



## Season 3, Episode 13 - Transcript

### *Me, You, & 1 Million!*

Nicole:

Hey, friends, I am beyond grateful that you are here. I say this at the top of every episode that I'm so excited, it's because I miss you week after week, I just am looking forward to our time together where we can sit and we can chat. And we can connect, we can go over all the things that are happening all the time to each of us. But the reason that I'm particularly excited about today's chat is because I'm not by myself, we're actually celebrating something kind of big. And I don't know, it's exciting!

I have officially crossed a million downloads of this podcast. That means that as a community, as internet besties, we have collectively been able to reach a million listeners, people who are hearing every single day, and joining in and on our chats and getting inspirational messages to keep going and fuel just to keep showing up in this crazy world. And it's so meaningful to me that you return week after week for us to spend this time together. And I'm just very grateful because life can be hard. And it can be difficult to feel like you're doing so much of this alone. And because of you, I have never felt that way, between showing up week after week and the encouraging messages you leave on social media, and on Instagram at Nicole Walters. It's just so incredible. It's such a blessing to be able to show up here. I mean, it is not lost on me the privilege that it is to have this platform.

So all that being said, I think there's no better way for me to celebrate this moment than for me to hand my mic over. So plot twist, spoiler alert, surprise, surprise, I am not here by myself, I know that typically it's just a one to one chat with you in your car or doing you know a workout or getting dinner ready and me just kind of chatting up in your ear. But today, I've got probably the most important special guests that I've ever had (outside of my babies!) here on the Nicole Walters podcast, and they are here right now. So I'm gonna let them kind of say hi to you. All right, everyone, can I get a big Hi.

Excited, those are the voices of us, our internet besties y'all, I am so excited because I have 10 of our very close Internet besties here in the room today. And what I want to do is something a

little different. I know typically we do Q&A and we slide into DMs and I kind of share something that I've learned, you know, a lesson or sometimes a lecture but on today's chat, I want to kind of give you the mic. I want us to be able to share what we've learned and how we're learning it, how we're showing up in the world. And you're going to hear from our friends that are just like you. What we're going to share today is not just going to be inspirational and motivational, but they're going to be real actionable tools that are going to change our lives. So if there was ever a chat to grab your pen and grab your paper, this is it.

Hey friends, so I'm Jennifer Oglesby.

My name is Victoria James

Laura Buttle, Sheila Buttle

My name is Michelle Guillaume, Kimberly Wallen,

Amanda Woodson, Lauren Olivares,

Firenza Anderson-Philpot,

My name is Jae Amoah.

Jae, yes, girl, I am so excited that you are here. I'm excited to, I can't even tell you so y'all, you don't know about Jae. And I'm going to tell you about Jae. So normally, I would ask you how we met. I'm gonna tell you how. It's exciting for me because I love meeting ya'll. So I did a speaking event for Create and Cultivate. Absolutely love this event. It was in LA, it was sort of women, entrepreneurial, all that good stuff. And I was speaking on balancing business, you know, through the years. So afterwards, Jae comes up to me and she's like, I just wanna let you know, I loved your session. Honestly, I don't remember what she said. Because she looked so good. Literally, when she walked up to me it was like a blur of sunlight and the fashion. I mean, she looked incredible. Long story short, she ended up coming to my Meet and Greet later on in LA. And again, looked amazing. She was wearing this jumpsuit and it was like perfectly tailored to her body. She looked amazing. And finally, I was like, What is this about? Turns out, she is like the fashion connoisseur. She knows how to pick out outfits. She knows how to make stuff from scratch. He knows how to tailor, I mean, it is like the perfect blend of old school fashion maven, you know, with the seamstress goodness. And like super cool visionary like looking forward design. I mean, it's unbelievable.

So I'm super excited that she's here because you're gonna know her everywhere. And I just got to get to her first. So, Jae now that I've gone on and on about like, she's, you know, she's here wearing a bodysuit outfit that she made herself. So you've got to catch the YouTube channel version of this because she looks incredible. So what made you even think I'm gonna come up and talk to her?

Jae:

I was first introduced to you through your TV show. And I watch a lot of TV and I saw the first commercial and my jaw like dropped. I was like, she looks like me.

Nicole:

So y'all can't tell we look like family. We literally lookalike.

Jae:

To see your family and your life and to see all the things that you were, I was like, I'm hooked. And so I started learning more about your business. And I was like, Wait, yeah, she's really all that. Oh, my God, I saw the Create & cultivate and you know, there are amazing speakers there. But you were the person that I came out to see, because I actually felt that connection. And so I'm glad and I was kind of hesitant too. I was like, I don't know, if you're gonna like you know, just zoom off stage. Oh, I'm glad I was able to catch you and connect. And I'm glad I learned about the event.

