

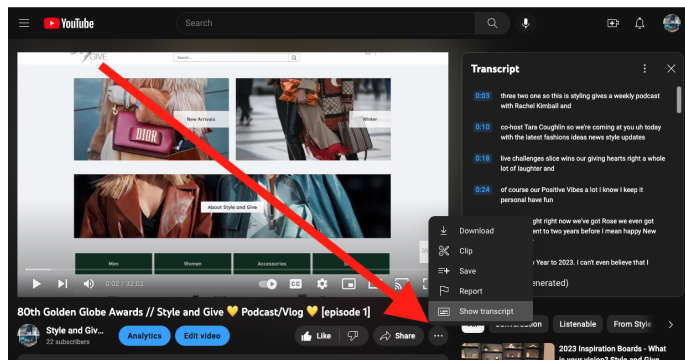
## 2023 Inspiration Boards - What is your vision? Style and Give 🍷 Podcast/Vlog 🍷 [episode 2]

Link to YouTube episode: <https://youtu.be/DLKgPhDkNFQ>

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### Transcript

0:00

hello hello hello so welcome to style

0:03

and gives a weekly podcast with Rachel

0:05

Kimball and Tara Coughlin coming to you

0:08

with the latest fashion ideas news style

0:11  
updates life's challenges life swims our  
0:15  
giving hearts right a whole lot of  
0:17  
laughter and of course our Positive  
0:19  
Vibes we are always positive we're  
0:22  
always happy funny I've been laughing  
0:24  
crazy I've been laughing like last 20  
0:26  
minutes  
0:28  
now you start recording and I'm not  
0:30  
laughing but I'm gonna start laughing so  
0:32  
welcome everyone  
0:33  
um house 2020 treating you how's it  
0:36  
treating you it's going great so far I  
0:39  
am  
0:40  
I've had a lot of good feedback on my  
0:43  
side I've been having a lot of new  
0:45  
clients we've had some fun oh we've had  
0:48  
we are um I think it's going great so  
0:51  
far so if this is how the rest of the  
0:52  
year is going I think it's gonna be  
0:54  
awesome I would agree I would agree I  
0:56  
would totally agree on that um yeah Tara  
0:58  
and I we went shopping last week oh my

1:03  
gosh um if you if you don't know where  
1:05  
this house is located in Kansas City  
1:07  
it's an amazing department store it has  
1:09  
really high-end  
1:11  
great things there and they were running  
1:13  
a huge sale  
1:14  
I mean a huge sale 40 off of deep  
1:16  
discounts already you can't get better  
1:18  
yeah designer items it's it was fabulous  
1:21  
so  
1:22  
y'all better check it out yeah please do  
1:24  
please check calls out we love that  
1:25  
place and  
1:27  
um Alyssa shout out to Alyssa the gal  
1:29  
that helped us she was a doll we met  
1:31  
Shelly one of the managers just really  
1:33  
really really great great people that  
1:35  
work there and they're so helpful and  
1:36  
granted we're wild so you have to put up  
1:39  
with us for like it was like a tornado  
1:41  
came in there yes it was but it was yeah  
1:44  
but it was fun you know I think we we

1:46  
like we definitely uh lightened the  
1:48  
place up a little bit with our we did it  
1:50  
not sure for a while I couldn't really  
1:52  
get the shirt off or on or oh yeah that  
1:55  
one that they still couldn't figure out  
1:57  
how to put that shirt on anyway oh  
1:59  
goodness another another story for  
2:00  
another day but that was really really  
2:02  
funny I wish we could have gotten it on  
2:04  
but something wasn't right something  
2:06  
wasn't right you know exactly how they  
2:08  
did okay so today we're gonna talk about  
2:12  
our vision boards for the year and I  
2:15  
don't know if if you out there have done  
2:17  
one I know that like I started mine in  
2:20  
December  
2:21  
because I was like I gotta get ready you  
2:23  
know I gotta get going and I think  
2:24  
vision boards for me have always been  
2:27  
extremely helpful  
2:29  
for my goals because I'm seeing it like  
2:31  
I am a visual person as am I yes you

