



0:00: Hey, it's your friend Sarah, and welcome, welcome to Stories of Survival in the Modern Age.

0:14: Today I'm chatting with Kimi Watson.

0:16: Kimi is an award-winning photographer and the founder owner of Memory Boutique Photography, where she captures life's most meaningful moments from maternity through to growing family stories.

0:29: Additionally, as a branding specialist, she has a natural ability, and I can attest to this, to put clients at ease, drawing out their individuality and confidence in front of the camera.

0:40: Kimi is a champion for and a passionate supporter of women in business.

0:45: She leads the Ribble Valley Group of MIB International, that's Mums in Business, and heads up the organisation's North and Wales division.

0:53: Trusted by a global community of over 400,000 entrepreneurs, MIB is the world's largest organization for mothers and women in business.

1:02: Most recently though, she's openly spoken about her own personal journey with weight.

1:08: And her experience with, for what some may be a controversial subject of GLP-1 injections.

1:15: So let's dive in and learn about how Kimi learned to love herself.

1:19: Kimi, welcome, welcome to Stories of Survival in the Modern Age.

1:24: Thank you so much, this is exciting to be here, and I love that these things can happen over Zoom, it's brilliant, it's fantastic, isn't it?

1:32: I wanna start if we can, by taking you back and chatting about the journey that you've been on.

1:39: We see you now, you're confident, you're visible, you're fully showing up.

1:44: Though before we talk about where you are today.

1:47: Let's go back a bit where's Kimi been?

1:51: Where's she come from before all of this began?

1:54: Where have I been, this is crazy.

1:56: So it, before we just jump there, it's really funny that you say like I'm fully showing up and I'm fully confident because I don't feel that I'm fully there yet and it's, it has been a massive journey and my, I will, I don't know whether it's right or wrong, but it's my kind of journey.

2:11: I would say my weight loss has had the biggest positive impact on.

2:17: For you guys like that know me out there thinking, well not thinking, knowing that I am this confident bubbly kind of person showing up, so my weight has crept up as it does for most of us women in our life, a lot, well not most, a lot of women in life, it creeps up and.

2:33: I would say I am that person that whatever's going on in my life, good or bad, I eat.

2:38: I eat when I'm happy, I eat when I'm sad.

2:41: So there's no kind of oh I'm really stressed and I'm losing weight, there's kind of I'm really stressed and I'm putting my weight on because I'm shoving more food in my face.

2:51: and I don't know, someone actually asked me yesterday, they were like, they've followed me and they followed my journey and she was like you're an inspiration, you're the first person that I've ever seen.

3:00: Talk about Mounjaro the way you do and how you've documented your story out there, it's very brave, it's this, it's that and the other.

3:07: And she was like, were you big as a child?

3:10: And I was like, I don't know, if I look back at my photos, as a child I wouldn't say I was, maybe when I was hitting the teens and puberty and things like that, I was possibly a size 12.

3:22: Is that, is that big in society?

3:24: I don't know because everybody's so different and you could have two people the same.

3:28: And sort of different, couldn't you, so I wouldn't say I've ever had a problem with my weight until possibly children.

3:38: I think a lot of people can probably relate with that, that it kind of goes on and we can't get it off and hormones and I've just turned 40 last year, I'm nearly nearly 41 in April.

3:50: And I think we it it's having that relationship with food, but actually I don't think it is for me it's not the relationship with food, it's understanding what's in food.

4:00: And that has been my biggest eye opener is understanding what I'm actually putting the food that I'm putting in my mouth to nourish my body.

4:06: Interesting.

4:08: That kind of thing, yeah.

4:11: So, so when did you realize then that a shift needed to happen, that something needed to change?

4:19: I hated myself.

4:21: I couldn't look at myself, I didn't feel pretty, sexy, cute, whatever you wanna call it.

4:27: I didn't love myself at all, so if I didn't love myself I kept saying how could other people love me, like how does my husband even want to look at me, how do my kids want to be seen out with me in front of their friends.

4:40: I stopped going out with my friends because I didn't want to be the fat one in the group and I could see how big I was getting in photos and when I was looking at myself.

4:52: But then the other side of me I'd be sat in clothes or whatever and when you can't see yourself and I'd be like oh I'm not too bad when you're just looking down, I'd be like oh too fat, not too fat here.

5:02: and it was when my body started absolutely killing, all I can explain it was that I felt like my body was dying and that's not me being dramatic.

