HLDHTS S2.E1

[00:00:00] Welcome to the healthy living. Doesn't have to suck podcast. I'm your host, Melissa, with a Y joined me for conversations about creating mindset and behavior changes that build a healthier, happier you. Let's drop the struggle and say hello to healthy living made easy, entertaining, and empowering.

[00:00:23] **Melyssa with a WHY:** What's up changemakers? Here we are for season two of the healthy living doesn't have to suck podcast. I am so excited to be back on the mic with you all and I really can't wait to share all of the amazing guests that I have lined up for this season. That's right. We have guest experts that are going to be coming to speak to you and sharing their versions of the healthy living doesn't have to suck message.

[00:00:49] And I just cannot friggin wait, but to kick off our first episode of 2024. So happy belated new year to [00:01:00] everyone. Um, I wanted to share a little bit of a fun fact. And, uh, I think I've shared with y'all before that. New Year's is my absolute favorite holiday of the year. Like, I just think there's something so refreshing and magical about, like, the countdown at midnight and then Thinking you have this fresh new chapter of life ahead of you and that like anything is possible.

[00:01:27] We are closing the book of the last chapter or the last chapter of our book in life and moving on to a new one and we get to write our stories. So just all of that coming together I will share that this New Year's was very very different for me. Obviously it was our first one without Buddy and so there was just a little bit of a different energy.

[00:01:49] In the new year celebration. However, I did do my best to still kind of stick with some of the rituals that I enjoy doing. [00:02:00] Um, I hosted a virtual vision board party for the first time, which was super cool. And that was really helpful for me and just taking some time to think about what I wanted my life to look like, uh, in the future.

[00:02:12] Because, whoo, excuse me, I'm getting over the winter crud. Ew. It was a whole thing. Um, but we're here and I realized that leading up to New Year's Eve, I hadn't created the space to really sit down and think about what I wanted this year to look like because I was still in the throes of grief. I had life uprooted and I'm still trying to get a grip on some Semblance of a routine for my life and all the different hats that I'm wearing right now But all of that to say I still think it's important to create that space and allow yourself to dream Even if you're not feeling the most hopeful or feeling [00:03:00] motivated at all because I know I wasn't It's important to still show up And just try to create that little bit of space for yourself to engage in daydreaming and thinking about what you hope for this year.

[00:03:16] What are some of the things you would like to accomplish? What sorts of goals do you have? It doesn't need to be solidified. A lot of people, this shows up as resolutions, right? Everyone's on the resolution bandwagon. We're so excited to To things like lose weight in the new year or get a promotion or like all of these, you know, kind of societal.

[00:03:44] I guess they're kind of pressures, societal pressures at the new year time for people to feel like they need to jump on the bandwagon. And so I have now declared that my second favorite holiday is National Quitters [00:04:00] Day. And that has been dedicated as usually the second Friday of January. And the reason for that is because this is typically when people, um, the majority of people will have given up on their resolutions.

[00:04:17] That's right. It only takes two Fridays before people are like, ah, fuck it. I'll figure something else out or I'll try again next year. And you know what? I am here for that because, because I want you to walk away from this episode really embodying that New Year's is a mindset. You get to choose whenever you want to start over again.

[00:04:43] You get to, and if anything, Quitter's Day allows us the freedom to actually get in tune with what we want instead of all of the societal pressures of the traditional New Year's resolutions, right? National Quitters Day has already come [00:05:00] and gone, but that is the perfect opportunity for us to pick up wherever we are. And you could be listening to this episode in May or September or it doesn't matter what time of year, but this is your opportunity to start again. And it doesn't matter how many times you have to start over and recommit to your values and what's important to you, but it is important for you to recognize and clarify what that even is.

[00:05:34] Because I heard a lot of different podcasts at the start of this year really emphasize the message that a lot of people don't allow themselves to sit down and really think about what do you want? Like what do you really want? And many of us, I don't know, I mean, we might think of a few things, but it tends to be very [00:06:00] generalized, but you need to get specific.

[00:06:03] Like, what do you really want out of this life, out of this year ahead? Because from there you can reverse engineer some goals that are going to help you to move closer towards that vision of what you desire for yourself. I say all of this, not even having taken the time to do that much for myself this year.

