



## Season 2: Episode 8 - Transcript

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Hey friend, you're listening to The Nicole Walters Podcast. I'm a former six-figure corporate executive who woke up every morning feeling stuck in the life that I built for myself but using my corporate skills I took to the Internet and built a multi-seven-figure business, showing others how they can build a life they love. Now on this podcast, I share stories of being an entrepreneur, a mom to my three amazing girls and a wife to my crazy, cooky dancing Hubbin. I've had a couple of viral videos too. So you know there's going to be a lot of laughs here. So whether you've seen me on my viral vids or on the Today Show or read about me in Forbes, this is the place where we can meet, share stories, share laughs, and share fun. I'm your best friend in your head. So sit back, listen close, and let's get started.

(00:50):

Hey friend. So this week is a crazy one. And I mean, I feel like I say that every week and maybe that's just the nature of parenting and running a business and trying to grow yourself and grow your marriage and all those things. But this one feels extra crazy. I don't know why, haha, I don't know why, but if you've been keeping up with me around the internet, you know, just as well as the rest of the world that the show is premiering this week. Yeah, I know. She's The Boss premiering on USA network this week at 10:30 PM eastern time. It's happening on Thursday. Friend, I am freaking out, but not freaking out bad, but freaking out nervous. If that makes sense. I'm just nervous about it. And that's what I wanted to talk about this week. I wanted to talk about the nerves that come with stepping into something new, the nerves that come with knowing that you're putting yourself out there, the nerves that come with, knowing that you've got your heart and soul into something you're really proud of.

(01:54):

And that you may be kind of putting your flag in the soil and saying, Hey, this is who I am. That feeling of being exposed and what it's like when you do that and what you need to get through. So obviously I knew when we were doing a TV show that I was going to be putting myself out there for public scrutiny. Now, granted, I'm not inviting it. Trust me. If you have something to say about me and it's not nice, I please ask that you keep it to yourself, right. Please ask that you keep it to yourself. However, you know, I'm aware that that is part and parcel for this sort of work. Now I will say that it doesn't feel good and knowing that that's going to happen, it's not

something I look forward to, particularly when I'm aware that what happens when you put yourself out there in a big way, people have a tendency to put you on a pedestal.

(02:43):

They have a tendency to think that if you have a platform that you are likely also saying that you are perfect. Now the irony is the two of us know that I have never said that I was perfect. Lord knows I am the banner waving, flag-caring team, hot mess express. Okay. I'm proudly. So I'm doing the best I can with what I got every single day. Right? So sir, that's us, but for the new folk around there, right, they're going to be like, Oh, who's this girl who thinks that she's like on the tube, you know, thinking she's fancy pants. Right. And the same thing happens when you launch your first business, Oh, who's this person who's getting out there thinking they can launch their business, right. Or for when you get married, Oh, who's this person have this flashy wedding. Or when you decide to have your third child or your fourth child, or your fifth child, or your six, who do they to think that they can such and such or move whatever it is, there's always someone who will have an opinion whenever you decide to do something that ultimately, maybe good for you, maybe good for your people or your brand or your family or your bank account. .

(03:47):

I mean, people will always have something to say about change because they're inherently uncomfortable with it because what I've always found is that part of what happens whenever people criticize is that they are struggling with acknowledging that, could it possibly be that this person is just as I see? That maybe they are just good and there is no backup story or that they are just in love and there's no other story or that they do just want a large family. And there's no other story, you know? Like it's really difficult for people to think that because you know, they're all grappling with things within themselves. And I'm not saying things within themselves that are like, Oh, they hate themselves and that's why they're this, you know, how they use the words, haters and all that.

(04:28):

No, I just mean grappling within themselves to really understand the daily motivation. It's hard to see someone else have when you may be in a position right now where you're trying to still figure it out. And that brings me to the hardest part of what I'm worried about for this week. And I haven't talked about this anywhere. Cause it does feel like it's one of our private chat type of topics, but what I'm struggling with is less that I'm worried about people criticizing me as a mom. Like, yeah, that's not going to be pleasant because I do care about how I do. And it's something that I'm always working on and yada, yada, yada. Right. But you know, my kids love me. God loves me. I know I'm fine.

(05:04):

And yeah, I know, you know, there's my marriage or my weight or my parents or whatever people will have things to say. But the thing I'm really scared of and maybe a little bit worried about is that I consider myself a new Christian. And here's what I mean by that. I wasn't raised like going to church or with a family that, you know, understood the importance of like being in

the Word or, you know, things like that. Now granted, my mom definitely a Christian definitely prayerful, like God bless her because I do believe that 99% of what I have in my life is because of her petitions to the Lord. Right? And, Oh, and now's a great time to throw in a caveat. If you're in a place where you maybe are figuring out your faith or you aren't a faith person to begin with, I just want to say, thank you for even holding space for this conversation. I think that this is going to be helpful and valid no matter what, right?

(05:54):

No matter what, because I think that we can always apply stuff, whether it's to a, you know, a new marriage, a new business, new parenting, whatever it all applies. So the thing I'm nervous about is that I've been pretty vocal about being a Christian and about having certain values and having certain integrity. But I also realize that Christianity is something that always seems to have agility in different definitions, right? Just like how, you know, you might think you have a good marriage, but what that good marriage is is that, you know, you get to stay home with your kids and your husband works all day and you actually really, really like that. And it actually feels like such a blessing for you, but another person may look at it and say, how does she have a good marriage?

