like the first person on the dance floor. Like dancing was your life, music was your life. Every Friday it was like, we're dancing, like that's it. I was like, oh my gosh, you know, I forgot, you know, again, I shared with you guys earlier about how music was a huge part of my life, but I forgot in what capacity, like that was prioritized and how it was just who I was and what I did.

Jessica Miller

34:37 - 35:20

So sometimes accessing these things can come from having conversations with other people. Maybe some of us have kept journals, you know, you go back and look at those things, flip through old pictures, that's another thing that jogs that memory. But we want to think back to these times where you felt alive, you felt aligned, you just were being who you were and you identified as that person. What we're really doing is we're mining that time for clues that these are the magic wisdom pieces that we want to bring forward into this current season of your life.

Jessica Miller

35:22 - 35:51

So, I want you to take five minutes. I want you to do that. And I want you to lean on the download that I have for you. It is in the show notes. That is a one pager that's going to allow you to utilize these prompts to keep it top of mind. And maybe you have to ask yourself this a couple of times, right? Maybe it's like you ask yourself, if you're like me, you know, I think of something, I write it down, I go away, come back to it, think about it in the shower, thinking about it on a run, you know, all the things.

Jessica Miller

35:52 - 36:26

But that document will help keep you in the game here thinking about that. And I want you to get it on paper because when you can really see it, it's like it's literally sitting in front of you. It is so, so powerful. So, take five minutes, do this, put it down, come back to it. If you're getting stuck, ask other people, go back into those archives, look at those photos, read the journals, ask the people that know you. Really mine that time for clues of the wisdom that you already have that you knew that you want to bring forward into this current life.

Jessica Miller

36:27 - 37:28

So, to tie this all up, you don't need to chase who you're meant to be. You need to remember who you already are. You have everything you need already inside of you. You are the answer that you're looking for. You are wise. You are strong. You are beautiful. You are amazing. You know what to do. And sometimes we just need to be reminded of who we are in order to access that again. So go download that one pager, go and give yourself the five minutes. really mine for those clues and then take that information and bring it forward into this current self and ask yourself what your past self is trying to tell you and trying to give you this wisdom to create.

Jessica Miller

37:29 - 38:10

If all of those things are true, if that was the path, what could you do right now to really harness that magic and step into this person that you want to be? Because you're already that person, and you're wise beyond your years, and you've done all the hard things, and you're still winning. So, let's go. I can't wait to hear from all of you about how amazing you are, about what you gleaned on that piece of paper, about how it opened up so much possibility and space and ease and fun in your life right now and in your business.

Jessica Miller

38:11 - 38:23

This is the gateway drug, y'all. This is it. And I am so honored to be here to witness it with all of you. Thank you again for being on this journey with me. And I cannot wait to see you all next week on the podcast. Have a great one.