2:34  
feel the same thing I am and so when I'm  
2:37  
looking at something so mine is actually  
2:39  
on the back of my door in my room which  
2:42  
can you know in an outdoor shuts I'm  
2:44  
like you've gotta you know Focus what am  
2:46  
I gonna do here today but I do think  
2:48  
it's helpful and I you know I my vision  
2:50  
board took up based  
2:52  
adding to it that's  
2:54  
okay I think that's yeah that's normal I  
2:56  
mean we always have you know these ideas  
2:57  
in our mind and I think it's great to  
2:59  
start early and plan and just kind of  
3:01  
see what motivates you and I think it's  
3:04  
great I know I I really loved  
3:07  
now tear what I Tara what I loved about  
3:10  
yours was the Colors oh thank you so I  
3:12  
know like because mine was all like  
3:13  
black and white you know and like  
3:16  
neutral and then and then I just love  
3:18  
that you did all these amazing like  
3:20  
Peach coloring with the black and the it

3:24

just looked like really put together

3:27

well thank you where mine was more like

3:30

my edgy craziness I don't know exactly

3:33

how to put it with mine it's a little

3:34

bit of your personality I mean you are

3:36

edgy you're wild and fun and thank you

3:39

um I think that that kind of shows a

3:41

little bit about your personality I love

3:44

oranges and I think that doing my vision

3:46

work kind of got me in the mindset of

3:49

spring break so in January I just really

3:51

look forward to spring break because

3:52

that's kind of my motivator to get

3:54

through January right so that was a lot

3:57

of my inspo on the colors I loved it I

4:00

loved all of the and listeners

4:04

um a lot of floral print on Tara's and

4:06

then I just loved that she had a gallon

4:08

like a rainbow sequence uh jumper and

4:13

then the hair all the pictures of the

4:15

hair is like shiny beautiful

4:18

luxurious hair and everybody loves it

4:21  
it's Glam it's boho chic it's mixing it  
4:24  
is my long hair because I chopped my  
4:25  
hair  
4:26  
a few months ago so I think I'm gonna  
4:28  
grow it back out that was kind of  
4:30  
another inspo for me it's beautiful yeah  
4:31  
I really loved the pictures I loved all  
4:33  
of it and then of course let's talk  
4:34  
about Rachel Zoe I mean can we just talk  
4:36  
we could do a whole episode on Rachel so  
4:38  
I can talk about Regional though for  
4:39  
hours can we set up an appointment with  
4:41  
her please yes call us we love you  
4:43  
um so if you don't know Rachel's a  
4:46  
stylist uh she  
4:50  
she have more about her but we love her  
4:52  
style we just love her style all of her  
4:53  
boho you know gorgeous pieces like she  
4:57  
just puts together things that like you  
4:59  
wouldn't think would go together but  
5:01  
they just go they go well anything that  
5:03  
she does goes so it doesn't really

5:04  
matter I think  
5:06  
um that's true her style is just amazing  
5:07  
her story is really cool too I mean  
5:10  
she's kind of started out with not a lot  
5:12  
you know and had a couple clients in  
5:15  
college and wow I mean she's just  
5:17  
amazing I didn't know that I didn't know  
5:20  
that because she just blew up right she  
5:23  
had a show and then like everyone really  
5:25  
wanted to work for her and she had she  
5:27  
has major clients like major yeah  
5:30  
like I built I feel like Jennifer Garner  
5:32  
was like there's a ton there's like  
5:34  
there's a list of lists probably list is  
5:36  
yeah it's fascinating I mean  
5:38  
one day I will be her yes one day you  
5:42  
heard it here first one day we're  
5:44  
definitely gonna meet you I can feel it  
5:47  
I could just feel oh I love her um I saw  
5:49  
that you'd put  
5:50  
some Dior in here  
5:52  
I'd like you it put like I was looking



5:54  
at designer labels that you would put on  
5:56  
here I see Chanel yes the bracelet talk  
6:00  
about that bracelet that you want  
6:01  
well is that my wish list we need to  
6:05  
talk about that next week for  
6:06  
Valentine's Day so tune in for that but  
6:09  
is that on your list well I do I I love  
6:12  
it I love statement pieces I love  
6:14  
classic I love gold I love a little bit  
6:18  
of bling I like the hardware it kind of  
6:20  
like lends a little bit rough but  
6:23  
feminine I like that too  
6:25  
um I love jewelry  
6:27  
I love jewelry I do too I do too this  
6:31  
piece that I have on right now  
6:34  
I don't even know I got it I was out  
6:37  
with my mom cath  
6:39  
um and we were shopping at like a thrift  
6:41  
store it was three dollars oh gosh I  
6:44  
know like last week see this I got a  
6:46  
great deal and it's beautiful because I  
6:48  
really wanted I really wanted I was

