

Heather Vickery 0:01

Hello, hello. Hello, this is Heather Vickery. Welcome to this week's episode of The Brave Files Podcast. I'm so happy to have you here. You know, I'm wondering, have you ever had a moment in your life where it was so noisy that you couldn't think straight? And now have you ever felt that even when you were alone? Well, this week's guest shares her life changing decision to welcome her 50th birthday by shutting out the noise and launching the follow made of 50 campaign where she challenged herself to get out of her comfort zone and really begin to live her life. It's such an invigorating and uplifting conversation. We talked about how we can slow down, how we can be intentional and take action, while still being in motion and serving others and being active. It's about understanding the power of even the smallest of gestures, and how we can't always be quantitative in life because we never really know where we're going to discover immense value. Stay with us to learn all about the ways that you can get out of your comfort zone, feed your soul and be of service to others along the way. But hey, before we get started, I want to ask you another question. Have you ever had the thought, Wow, it would be super fun to start a podcast or Yes, I want to start a podcast. But I don't know how. I don't know if I should. I don't know if I can. Well, guess what? We have the answers for you. I invite you to join me and my other experts from the Podcast Power Academy. When we go live to have a conversation answering all of your burning questions about podcasting, as well as explaining why this is the best time ever to start a podcast and how to get started. Simply visit PodcastPowerAcademy.com and register for our next live q&a session which is happening on August 20 at 2pm Central. Again, that's PodcastPowerAcademy.com and I cannot wait to see you there. Now here's the show.

Amy Yontef-McGrath 2:04

transformed, engaged, service addict.

Heather Vickery 2:08

This is Heather Vickery. And you're listening to The Brave files, stories from people living courageously. When we choose bravely and big and small ways, it powerfully elevates our lives. I hope these stories connect with you and encourage you to embrace bravery in every possible way, day after day. Together, we can build a movement of courageous living that enriches both our lives and our communities. And if you enjoy the show, I ask you to please share it with others. Maybe think of someone who you want to choose bravely right alongside you. Thanks for tuning in. Now, here's the show. Hey, everybody, this is Heather Vickery. Welcome to this week's episode of The Brave Files Podcast. I'm really glad you decided to tune in today. You know, bravery has no boundaries. And it most definitely does not have an age limit, which is why I'm super excited to welcome today's guest, Amy Yonfet-McGrath. She's a former public interest attorney and a self proclaimed service addict, as you heard in her three words. And when she was turning 50, she launched an innovative platform called Follow Me to 50. And that took her out of her comfort zone, and it helped her discover a new passion and reclaim her spirit. These days, Amy works to encourage others to do the very same thing to find purpose and passion at every stage, and to expand those traditional notions of community to inspire action, interaction and investment. And she didn't say this, but I'm gonna say not just investment in your community, but what I'm hearing is investment in yourself and I cannot wait to talk more about it. Amy, welcome to The Brave Files.

Amy Yontef-McGrath 3:51

Oh, thank you. I'm so excited to be here. Thanks, Heather.

Heather Vickery 3:54

Really excited to have you here as well. So based on you know, what we do just told everybody you have a lifelong passion for being an activist. You called yourself a service addict. This is the work that you've done. Is it is it your whole life or just your adult professional life?

Amy Yontef-McGrath 4:14

I think the genes have always been there. And I've always had public service, you know, in my blood in my action and raising my family. But until Follow Me to 50 I never did it at this level. I call it kind of service on steroids.

Heather Vickery 4:28

All right. I love that. I totally dig it. So can you talk us through what was happening in your mind? So this was when this initiative started, after you turn 49 as you were launching into 50. So what, what made this sort of come to fruition?

Amy Yontef-McGrath 4:48

It really started from a funk. To be honest, I felt stuck. I had always been a person who had a great plan for herself but it never went beyond getting my law degree, getting married, having children. It, the plan just stopped there. And I think I didn't realize that it stopped until I was in this kind of stuck place. My kids were getting older, I realized I had less of my own identity apart from being a mom. My dad had passed away, my 50th birthday was approaching. And I just saw my children and others around me have this passion that I realized I always had and that I call it this oomph, the oomph that you get from doing really satisfying work. And it had been a long time since I'd felt that and I really became hungry to feel that again and knew that I was entitled to feel that again. And so out of that Follow Me to 50 was born.