Nicole:

And look at where we are now. Isn't that crazy pants? So this was all in probably about a week. So it's been about seven days. Yeah, we went from Oh, I'll see you at an event. I grabbed you aside the stage to sitting across from me. Yeah, having a chat really fast and life just comes at you like yes, girl like listen, I'm here for it. I meet you guys for the first time in person. Are we talking to DMs forever? Yes, but how do we find each other?

Victoria:

So I found on Instagram. Okay, and then just started following your story and then I actually signed up for 1k1day and that was it.

Nicole:

So that was it, because I always am like, what's the first connection? You know what I mean?

Victoria:

It was cycle 14. So that was really impactful for me. So that's kind of how we met and ever since then you've responded to my DMs. Yeah, it was always like oh, wow, she actually responded so you responded to me and we just started talking and then that's the wrong target.

Nicole:

That's your story for another day but hot mess I held my own meet and eat event and you better believe I went to like the wrong location. Because why? Because that's me.

Sheila:

You just dropped into my life on Facebook. Wow. Whoa, squirrels in the attic. Oh, like I said who is this lady in her bonnet being crazy running around the house with these children, all kicking it in this pretty house. Oh, talking about the squirrel to hear the whole story. Wow, I like her.

Nicole:

I love this. And I like you back. And if you guys are wondering what we're chatting about. I've got a bunch of viral videos out there and one of them is me trying to chase some squirrels in my attic. So if you ever get around to it, definitely check it out.

Kimberly:

Okay, short answer. Your TV show, She's The Boss. I was like it's another bossy chocolate girl. And I stalked you online. And then I found 1K1Day and I became part of the legacy cycle. Oh my gosh, I'm so glad we're connected. I'm so sorry, I'm married too. My husband will be like what if I don't mention him.

Nicole:

I love it. We don't even have to edit that out. Like y'all. That's real life. Listen, you better be like I'm a wife. I'm married. Throw out an "I love you."

Kimberly:

I love you!

Nicole:

There we go. There we go. Now you're good, now everything's fine. Yes, those dishes better be done, the trash. How'd we meet?

Jen:

Well, besides being best friends, Nicole, of course, on Instagram, and then I joined 1K1Day. It completely changed my life. Then I joined the yacht club, made it even better. And things started happening after the yacht club that you can't even imagine. I think damn, yes.

Nicole:

So for those of you who are listening, who are saying what are they talking about? What you saw, 1K1Day and Yacht Club, all these good things, these are all programs that are offered through my business side Inherit Learning Company, it's my digital education firm. You can learn more about them at [inheritlearning.com](http://inheritlearning.com). We offer programs for entrepreneurs, everyday people who are looking to do things the right way and build out their businesses. So Jen, of course, I'm so excited that you're part of it. Because just your drive, your energy, the way that you show up in the world is something that not only deserves to be seen, but it's fun.

Let's just jump right to your piece of advice, your feedback. So what is your one piece of advice that you think that anyone listening could really benefit from?

Victoria:

I think anyone listening could benefit from a piece of advice from a friend of mine as she was seeing me struggling with my littles and trying to just plan my days and she said, Hey, Victoria, be kind to your future self. So do the things now so that in the future, you can actually enjoy these moments because you've already taken care of the business beforehand. So just to be kind to your future self by doing the hard things now and then you know, you can enjoy the good times.

Nicole:

Oh, that's so good. I love this. I can already tell this is going to be one of those chats. It's gonna be so filled with joy. It means that everybody's gonna get something out of it, you are kicking us off beautifully.

Jen:

So my one piece of advice would be to speak life over anything that you do. So I had to learn that the hard way because I was used to letting other people sort of navigate me and tell me no, don't do this, do it this way. Do it that way. So now I just speak life over everything that I do and speak it into existence. And here we are.

Nicole:

That's amazing. I mean, I think that a lot of us forget that when we speak about something, we're the first ones to hear it. So if you say something negative, well, you're already putting out that it's going to have a negative outcome.

Laura:

Have a safety net.

Nicole:

Oh, that's good.

Laura:

I mean, even though I've booked many things, and I've worked pretty consistently, there has been a lot of slow periods at the same time. So when that money isn't consistent, I have to do what I have to do to make my rent.

Nicole:

Oh, yeah. Yeah, it's crazy out here. Yeah. I love that. So I mean, that's such a valuable insight. And one, it's a testament to how mom has raised you that she basically said, Look, no one's coming to save you. You need to save yourself.