6:49  
looking at something online that I  
6:51  
wanted to get something similar to this  
6:52  
and I just walked in there and I said  
6:54  
that I love that I'll take it just  
6:56  
sometimes I let you know we haven't done  
6:58  
a day where we go we haven't done a day  
6:59  
so that that's coming up guys don't  
7:01  
worry we're gonna get out and do uh some  
7:03  
some shopping thing yeah let's Thrift it  
7:05  
up because you need to get some brooches  
7:07  
we have a plan oh yeah I need to put  
7:08  
them all over my jean jacket yeah Blazer  
7:11  
I love it it's a great idea okay back to  
7:14  
Tara I want to talk more about this so  
7:15  
then the perfume  
7:18  
did you put a specific perfume no I  
7:21  
didn't but I've been kind of  
7:23  
experimenting with different perfumes  
7:25  
and I don't know if you guys know of La  
7:27  
Lavo but they make some fabulous  
7:29  
fabulous fragrances and um I want to get  
7:33  
to their Factory in Chicago sorry I'm

7:35  
jumping all over them no it's okay we  
7:37  
can do that yeah so we can trip it I  
7:39  
mean that sounds excellent I'll do it I  
7:41  
mean their scents are awesome they kind  
7:43  
of other yes it's really cool so I've  
7:46  
been experimenting with that that's  
7:47  
great a little bit pricey but they are  
7:49  
worth it and a little bit goes a long  
7:50  
way yeah you don't have to like you know  
7:53  
yeah they sweep but 10 squirts just do  
7:55  
no just one and you're good yes but no I  
7:58  
loved it and I like that you the phrase  
8:01  
that you put on your boards like Beauty  
8:03  
Begins the moment you decide to be  
8:05  
yourself exactly and I I truly believe  
8:09  
that  
8:11  
I mean I preach that to clients I I  
8:13  
preach it to myself  
8:15  
um I think it's it's just a powerful  
8:17  
message but it's um  
8:21  
being your true authentic self  
8:24  
it's just I think just so many things

8:26  
come out of that right if you can just  
8:28  
be you and I anyway I loved that on I  
8:31  
love that you had that on there and then  
8:33  
um I guess we could talk a little bit  
8:34  
about mine let's uh I love you well I  
8:38  
got a little I mean I don't even know it  
8:40  
got a little out of control guys  
8:42  
um well I like a lot of your quotes and  
8:44  
you're just a lot of your words here are  
8:46  
great life force I love this yeah well  
8:49  
that's from and I don't know if if our  
8:52  
viewers um have actually our listeners  
8:54  
excuse me and viewers have seen stats  
8:57  
it's a documentary I don't know if  
8:58  
you've seen it's on Netflix all of this  
9:00  
is from a lot of this a lot of my board  
9:03  
was from his uh the documentary Jonah  
9:06  
Hill and I'm telling you  
9:08  
it was a life-changing it's a  
9:10  
life-changing documentary if you haven't  
9:11  
seen it it will make you change the way  
9:14  
you think about your life and what