5:12: That's how I felt.

5:13: And that I'd done 10 rounds with Mike Tyson constantly.

5:16: It was just in pain.

5:18: And I, I kind of, I fully lost myself I suppose and through that I was exercising, I was doing PTs but I was still shoveling crap in my mouth and I couldn't stop no matter what anyone else wants to say, like you see people say zip your mouth and get to the exercise, it's not that easy.

5:38: weight loss is huge, it's not just.

5:42: Taking something, jabbing yourself, starving yourself, it's, it's a whole package of the exercise and the nutrition and surrounding yourself with people that are, if that's the journey you want to go on, that will have your back with it, and not be like, oh that's really stupid Camille, what are you doing that for, you're gonna die, cos I've had that in me that doesn't help anybody, does it?

6:02: I mean, I know because I have yo yoed since my teens also, and I have.

6:07: Done 5 to 2, cabbage diet, Cambridge diet, Weight Watchers, Slimming World, some crazy doctor in the US said to Brett and I, 5 bites, that's what you need to do.

6:18: You can eat anything you want as long as it's only 5 bites.

6:22: Well, my hair started to fall out.

6:26: Brett was starting fainting, he fainted at home, he fainted in the DIY store.

6:30: At that point, it was like, and this is under doctor supervision.

6:34: That wasn't right for us, that wasn't right, so it's interesting that you say it's more about understanding what you're eating and surrounding yourself with the people that have got your back.

6:48: Yeah, 100%.

6:49: I mean you look at our ancestors millions of years ago.

6:52: Everything was full fat and whole grain and straight off an animal or straight out of the ground, whatever you want to eat.

6:59: And now our world has never been, I'm I'm I'm not a guru in the processed world, but our world has never been more processed in food as it is right now.

7:09: And I don't know whether it's getting cleaner or worse because of the cost of living.

7:13: and interestingly I heard someone say the other day on on a on a live, they went.

7:18: Like, clean eating's really expensive, and I wanted to, I didn't comment because it's not my place to comment, but I thought it isn't actually, it's about what you're choosing to be clean.

7:28: Like you can go and get like from Lidl or Aldi or whatever, you know, 90 something pea vegetables, you can buy frozen vegetables, we buy a lot of frozen veg because my husband's not a very, he's a carrot and marrow fat pea guy, that's it.

7:41: But.

7:42: But the kids eat a lot and I, I like the frozen veg because it's easy and it lasts longer, but it just, we've been brought up in this world at the moment to eat 0% this and diet this and that and actually if we strip the whole diet, I'm gonna call the world diet culture, if we strip that whole and skinny talk and everything like that.

8:01: And just sort of mindfully eat and nourish our body with full, full chicken breasts and full fat this and and that.

8:11: It's your body's craving it and I've I've got into such a bad way with eating.

8:17: and especially working at home, I would eat, I would have like two pieces of bread for breakfast or toast and then lunch and then this, and before I know it, it was just a carb, carb, carb body.

8:27: Carb fest, a carb fest, and I agree because I also work from home, so I'm at home a lot of the time in front of the computer, it's also easy, isn't it, to just run to the fridge, run to the cupboard, grab something quick, not sit down for lunch, even if you're in a workplace environment, we take a break, don't we, we sit down.

8:45: So I think it's so important to, and I'm going off on a tangent, sit down to eat a meal, put your phone down while you're eating a meal, enjoy it with the family, and not do this thing on the go the whole time.

8:57: And, and to your point there as well, I remember even at Christmas when Aldi were doing, and other supermarkets are available guys, Aldi was doing their veggies for 8 pence.

9:09: 8 pence for a head of broccoli, 8 pence for parsnips.

9:14: What what's, what's wrong with freezing that or what's wrong with making soup from that, and batch cooking and store cupboard, so that sort of blows that idea that it's too expensive, completely out

of the water in my opinion, 100%, and I think there's so much like you're saying about that doctor that was telling you to eat like 5 mouthfuls, you can eat anything.

9:33: There is so many professionals out there telling us to do this, telling us to do that, and us, I'm going to say us being uneducated, I'm talking about myself, in the, in the health and nutrition industry, you listen to all these professionals because they're professionals and you think, oh I do this, I do that, and it's all contradicting each other, it's hard.

9:50: It really is tough, isn't it?

9:52: I mean, for a spell we were under a, a nutritionist when we were still in California and.