Laura:

Yes I don't ask them for money.

Nicole:

Can we just get a round of applause on this baby?

Laura:

I haven't had to ask her to help me with rent or anything like that. Yes, literally. Like, even though I'm not constantly doing that thing. I'm still hustling anyway, I can, oh, when I'm not working on floors, what do I actually want to do?

Sheila:

Well, primarily, as a teacher, I learned how to become more patient. I mean, you think you're patient when you have baby one. But when you're in a classroom, dealing with other people's kids, you develop patience. And I developed patients over time, I became the best I could be with the children I'm teaching, and my own children, understanding and being patient with them. In the end, not pushing or making myself force a situation. In the end, you realize that it was all worth it. And it's so clear what the end result was because I was never in control. Right? Always the situation. And being patient helped me get to that endpoint. Right, right. And when I got to that endpoint, I was like, boy, I'm so glad that you didn't go through it with stress and anxiety, because you had patience.

Nicole:

So, so, so good. I think that all of us could benefit from a little bit more patience. Whether it's in our business, or with our children, or with our spouses or with ourselves, you know. With any changes or things that we're trying to go through. So, such valuable advice. And also, I love when I hear advice like that from someone who's had success in so many different phases of life, because it shows that the things still hold true when people say, you know, grow in this area, they mean it.

Jae:

I would say one piece of advice that I'm actually learning and trying to fully embrace right now is to prioritize my passion. I was pretty much raised in a stability-first culture. There's nothing wrong with that. But a lot of my creativity was not necessarily supported. And I'm realizing that I haven't been operating at my fullest capacity, because I haven't been putting those things first, like the things that really bring me joy. And so I'm shifting my mindset, and I'm trying to prioritize my passion, and I hope that other people would do the same.

Nicole:

I'm just gonna let that sit with us for a minute, y'all. I know a lot of you right now are nodding your heads and you're saying to yourself, that just hit at the core. And it's so true, because it's a lesson that I think we also keep learning, you know, where we get away from what's good, and we have to keep returning to it.

Michelle:

I would say, Be your own biggest fan. Love yourself, heal yourself and be fearless. Give it your best and don't give up. Never give up.

Nicole:

Ah, so, so good. So I'm going to do a little pop quiz here. So your advice is be fearless. Y'all, you may not know this, but Michelle was scared to death to do this recording, nervous, shaking in her boots, okay. And if there was ever an example of someone practicing what they preach, we recorded this the first time. And she was like, you know, I think I can do a little better. I think I can give a little more. And not only do you have to be fearless to raise your hand to say you need to do it over, but you have to be fearless to give it another shot, even though you're scared. So not only are you practicing what you preach, but you're being a great example of exactly what you're offering is advice here. So it's incredible. Thank you, Michelle, thank you.

Kimberly:

One piece of advice that I would give is to listen to that inner voice within. I'm a spiritual person. So you know, I have a name for him. But it's been so crucial to me in the last couple of years. You know, we're so busy wanting to be successful, want to do this and do that. And that that inner voice is like, hey, it's trying to guide us. So it slowed me down. And since I've been just listening and taking, you know, taking a step back. Oh, man, just more reasons why I'm sitting right here is listening to that.

Nicole:

Tell me more about that. Tell me more about that.

Kimberly:

Well, I'm a hairstylist, but I've been trying to transition out of it, I've been doing it for 26 years. And so I was like, oh, everybody's like, Oh, you'll be so good at this, you'll be good at that. And I did it and it just didn't feel right. And that brings me to my favorite episode of your podcast, okay as the toxic hustle. Because I didn't want to do this business. I didn't know how to change my mind. And listening to that episode. You said, It's okay. Yeah, change your mind.

Nicole:

Absolutely.

Kimberly:

You know, and so from that and listening to that inner voice, it just put me on this path to so many things.

Nicole:

You're feeling more peace, more clarity, More comfort.

Kimberly:

Walking in my purpose.

Nicole:

Oh, I love that. I love that, y'all. I mean, if there's ever, I think a message that we could all benefit from, it's that we can trust ourselves, you know, and that there is something to be said to listening to what we know is true. You know, and that comes from within that says, Hey, pay attention. Maybe this isn't for you. Or maybe this is for you, you know, don't get distracted by the outside. Awesome. That is so so good.

Amanda:

So thank you for the way you show up in the world. I appreciate you. I am newly married. I have just been on a rediscovering of myself over this pandemic, because I thought I had it all figured out. Don't we all. This pandemic taught me that there was so much more growth learning and patience that I needed to give myself and to just redirect my energy because I was like, kind of living out of my body? And like watching myself do thing going through the motions going on autopilot?