9:17

you're doing in your life and how you're

9:19

doing it and um so it's about Phil Stutz

9:23

and Joan it's Jonah Hill's um

9:26

therapists

9:28

I need to see this and recap they

9:30

probably do because it's really

9:32

fantastic but like you know he has he

9:35

says so many wonderful things in the

9:36

documentary but one of them is like true

9:38

confidence is living in uncertainty and

9:41

the winner is the one that works that

9:42

cycle you know there's just so much I

9:44

mean there's so much in there I don't

9:46

even know where you even go and then

9:47

there's like three aspects of reality

9:49

that nobody gets to avoid and that's

9:51

pain uncertainty and constant work and

9:54

if you if you're able to like look at

9:56

that and know that that is just a part

9:58

of life for everyone right right then it

10:01

gets a little easier I don't know it was

10:03

just such a life-changing I wrote a Blog

10:05  
about it too but I I really really  
10:07  
really it changed me and so all of that  
10:10  
a lot of the stuff that I have on my  
10:12  
board just reflected  
10:14  
how moving that was and I get I just got  
10:17  
to say to Jonah Hill thank you for  
10:20  
putting it out there because we need to  
10:22  
hear it we need to hear it everyone  
10:24  
needs to hear it it's it's real life  
10:26  
it's you know it but it affects us all  
10:28  
in different ways so that's that's  
10:30  
really cool that you kind of honed in on  
10:32  
a lot of things and it's weird I loved  
10:35  
it yeah it's great I loved it and then  
10:37  
of course I had postcards of New York  
10:39  
Paris  
10:40  
Singapore I'm on the Singapore thing  
10:42  
where I really want to go see what it's  
10:43  
because my cousin keeps saying it's so  
10:45  
amazing oh so I got that and then I  
10:47  
haven't been to Portugal and I'm dying  
10:49  
to go to Portugal so there's just

10:50  
something there's something there with  
10:52  
that um and then I've got my my sons now  
10:54  
on the Singapore Portugal train and so  
10:57  
he then put a bunch of postcards on his  
10:59  
board oh I love that I wanted to go so  
11:02  
yeah he did his and it was it was great  
11:04  
awesome  
11:06  
um so he had a lot of fun doing it um we  
11:09  
used Pokemon cards to do the border with  
11:11  
whatever it was energy Pokemon cards  
11:15  
that that I know I know listeners if you  
11:17  
have a son I know it you you've got  
11:19  
boxes and boxes and boxes of those cards  
11:21  
I know I know it's crazy  
11:24  
um I also put some quotes from uh Gabby  
11:27  
Bernstein  
11:28  
uh she has written the book called The  
11:31  
Universe has your back um she has this  
11:33  
like card deck and then I had this card  
11:35  
deck so I put a bunch of the cards up  
11:37  
there some of it's you know like when I  
11:39  
think I've surrendered I Surrender more

11:41  
that sounded you know that one and then  
11:43  
like energy flows where my intention  
11:45  
goes  
11:46  
which I just think is like just things  
11:48  
through the energy though I mean you  
11:50  
really feed your energy through others  
11:52  
so it's it's pretty awesome I feel that  
11:54  
same way about you Tara  
11:56  
it is  
11:58  
we met that this is gonna like thank you  
12:02  
Jenny the minute Jenny introduced us we  
12:04  
just knew we knew it was like she knew  
12:06  
and then she introduced us and then she  
12:08  
knocked it off she does  
12:10  
she had she had she said it and then I  
12:12  
had Uncle Angel's um so I had the  
12:15  
there's a lady that does like uh I guess  
12:20  
drawings watercolors of angels and stuff  
12:23  
and so I had fought a couple her name's  
12:25  
uh cat Raymond  
12:26  
um and she's amazing  
12:28  
um and so I had bought two of them and



12:31  
one of them was the angel Cassandra  
12:33  
which is an angel that assists basically  
12:36  
assists you to express your authentic  
12:38  
self which I thought was interesting  
12:40  
that that's what I put up there and then  
12:42  
you put that quote so that one and then  
12:44  
Victoria is another one of another one  
12:46  
that I had up and that's like that so  
12:49  
that you feel your inner Joy of  
12:50  
accomplishment during the day so like  
12:52  
she helps you like to try to feel  
12:54  
Victorious even if you're not feeling  
12:57  
you're not feeling it which I know we  
12:59  
could all use that I know like fake it  
13:01  
till you make it kind of thing okay you  
13:03  
know what I think everyone's doing that  
13:04  
I think everyone is I would agree and if  
13:07  
you're not you're lying  
13:09  
I would agree with that and of course I  
13:10  
put like I had Gucci Fendi Chanel Dior  
13:12  
Prada Valentino Saint Laurent it I think  
13:16  
it's endless I tried to put as many as I

13:18  
could on there  
13:19  
um  
13:20  
and then I put a quote  
13:22  
um from Helen Keller which you know I I  
13:25  
just this quote like my brother actually  
13:28  
left this quote for me  
13:30  
um  
13:31  
and it was in a it was like in a journal  
13:34  
and it had my name on it and so I put it  
13:36  
up there and it's when one door of  
13:38  
happiness closes another door opens but  
13:42  
often we look so long at the closed door  
13:44  
that we do not see the one which is open  
13:47  
for us  
13:48  
amen I know deep thanks Casey shout out  
13:53  
um but yeah rest in peace but no I  
13:56  
really think that that you know I just I  
13:58  
don't know I I found it I actually cut  
14:00  
it out and then I just thought well I  
14:02  
won't you know I'll just I'll rewrite it  
14:04  
up on my board that's not really you  
14:06  
know I don't know it gets me every time