9:58: After we'd had an initial consultation with her, we, we consider ourselves both well educated.

10:05: We went to the, to the grocery store and spent 3 hours looking at the back of all of the products we wanted to buy or usually bought.

10:14: And it was like, it was mind blowing to actually take a moment, be mindful, as you say, and fully comprehend what is in that food.

10:24: Yeah, 100%.

10:25: I've, I am that person now, Sarah, that started going to supermarkets and looking at the back of the packets, and I've, I've caught myself doing it the other day.

10:32: I was like, good God, what am I doing?

10:34: Who have I turned into?

10:36: But it is.

10:38: It's interesting, I've got the Uer app as well.

10:41: I don't use it religiously, but you can scan.

10:43: Have you heard of it?

10:45: Not that one, but I know of similar ones.

10:47: What are you calling this one?

10:49: So is it yucca or Y U K A or something?

10:53: I don't use it religiously, I just sort of use it now and again and I've actually been using it on my skincare.

11:00: Because I'm really focusing on what I'm putting in my body and I'm slapping any old stuff on the outside.

11:06: So I've started looking at now what I'm actually doing to putting in my body that's like absorbing into my organs as well.

11:14: I'll never be fully clean and I don't want anyone to be fully clean.

11:17: I still want a digestive biscuit or a a chocolate, a chocolate bar and I still want a McDonald's, I still want a KFC or Indian, Chinese, whatever.

11:26: I, but I am more conscious about what I'm putting in my body to keep that weight where I'm happy.

11:33: And so, and so we've talked there about Munjaro, there's also Ozempic and some others, what was it that made you or inspired you to go down that route?

11:48: is it because, as you said, you'd tried other things before?

11:52: So yeah, I definitely like you, I've I've done, I'm gonna say I've that person that's done all the diets, there's obviously a lot that I haven't tried, but I have over the years I've done every diet, I've spent a heck of a lot of money.

12:03: I've even got Sarah some little tubs, plastic Tupperware tubs I think I might have told you previous, in the kitchen that are in the cupboard that I use for storage things now, but they're all different colors and different sizes and I don't know what diet it was, but it.

12:15: It's something that you put protein in one fiber in the other and you tip it all out on your plate and that's your meal.

12:19: And I thought I was on holiday a few years, 2-ish years ago, we go on a gorgeous big family holiday with my dad and siblings and everything every year and my sister had a friend with her and she actually mentioned Ozempic to me.

12:34: and I mean I was at my biggest, I was 18.

12:37: I was in size XXL, X2, X3, and my body was like, oh, crippling.

12:44: I'm only 5'4.

12:47: I think I don't think I can go any taller, 5'4, I don't think I'd ever give myself.

12:51: Even if you're on the absolute tippy toes, even on my tippy toes.

12:55: and she'd mentioned it and I'd heard it flying around the press, the media and things like that.

13:00: And I had seen someone I was friends with on Facebook who happened to be a midwife.

13:05: She was doing it and it's funny because I never saw her as big.

13:09: And people say to me, but Kimi, when we looked at you, we never thought you were that big, like what you're, when you're showing the photos, we just saw your smile and your happiness and I'm like, how?

13:18: I said to my best friend the other week, I was like, why did you never tell me I was fat?

13:21: She's like, Kimi.

13:22: God.

13:24: So I'd seen it floating around, I'd done some research, as much research as I was happy doing.

13:29: I'd listened to what was floating around in the media, which obviously wasn't positive.

13:34: So you know, you've got this huge thing on the back of your head thinking, am I doing the right thing?

13:38: I'm, I've got a husband, I've got children, I've got a family, I've got friends, am I doing the right thing doing this?

13:45: because that word death does creep up and you do think, am I, you know, is it, is it going to kill me?

13:49: and that was really playing on the back of my mind.

13:52: And I thought one way or another I'm going to die.

13:54: I'm either gonna die from being obese.

13:56: I mean we we all die, but I'm either gonna get taken with obesity or this injection's going to take me.

14:04: I was like, what do I do?

14:06: So I came home and looked at it and I started speaking to this girl that was posting about it.

14:11: And I think I had a bit of mindset with it because she was medical medically trained, not in that, but she had some being a midwife, she was obviously had a bit of medical knowledge.

14:21: And I thought I'm gonna try it, I'm gonna do it, I've got nothing to lose, I feel like I am already dead.

14:28: And that is where I was at, it was horrible.