Nicole:

Sure, sure. Sure.

Amanda:

And so I realized that I can't continue to do that. And the pandemic helped me like center myself and find myself because it's been a journey, journey.

Nicole:

So let's go ahead and drill down on that a little bit and so it sounds like journeys of self discovery are really important to you. What is the one piece of advice that you think you could really extract from this, that people could apply right away that you can be so helpful for them?

Amanda:

I think that you have to look at yourself and find a way to understand yourself, and don't run from yourself. So you really have to put in the work, like it's not going to magically happen. You really have to, like if it's a mile, you've got to get that mile in. Because that ain't it, that ain't it. Well, you have to really like go hard. Yes. And I thought I was going hard. And I was going hard in my own way of going hard. But then I had to really like lock in and tap into me.

Nicole:

That's right.

Amanda:

And I don't have to go that hard, right? I can do things in a different way that are just edifying to me, that give me the results that I need.

Nicole:



That's so good. That's so good. I love that. So essentially, it's one, know that you're in it for the journey, the only way through it is through. There's no shortcuts but also know that you know, as you're going through that journey, learn a little bit about that balance.

Lauren:

Mine is something that really helped me actually five years ago when I heard someone say, life doesn't happen to you, life happens for you. And to take that mentality because I lost my son, tragically when he was 10 months old. And I was just in this place of like, I want to do better. And I felt like not like a victim, I was holding on to this guilt and all these things. And I just felt it. How do I change that for me? How can you change something that was so out of your control? For you? Yes. And so it took me on a journey of going back to my faith, and just kind of, you know, building a new life and new perspective, and how can I be of service in a new way? And I think, you know, going with that mentality that everything in your life will happen for you. The dots don't always align. But when you look back, it all make sense. And like I hear, you know, you just need that mustard seed of faith. Yeah, when you go through something so dark can propel you and I'm just so grateful for that piece of advice that I've been able to move forward and share with my students and you know, just persevere because that's, that's what we want.

Nicole:

We just got to keep showing up, Lauren, I am feeling fired up. You make me want to go run laps right now. Like I'm not a cashier like I'm here. Do you know that actually, after I posted a picture of us together, someone sent me a message and said, Oh, that's my son's PE teacher. I'm not even kidding. That's how small our community is. This big, I was special. So I gotta say, I am so fired up about what you're doing. And not only are you a fighter, but you're an overcomer. So I'm excited to see what God's gonna do in your life.

Firenza:

Be in the moment and trust the process. We're always trying to rush and look at the bigger picture. Yeah, you want to keep the bigger picture in mind. But being the moment because those things that you're embracing in that moment are going to help you get to that bigger picture. And trust in that process. Because with that with being in a moment, trust that that moment is where God wants you to be at that particular time. That particular thing preparing you for that bigger picture of what he wants you to do. So yeah, you want to keep that bigger picture, you know, put in a wallet, something, you know, do what you got to do. But in that moment, trust the process and be in that moment with yourself with your purpose with God. Yeah.

Nicole:

Oh, I can't think of a better place to close out. Because I mean, the truth is, that is everything, I think that all of us being here today is a great example of that. I mean, each of us was met with a moment to purchase a ticket to donate the funds to the City of Refuge, because we followed on social, right? And the question became, are you going to follow the next moment? So to let everyone who's listening know, this all started with me just posting and saying, Hey, how about we get together and just hang out for a little bit in LA? Let's see what happens. Then when we

hung out. I was like, you know, what, how about we grab dinner? Then we all grab dinner that I was like, how about we all get on the podcast and have a good time. And I don't know what snacks we might go swimming after I don't know. <laughs>

Okay, but all that being said, it's just been trusting the process and being in that moment. And knowing that wherever you're supposed to be is where you're supposed to be. Y'all I know that that was a totally different type of chat. But my gosh, it was good. I know that I'm always speaking into your lives and I always have something to share and something to say. But I just really hope that if you're hearing this from your side of the mic, that you're realizing we all have something valuable to offer to this world, our experiences, our choices, the way that we show up, it matters, and it's all relevant. And I hope that you take all the lessons you've heard here and obviously apply them. But I also hope that you pick up the overall big picture, which is that you are worthy, and deserving. And you have a purpose in this world that deserves to be seen and heard.

So all that being said, I'm grateful to have finally crossed the million download mark of the Nicole Walters Podcast with your help. And I'm also grateful that you show up week after week to keep our internet friendship thriving. Friend, thank you for being here. And I'll see you next week.