14:08  
and then I I guess the last really cool  
14:11  
thing that I that I have on my board is  
14:13  
that this picture of uh  
14:15  
of I don't even know it doesn't have a  
14:17  
head on it I actually had a lady at Etsy  
14:19  
do it it's I don't know if you can see  
14:22  
it but like  
14:23  
um you know it might even be cut off in  
14:25  
this one because I think it's like  
14:28  
look at all this there's so much you  
14:29  
don't even know like you're like where  
14:30  
is everything but it's like but it's  
14:32  
like it's Blended everything really well  
14:34  
and oh thank you I I used two black  
14:37  
poster boards and I think that helps  
14:39  
create you know like keep it you know  
14:41  
keep it in the background but  
14:43  
um basically it's from the movie like  
14:45  
Eat Pray Love uh  
14:47  
it's like a picture of a person with  
14:49  
like four legs it doesn't even really  
14:51  
look like a person but

14:52  
um I had someone Etsy do it and what it  
14:54  
represents is you must keep your feet  
14:57  
grounded so firmly on the earth that  
14:58  
it's like you have four legs instead of  
15:00  
two that way you can see in the world  
15:03  
but you must stop looking at the world  
15:05  
through your head and look through your  
15:07  
heart  
15:08  
oh wow and that way you'll know God you  
15:10  
know you'll know about that so like so  
15:13  
every time so yeah I'll make you a  
15:15  
copy of it because it really like when I  
15:17  
look at it like that was such a first of  
15:20  
all that movie's so beautiful but like I  
15:22  
really I thought well who can do this  
15:24  
drawing for me a lady on Etsy killed it  
15:27  
wow I might have taken her all day  
15:28  
because I don't think there were a bunch  
15:29  
of Loops in there and you know the two  
15:31  
legs the four legs and the no head but  
15:33  
it's so interesting but I just thought  
15:35  
of that

15:36  
um and then I put the vibration scale  
15:37  
which is something that like  
15:40  
it's like 1 to 22 so like if you're a  
15:43  
number one you're feeling Joy love  
15:45  
appreciation knowledge and empowerment  
15:51  
I feel like when you're having a bad day  
15:54  
you know you might be at an eight which  
15:56  
is boredom right or you're just like I'm  
15:58  
so bored you know what's going on or you  
15:59  
might be disappointed which is number  
16:00  
12. okay so the goal is to get the top  
16:03  
seven so you know because number two is  
16:06  
Passion threes enthusiasm four positive  
16:08  
expectation five optimism six  
16:11  
hopefulness and seven contentment so I  
16:14  
feel like  
16:15  
whenever I'm kind of going past seven  
16:18  
I'm like I gotta get back to seven you  
16:21  
know so then that's something that I  
16:22  
like to look at too but I don't know I'm  
16:24  
having a few of those  
16:27  
um you know doubt or disappointment it