14:31: And I remember, sorry to interrupt, it's interesting that it's interesting there that you said you felt like you were dead.

14:38: Mhm.

14:39: And for anybody, for anybody listening.

14:42: Who feels like that, you know, that's not a nice place to be.

14:48: No it's not, cos I couldn't show up for myself, couldn't show up for my business and couldn't show up for my family and that is no way, we don't know what tomorrow brings, we don't know what this

afternoon brings, that's I wanted to live my life to the fullest that I could and be out there and do what I can in the time that I have because we don't know what we've got.

15:05: and I really, really felt like that.

15:07: I think I covered it well, I think I covered it really, really well because people were like I never knew you felt like that, you've always come across as confident and giggly and smiley and.

15:15: And everything and I'm like yeah no I was I was crippled inside.

15:20: so I ordered it and I remember ordering it and walking into the lounge and my husband was sat on his chair and I was like, honey, just letting you know there's this thing blah blah blah.

15:30: He sat there, he rolled his eyes, he's like good God, what next Kimi, what are you doing next cos he's used to me doing it all.

15:36: But it was really important to me to if I was going to put a medication, a drug in my body that my closest knew.

15:44: I know a lot of people that don't tell their family, and that is a personal choice.

15:49: For me, putting a drug in my body, I wasn't, I don't didn't have the COVID vaccines, I don't take paracetamol willy nilly, I don't, I'm not really into medication as such.

16:00: so for me doing this was.

16:01: Massive, putting a drug in my body and I remember walking in and he rolled his eyes and he's like, oh gosh, what next, blah blah blah.

16:07: And I was like, I'm just letting you know it is a full prescription, it's fully from a doctor, it's fully from this, I'm getting a nutritionist signed up, it's going to live in the fridge, if you ever find me on the floor, you need to get that, it's got my prescription on with me to the hospital.

16:18: And that's where it started, really, and I honestly haven't looked back.

16:23: Wow.

16:24: Wow.

16:24: And it seems to me that you did everything in your power to make the right sensible choices.

16:32: You let people know, you sought doctors and nutritionists.

16:37: advice, you didn't, and it came from a respectable, source, you didn't just go online and think, oh, I'm gonna get that and put something strange in your body that we don't know what it was, because it was just a offline.

16:48: So, it sounds to me that you did everything in your power to do the right thing.

16:54: I did, and I think that's super admirable, because I do know, you're welcome, I do know of people that have bought these things online, and they are just, as you say, at that desperation point to make a change.

17:10: Yeah, you know, I know, I know Oprah, sorry, I said it's crazy out there.

17:16: Oh it is, and I know that Oprah described it for her as a necessary tool to combat the, the, the food noise.

17:25: And I think that's another indication of people when they get to that desperation point, isn't it?

17:30: Yeah, that food noise, actually someone, the girl I was talking to yesterday, she said, I've never had food noise, and so I don't know what it feels like, and I was like, you are very lucky.

17:40: You are very lucky, because the.

17:43: Well, I don't think 2 years ago food noise wasn't really a thing, was it?

17:46: Obviously it's come up with with GLP ones and everyone talks it's one of the buzzwords now, isn't it?

17:51: But I, you've made a really important, just like point here.

17:55: I know the prices have gone up, but it's really, really important.

17:59: If you're going to go on this, you are going on for the right reasons and it's not just to drop half a stone, it's not just for a holiday or or a thing, it's a lifestyle change, it's a tool.

18:08: You don't just jab and it melts your fat, it doesn't just pop out, it, you don't wee it out or poo it out or anything like that.

18:15: It's, you know, it, it's working with your body and your brain and everything, and it's really important that it is a tool and it is for the long haul because like you've mentioned hair loss, you know, that isn't actually a side effect of Manjaro, what it is is a side effect of you not nourishing your body enough, that you're not putting the right nutrients in your body and all your protein gets stripped from your hair first.

18:38: Your hair actually needs a lot of protein to grow.

18:40: It needs a lot.

18:41: It means a lot.

18:42: Who knew that?

18:44: Exactly.

18:45: And I've learned a lot doing Manjaro.

18:47: I've actually, I've learned a lot, and it's been an incredible journey with what I'm learning and and different supplements and what you actually need and what you don't need and and things like that.

18:58: So it's, it's been fun along the way and I have been very lucky not to have side effects, really, really lucky.

19:04: because you do see that in mainstream media, don't you?