(06:32):

She never gets to go anywhere. You know, like it's just, I recognize it in Christianity. You know, for me, I feel like I'm working on it. I'm doing my best to live by values that I know are biblically aligned and we'll also make Jesus proud, right? That's my belief system. But I also recognize that I'm imperfect in that and that my belief system will likely not align with how other people define a great Christian. Right? So one of the things that's weird for me is knowing that I'm going to be putting myself out there as somebody who calls themselves a Christian and people are going to see me make mistakes. You know, they're going to see me do things like they're going to see me out in the world. You know, maybe they'll think that according to their definition, like I'm maybe not dressed the way they would expect or that I may not interact with my husband the way they expect.

(07:20):

Or I may not use words that, I don't know. You know what I mean? Like there's just, people are all over the place. But I say this to say that it's one of the things I grapple with because as somebody who, you know, has shared myself very publicly on social media, and I recognize that you can't be a public figure and also complain that you're a public figure, you know, but I don't want to ignore that the inside thoughts and feelings that I have are ones that you have no matter where you are and the way that I'm grappling with this, the way that I'm, I'm preparing myself, if you will putting on my full armor is one, obviously prayer and petition, right? So if you're not a faith person, a lot of that has to do with meditation, therapy. I still recommend prayer. Right.

(08:00):

You know, it really does help me remember who I'm looking to impress and who I'm looking to honor. And the importance of focusing on my legacy and my future and you know, my children

and my family and, you know, above all else, pleasing my God. Right. That's like really what it's gotta be about. So everything that I put forward, I just hope it glorifies Him. I hope that even in my mistakes and my errors, they become opportunities for growth. That again, glorify Him. Right. So like that's the first part. And then the second part, I'm really hoping that this is the part that connects for you because I know that we're really similar in this way, I'm asking for help. And that's the thing that I'm really hoping that you'll take away from this. And I don't mean just asking for help, cause I know that you're a help struggler right.

(08:51):

Like you don't want to ask, you can do all the things. You're a tough cookie. You'll figure it out. You're a problem solver, right? Like for the same that way. But I do want you to know that, you know, as we're trying to figure out how to delegate, this is a little bit different. I mean, asking for help and finding humility in saying, can you just keep me in your thoughts? Can you just check in on me? When you're throwing up a prayer can you just put one in God's inbox for me too? You know, just really throwing out that, Hey, you just need people to have you in mind to hold you to cover you. And that's what I'm actually leaning into more this season and I feel like it's helping. And I mean, I guess I'll know more, you know, after the show premieres on Thursday and everything, but I'm hoping that I will see even more, the magnitude of that.

(09:40):

And you know, the Bible talks about where two and three are gathered in His name. You know, that it's about groups, you know, it's about us working together to make it happen. And it's with that in mind that I want to let you know that that's something that I don't want you to ever step away from. Even if you're not someone who's able to say, look, my business needs help with this, or I'm a mom and I need hands-on help here. And as a woman, I need self-care help here. You know, even if you're not able to say that in a physical way or even identify the things you would hand over for whatever reasons - trust, time, effort, you name it. I really want to encourage you this week, along with me, to just reach out to your people and say, Hey, I got a lot going on over here.

(10:24):

I'm juggling a lot. And I think I got it but if you could just keep me in mind, pray for me, check in, just see how I'm doing. It'd be pretty awesome. You know, and if you can't, I understand we're all busy. We have things going on, but it would just mean a lot. And it would actually help me out a lot because you know what, sometimes it just helps to know that you're not alone. It helps to know that you have people. And with that said, I wanted to be the first to get this ball rolling and let you know, during this week, while I appreciate you telling people about the show while I appreciate you setting your DVR, and while I appreciate you signing up for all the streaming networks so you can watch and all of that. More than anything, I want to first thank you for all the prayer and great thoughts and positivity and kind words and messages and DMs and the covering that you've put over me and our babies.

(11:23):

But I also want to ask you for your help this week and in keeping us continuously covered and in elevating the positivity of what we're trying to do and keeping that conversation going and knowing that we're working as a collective to push towards good. To just create a world where we're less fascinated by junk values. The things that aren't so good for us when we consume them too much, right? And really stepping into core values, the things that make up who we are, our families, our futures, our legacies. And I just want to say, if you could, if you have a moment, if you are already in the midst of saying a prayer too, just throw a little extra one into God's inbox for me and for the family. It would be much appreciated. Friend, this is a big week and I'm grateful to even have the opportunity to say that I got to do something so incredible and so amazing.

(12:25):

And I don't know what God has in store, but I trust it. And more than anything, I'm grateful that I've never had to do one step of this journey - building a business, having a podcast, or launching a TV show - without you. Thank you for being my friend. Thank you for being a friend, haha! No, but seriously, thank you for being my friend. I appreciate you. And I can't wait to chat with you next week after the show premiere Thursday at 10:30 on USA network and talking about how awesome it was and how incredible it was and how God really shined through on that screen. Have a great week. And we will catch up again very soon.

(13:18):

Thanks so much for listening, friend. If you enjoyed this podcast, head over to [NicoleWalters.com](http://NicoleWalters.com). I'd love for us to stay in touch. So make sure you drop your email address so I can send you inspiration business details and the occasional funny story. And because I'm so generous, there might even be a selfie in the mix. Thanks again, and make sure you subscribe and come back soon.