16:29

it's normal and it's yeah okay and it

16:32

helps us get back to the top seven so

16:34

you're right

16:36

and then I if one of that doesn't work I

16:38

have to just constantly go to like I'm

16:40

grateful

16:41

I'm blessed I'm grateful I'm blessed I'm

16:43

grateful gratefulness don't you think

16:45

you have to always keep that in the back

16:47

of your mind as well I mean we're

16:48

grateful to be here I mean exactly I'm

16:51

grateful that we got listeners we have

16:53

some listeners and we have some Watchers

16:55

I guess on YouTube Hey guys thank you

16:56

for tuning in exciting and I know like

16:59

so we go into vision boards and we do

17:02

you know like work we're looking at them

17:03

which was really helpful to me to me I

17:05

even have mine on my phone now but then

17:07

you know then we were going into like

17:09

goals like writing goals down and I know

17:12

we had actually had a meeting at a great

17:14  
French restaurant oh yeah Kansas City  
17:17  
um and talked about our goals and you  
17:19  
know I think that's important for  
17:21  
friends to do  
17:22  
absolutely I mean it helps us keep each  
17:26  
other accountable and that's kind of one  
17:28  
of my goals for the year is just to kind  
17:29  
of set up something every month whether  
17:31  
it's  
17:32  
you know  
17:34  
a coffee I mean just to talk about goals  
17:37  
with your business or your right your  
17:39  
kids I mean you have to keep each other  
17:41  
accountable and it's  
17:43  
who doesn't want to an intentional  
17:45  
Meetup yeah I think it's important I  
17:47  
think it helps with so many things  
17:51  
um yeah so and I like these little  
17:53  
weekly  
17:55  
um podcasts that's another thing that  
17:56  
just kind of keeps you going and looking  
17:58  
something to look forward to something

17:59  
to chat about I mean it's all positive I  
18:03  
know it is it is I agree with you on the  
18:05  
goal thing because like and I've already  
18:07  
you know like I have some goals this  
18:09  
year you know like you know take a walk  
18:11  
a few times a week  
18:12  
and that and I put not to find his  
18:14  
exercise because like not really like  
18:16  
that's the thing and I have a Pilates  
18:17  
reformer in my  
18:20  
which I haven't been doing and I need to  
18:22  
start doing it get on that girl so I  
18:24  
think that that's yeah I'm gonna say it  
18:25  
out loud I'm gonna say it out loud but  
18:27  
that is what I need to start doing  
18:29  
um and then you know like  
18:30  
last year I started I had an amazing  
18:33  
person tell me uh do three things to  
18:36  
move your business forward every day  
18:38  
and so even if it's the simplest of  
18:40  
things like you're going to send an  
18:41  
email to somebody or you're gonna look



18:43  
at something that you know like you're  
18:45  
gonna look up a new trend and research  
18:47  
all about it or you know like or  
18:48  
whatever  
18:49  
um with me it's it's like you know  
18:50  
making sure like I'm staying on point  
18:53  
with certain things and that's really I  
18:54  
have really helped me last year so I'm  
18:56  
just going to continue it into 2023 and  
18:58  
put it on the show list which I think  
19:00  
you know and then practice gratitude  
19:02  
daily what I'm grateful for I write down  
19:04  
five intentions every day that I'm gonna  
19:06  
do like even if it's like I intend to  
19:08  
put on my socks or I intend to take a  
19:09  
bath that's hilarious right but but if  
19:11  
you start out you got to start a simple  
19:13  
and those are I mean  
19:15  
you can't do the same thing every single  
19:17  
day right right right I think that yeah  
19:20  
I like just little things that like make  
19:22  
me feel like I'm getting something

19:24  
accomplished or I feel accomplished even  
19:26  
though you should feel that anyway  
19:28  
because you know you woke up and you're  
19:29  
breathing you know in our health we take  
19:32  
that you know we don't even talk about  
19:33  
that right because I'm trying to get  
19:34  
into that mindset more and I think  
19:37  
everyone is I think after covid and  
19:39  
everyone's been through a lot the last  
19:41  
several years and I think  
19:43  
um trying to come out of that and um and  
19:47  
be more grateful and look at that and I  
19:49  
think your goals represent that you know  
19:51  
I think we're looking every day like how  
19:53  
can I become a better person a better  
19:55  
parent a better friend  
19:57  
you know I agree and like just getting  
20:00  
dressed every day is a that's good yeah  
20:02  
and today guys I just want to let you  
20:04  
know Tara bought me flowers today I came  
20:06  
over and they were first of all she knew  
20:07  
my favorite color which is yellow It's

20:08  
amazing And it meant so much to me I  
20:11  
mean I'll never started crying so thank  
20:13  
you that but those little things that  
20:14  
people do for you that like I'm gonna  
20:16  
start crying after  
20:18  
it was really moving to me and that  
20:21  
means something it really does it makes  
20:23  
me like so thank you yeah I want to  
20:25  
thank you on air live but it's really  
20:28  
nice and I thought Rachel needs these so  
20:31  
what other goals do you have like for  
20:33  
this year well so I I would like to  
20:36  
travel more I would like to take tcas on  
20:39  
some on the move so that's kind of one  
20:41  
of my goals I love it  
20:43  
um  
20:44  
I think it's important I want to like  
20:46  
just get out there a little bit more  
20:48  
um I want to I would love to speak at a  
20:52  
do like some sort of a  
20:54  
a business like speaking I love to share  
20:57  
maybe go to a high school and you know