[00:06:25] I did say that I have my vision board in place. Uh, it's actually on my dual monitor right now. I have a few updates that I want to make to it, but it is inspirational to look over and see these things that energize me, that, um, drive me to continue working on my business in my business to help me get to where I want to be.

[00:06:46] Now, that being said, it's also important to create goals that are going to help you get there. So for today's podcast episode, in the spirit of the new year is a mindset, and [00:07:00] you get to start over whenever, over and over and over again. What do you want? What do you want out of this year? What are you hopeful for? What excites you to think about doing or accomplishing?

[00:07:20] And once you've started clarifying what that vision is, then let's walk that back a little bit. Who do you need to be to accomplish those things? Who do you need to show up as in order to make that vision your reality? What are some of the things that you would be doing? Who would you be around? What would your daily routine look like?

[00:07:47] What kind of habits would you have?

[00:07:53] And by allowing yourself to think about the vision for yourself and how you [00:08:00] would need to show up to turn that vision into your reality, then you get to start setting your goals. So what do you feel confident and excited about working on? To make positive changes to somewhere in your life. What's going to help you get to where you want to be?

[00:08:23] And these are all prompts to just start to grease the wheels, right? To get them turning because um, we need to better identify what direction we want to go in to figure out where we're going to go. Right? We need to figure out that destination to figure out which direction that's I think that's more of where I was supposed to go with that So figuring out what the destination is and then you can figure out your direction to how you're gonna get there.

[00:08:51] So Hopefully that's helpful Just kind of providing a nice little re energized New [00:09:00] Year's mindset, right? New Year's is any day you can choose It doesn't have to be a Monday. I'm recording this on a random Tuesday in January. Um, it's in the afternoon already, so not even in the morning. So, I hope, I hope that gives you permission.

[00:09:17] You don't have to be so rigid with your timeline. Allow yourself the flexibility to adjust and adapt as life happens, but also prioritize that space for yourself to dream about the future. Where you want to be who you want to be how you want to feel

[00:09:38] Anyway, I hope this provides a little boost of motivation for you and um really quick tangent speaking of motivation like I want to encourage you this year Speaking of you know new year's mindset and all that good stuff that as you're moving into this new year ahead When you're working on your goals when [00:10:00] when you think of motivation.

[00:10:03] Try to shift from thinking of motivation as that feeling, right? That you're feeling motivated to do something. We, I want you to try to play around with shifting from focusing on that feeling state of motivation and instead thinking of your motivation as your why behind wanting to make these changes.

[00:10:27] What is driving you? To want to make these changes that towards the life that you desire for yourself That should be the motivation that you rely on to help you take action Even when you're not feeling like it because like I said feeling that feeling of motivation It's fleeting and you could go back and listen to episode 2 mindset over motivation. That could be helpful But we do still need motivation.

[00:10:56] What is driving you to make these changes? That's [00:11:00] your motivation, that underlying desire behind wanting to make some kind of change in your life. So there you go another quick, uh quick little tidbit as we're wrapping up Um, maybe that could be engaged I don't know. I kind of lost track for this episode.

[00:11:17] We're still getting back in the swing of things, but that's okay Um, I hope that you are so excited for Some of the guests that are going to be coming up this season They're amazing. Let me just tell you I cannot wait to share them with you and good news in just two days. You're gonna get to hear the first guest talking all about financial well being with erica dox martinez and she is the founder of My blissful vita and who doesn't want a blissful vita y'all, you know what i'm saying?

[00:11:49] Uh, we deserve that blissful life and her and I have such an amazing conversation I can't wait to share it with you. She is going to be kicking off our guest expert series [00:12:00] and like I said, you get to hear that in just two days from when this episode comes out. So what an awesome way to kick off season two of this podcast. Anyway, I hope that you enjoyed this quickie episode and I am so excited to bring season two. I really missed hopping on the mic and sharing an episode a week with y'all. I don't know if I can promise that same consistency, but I'm going to do my best this season and I'm changemaker community.

[00:12:31] Thank you so much for being here y'all and keep it real, stay balanced. I'll catch you next time. Bye!

[00:12:40] Thanks so much for tuning into this episode. Y'all as always remember, this is strictly for educational and entertainment purposes. Only if you enjoyed this episode of the show, please remember to subscribe, rate and review on your favorite podcast platforms.