19:07: See that people have got what they call the Ozempic face, or yes their hair comes out in what is the Ozempic face, Sarah, what really is it, like I don't know, and it goes down to the protein.

19:20: I did listen to a podcast that Mel Robbins did with, with an expert, a medical expert, and she explained it, that it is all to do with the protein and it's not taking enough protein into one's body.

19:33: To, to come back just live, let alone what you're doing.

19:38: 100% and you need to eat on it, like when people come to me about it because I've I have documented my story and when people come to, my first thing is you've got to be OK with putting a drug in your body, you've got that, like first of all you've gotta be OK with that and you've got to eat, you have, it's important to eat, like your body needs to function, you need to live.

19:57: I know, I know, and that's so important, isn't it?

19:59: So obviously, you know, you've changed physically very much so, I mean I look at pictures.

20:05: That you've posted and shared before of where you started, and, and with your permission I'll put a couple in the show notes just so people can see, because, you know, I see you now, and you are physically a completely different person.

20:20: However, as you say, you still have eyes that light up, your smile lights up a room, you're very effervescent, but what, what's changed emotionally for you?

20:32: I'm starting to love myself, like, yeah, I, I, I like myself, I walk past.

20:38: I walk past the mirrors in the house and I'm like hello, who are you?

20:43: and do you know that's actually a little side effect of weight loss, like fast weight loss if you will, is your brain doesn't catch up with your body.

20:50: So I've actually placed a mirror in front of on the opposite side of the wall in my lounge, a huge mirror where I sit on the sofa so I can see myself all the time.

21:00: And I actually do affirmations in there and I do go, you're amazing, you've got this, you're doing it, you're growing, you're doing this.

21:05: And I've told my husband to do it cause he's always like, are you looking at yourself in that mirror again?

21:09: I'm like, yes, I am.

21:11: And I am and I've actually just put 5 pounds on this last few weeks, and that's from not looking at my foods that I'm eating, just eating crap, and I want, and it was a bit of a test to see what was going on.

21:23: and what foods don't align with my, with my body, and I'm back on it again, and I haven't been to the gym for two weeks, so you know, like I wanted to see, see where it was playing out, and I've been still on Mounjaro, so, you know, it, it, it is what you're putting in your body and doing.

21:38: but I'm definitely starting to love myself and I am happy to go out and do a food shop now, which we still do them online and have them delivered, but I didn't like doing that.

21:47: I literally only went out for my mid meetings.

21:50: I'm happy to, like I drove all the way to GLOW to a big event, I've been here, there and everywhere.

21:56: On my own, and that's crazy, wow, wow, that's, that's brave of you, but it's also honest that you can admit that now, and then in terms of confidence, how would you say that's shown up differently for you, whether it's been in your work, or in your personal life or your marriage or when you're parenting.

22:16: Everything, I've got stronger and I'm growing stronger and that's something like mindset that I really wanna be able to work on and the weight loss has enabled me to do that, wrongly or rightly, I don't know, but this is obviously my my side.

22:29: Someone actually said a few weeks ago, you've really changed, and I was a bit taken back by it.

22:34: At first I was like, oh shit, like am I a horrible person now or something.

22:40: And then the more I thought about it I was like, no I have changed, I really have changed, but actually it's not that I've changed, I've just become myself again.

22:48: I've become the girl that can go and have a laugh and have fun and.

22:52: And be like yeah I was fat, I was, yeah, like absolutely own that, look at what I was and look at what I've done and yes I have used a medication to do that, but I've worked bloody hard.

23:02: I, I do gym classes like 3 to 4 times a week, I really watch what I'm eating, I do this, I do that and and things so confidence wise it's done and it's done brilliantly for my business, especially in the branding side.

23:15: I can now have fun with women in the studio rather than telling them what to do.

23:20: I can show them, and that has been the biggest change.

23:24: Wow, wow, good for you.

23:26: And, and what would you say, Kimi, to anybody out there, women specifically, who do feel invisible right now, whether it is from their weight or their appearance or their situation in life, what, what, what would you like to say to them?

23:44: That you're here for a reason, whether you've got your own business or you're working for someone.

23:50: You're on this planet for a reason, you might not know it yet, because I didn't know mine till recently.

23:56: and I'm good old 40 now.

23:59: and to have fun like, so if you're not feeling there, change it.

24:03: You, only you or only me, we, we have the power to do it, but it's on us to do it, we can't sit there and mope about I'm gonna use my own journey about being fat, about being in pain.