20:59

I've got I know a few people that teach

21:01

business class so I thought showing up

21:04

doing a little free I think it's fun and

21:06

it's out of my comfort zone so I think

21:08

that that would be something

21:10

different for me I'm proud of you for

21:13

that like like that I don't know I have

21:15

yeah

21:16

just

21:18

putting myself out there is really yeah

21:21

hard for me and so I think that that's a

21:24

goal of mine to just do it jump into it

21:27

and just take the plunge if it works

21:30

it's

21:32

if you're not going to try like you're

21:34

not you're failing if you're not trying

21:35

if you just try right then that that's

21:37

like half the that's that's the back of

21:40

the battle yes the bathroom just like

21:42

saying I don't care if it works or if it

21:44

doesn't work it's going to help somebody

21:45

or you know

21:47

it's already helping me but like you

21:49

know I agree with you on that I think

21:51

that's great I think that that well I

21:53

think it's going to happen you're

21:54

probably going to make it happen right

21:55

I'm making it happen I know I love that

21:58

well

21:59

um do you have anything you else you

22:01

want to talk about today on our goals or

22:03

anything or should we like prep

22:04

everybody for next week's next week's

22:06

episode because I mean there are a lot

22:08

of things coming at you we have a lot

22:10

next week I think

22:12

um so next week we are going to talk uh

22:15

you know about Valentine's Day

22:17

and um you know sometimes that's a hard

22:19

topic for people you know I I actually

22:21

got and this is what's crazy

22:23

Etsy sent me an email that said I could

22:25

opt out a Valentine's email okay I'm not

22:29

kidding you okay so like I literally got

22:31  
already prepping yes okay and I read it  
22:34  
we read it I was like wait a minute I  
22:35  
can opt out for because of and then they  
22:37  
wrote they wrote because people are  
22:38  
because we know that a lot of people  
22:40  
have lost loved ones and we know that  
22:42  
Valentine's Day is a really hard  
22:44  
time for something yes and so you can  
22:47  
opt out of this and I thought wow that's  
22:49  
really amazing I didn't I actually  
22:51  
thought about it for a minute because I  
22:52  
thought well let's just don't us down  
22:54  
one less email that I gotta read but you  
22:56  
know I didn't do it but I thought that  
22:57  
was interesting because I'd never seen  
22:59  
anything like that I hadn't  
23:05  
exactly that's so true so you know as we  
23:09  
leave you today we want you to go out  
23:10  
and Take On The World we're gonna go  
23:11  
Take On The World and we hope this  
23:12  
podcast has helped you in some way open  
23:14  
your mind to some new ideas help you

23:17  
generate your creativity I know it helps  
23:19  
us generate ours just talking you know  
23:21  
out loud does that and encourage you to  
23:23  
call your friends and you know just  
23:25  
ultimately had it added a little bit of  
23:26  
happiness into your day that's what  
23:28  
we're gonna do I was happy I'm happy  
23:30  
days before we start this I know and  
23:32  
we're just so thankful that you guys you  
23:33  
know can tune in to our weekly podcast  
23:35  
you know with Rachel and Tara and you  
23:38  
know so next week we're going to be  
23:40  
talking as we said it's about  
23:41  
Valentine's Day and  
23:44  
um I think that's going to be really fun  
23:45  
you're getting a jump on Valence day  
23:47  
fashion gift giving and you know Tara's  
23:49  
going to give us some love advice right  
23:50  
and a whole lot more yes I have all of  
23:52  
it so maybe some fun restaurants for  
23:55  
Valentine's date nights or I like I love  
23:58  
galentines oh yeah you've invited me

24:01

over yeah and I'm coming hi you're

24:03

coming I'm coming to that I don't know

24:05

what I'm gonna wear we got to talk about

24:06

that I gotta talk too but I'm really

24:07

excited but you know so check out check

24:09

out our podcast soon next week we'd love

24:11

for you to um so you guys check us out

24:13

weekly you know join us for fashion talk

24:14

Life as We Know It hilarious

24:16

commentating I mean can you can you tell

24:18

in hilarities we are and of course a

24:20

high dose of positivity so as we leave

24:22

you today remember we are all one and we

24:25

all have a story and we're all just

24:27

really looking to connect so thank you