24:16: I was like enough's enough, I have my sister's twins every week, they're 3 year old, I wanted to run around with them, I wanted to like be able to keep up with the little monkeys.

24:24: And to do that I needed to lose that weight and get fitter and healthier.

24:27: So look at your life and really, really look at it, even if that's going and seeing a therapist or talking to someone that's close to you or talking to a stranger, sometimes someone that's out of your circle.

24:37: It's easier.

24:39: but changing, get that change made and get it done now.

24:42: Don't be like, I'll do it in 6 months, I'll do it then because we don't know what, where we're gonna be 6 months.

24:46: So make that change and just enjoy your life, like have fun.

24:50: Life's too serious and sad everyone, have fun with it.

24:53: Amen to that, amen to that.

24:55: You are truly Kimi Watson, an inspiration to many, I know you are, and you know, you may not accept that compliment, but please know that it is given in, in the truest.

25:08: Sense of the word, you are absolutely an inspiration, and, you know, I admire you and I know that many others admire you as well, so, before we go, I wanna do my quickfire 5 questions if you're up for the challenge.

25:24: Go for it.

25:24: And it's interesting because the first one is always, what's your best comfort, what's your comfort food, what's your go to?

25:31: Or either a roast or a Chinese.

25:36: And is there something that you're reading or listening to right now that you're enjoying?

25:44: I've got a lot of like podcasts on the go.

25:47: I actually really like Lindsay Williams, she's got a manifesting through motherhood.

25:51: I like that.

25:51: I think because I know her, I feel more attached to her stories.

25:56: but I'm, I, I mean, to be honest, I just love the radio and listening to songs and just like bopping around to them.

26:02: No, that's great, that's great.

26:04: And in this moment precisely what's the one thing you're most grateful for Kimi?

26:10: Myself.

26:12: I think, I love that.

26:14: A self-care practice, what do you do?

26:18: Breathing, I've, I'm learning to breathe properly for me.

26:24: I've never had that answer before, but I too have, I've, I do a lot of breath work or when I'm meditating or I have an audio that I listen to, and it can, we take it so much for granted, don't we?

26:36: It's just, it's there, but actually if we can learn to, Better understand that, I think we can calm ourselves down, we can calm the nervous system down, we can help ourselves fall asleep so yeah good for you, I love that answer.

26:51: If you could go back and tell your 21 year old self something, what would you tell her?

26:58: That you're worth everything.

27:03: That's it, just that you're worth everything.

27:05: I love that, I love it.

27:06: Kimi, thank you so much, it's been a real honor and such a treat to have you talk so openly about this topic, cos I know it's a big topic right now, and you know, it gets a lot of bad press, so I've thoroughly enjoyed learning more about your story, and I know our listeners and and viewers will as well, so thank you so much.

27:25: Oh thank you so much for having me.

27:27: You're very welcome.

27:29: What struck me in this conversation wasn't just a weight loss, it was Kimi's honesty.

27:36: She spoke there about eating to celebrate, eating to cope, eating when life felt heavy and when it felt joyful.

27:45: Food wasn't the problem.

27:47: It was the comfort, the numbing, the pattern, and underneath it all was a woman who couldn't look at herself, who she said hated herself, who felt trapped in her own body.

28:01: And then came that moment her body simply said enough.

28:06: The pain, the aching, the feeling that something, that something had to change.

28:12: Though what moved me the most wasn't just talk about the injections, it was the mirror.

28:19: Kimi's decision to sit in front of her own reflection and say, you, you're amazing, you've got this, you're growing.

28:29: That's not vanity, that's repair.

28:32: That's rebuilding a relationship with yourself.

28:37: She described, didn't she, it, it, it was growing stronger, becoming herself again, and maybe that's the real story here.

28:46: It's not shrinking, it's expanding into who you were always meant to be, as Brene Brown says, owning our story and loving ourselves through that process is the bravest thing that we'll ever do.

29:02: And that's what I heard today folks, it's a woman owning her story, choosing to back herself, and allowing herself, finally, to take up space.

29:15: If this conversation resonated with you, perhaps the question isn't what do I need to lose, rather, where have I stopped backing myself.

29:25: Thanks for trusting me and thank you for sharing this with the people you care about.

29:30: And when you come back, I'll be here, ready to meet you where you are.

29:36: And so until next time, as always, stay safe, be well, and be your own definition of amazing.

END