Heather Vickery 5:52

I love it. I get it. I'm 45 so I'm not quite there yet, but certainly I think felt a dramatic shift in myself when I turned 40 that whole midlife crisis thing, but I kind of I kind of call it a midlife catharsis and I wonder if that sort of in the end, what you ended up experiencing also where, for lack of a better term, I just had no fucks to give. I don't have to do any of this shit. I don't have to do any of the things that people told me I always had to do. I can do whatever I want to do, and so can everybody else. So I love that. Can you tell folks then, what, what is what was Follow Me to 50? What sort of action did you get into and what was your call to everybody else?

Amy Yontef-McGrath 6:39

So Follow Me to 50 had three parts. But I want to back up just to say that I knew that I needed new passion and new purpose and direction but I had no idea what that was. So this was all an orchestrated journey to intentionally shake up my life to kind of find out where I would go I didn't have a set destination I didn't know where I wanted to land in a in a new career or with a cause. But I knew that doing what I was currently doing with the people I was currently doing it with, and in this sense of kind of, I want to call it stillness. I wasn't going to find it. So I call it a shake up. And what that meant was that I was going to get out of my comfort zone, go to new places, meet with new people, try new things and see what came of it. And so Follow Me to 50 I was pretty thematic. It consisted of three parts. And the first was to do 50 public service projects in

diverse, you know, areas and causes by myself within the year between my 49th and 50th birthday. Then I was going to write a novice service blog. I had never blogged before, I'd never written anything that is a component. And the third part was going to be doing a solo fifty mile walk somewhere I had never been by my before by myself.

Heather Vickery 8:04

Wow.

Amy Yontef-McGrath 8:05

So I wanted to do those three things which seemed ambitious. A stretch, but it seemed very Amy like all of those things. I love walking, I love serving, I like writing. So but they push the limits a little bit further and gave me something to really look forward, to change the way I used my days and my time.

Heather Vickery 8:27

I love that when we shake things up, it's really kind of wonderful to see what falls out. We get so stuck in our norm and our habits and our routines that we often we miss so many opportunities. So I love that you were self aware enough to say, This isn't how I want to feel. This isn't what I want to do and I'm not sure what it is, but let's try these things. What was the most difficult part of all that like you mentioned a doing the things getting up being uncomfortable the blogging? What was the most challenging part?

Amy Yontef-McGrath 9:02

The most challenging part, to be honest, was just telling myself that I was ready for this. And I hadn't taken these actions because I was overwhelmed. I thought I knew what I wanted to do. So the shake up was really the gift because I didn't have to know where I was going. I just had to take the first step. So I always use the first example, the first project I did as the time that I really felt that oomph again, I knew I was on the right track. I hopped in a kayak on the in the Anacostia River near National Stadium down in DC. Brown mucky water, and I cleaned up trash I had my bag and cleaned up trash towed back a big raft. I just, it was the silly thing. Kayaking isn't a big deal. Cleaning up trash isn't a big deal, but I knew that I was setting out on this journey and everything. Everything after I decided to, to take this journey really felt easy. It was the feeling stuck. That was hard.

Heather Vickery 10:06

Yeah. Oh, I love that. I hope y'all listened to that. In the end. It's the feeling stuck that's the hard part. It's not the action. But when we are so stuck when we're so steeped in stuck, we don't know what action to take. So how did you decide what was going to be first?

Amy Yontef-McGrath 10:23

It was just what came you know, I got as soon as I embraced what I was doing, all this enthusiasm came pouring back and I am coming, you know, the internet to see what, what's out there. I looked at resources in my local area. And this one happened to be an email from an alumni group from my college at the University of Delaware. I had never done anything with them before. So this kind of fit my bill, my comfort zone, do things with new people, and it just took off from there.

Heather Vickery 10:54

That's really cool. I love that. And so you knew right away when you first embarked on all of this that you wanted to make this a public journey. Is that right and share it with other people?

Amy Yontef-McGrath 11:08

I think so, I didn't really know how I wanted to use the blog. I think I started it to keep me honest.

Heather Vickery 11:16

Fair enough. I love that accountability

Amy Yontef-McGrath 11:20

To start each project, almost like a journalist asking questions, you know, who does this? Who does this organization serve? What are their needs? How do you do it? I was, I was just seeking all of this new input and education and to learn, and I would come home after having an amazing experience and just hover at my computer. Writing. And at first, I think probably only my family was reading it and maybe only when I asked them if they had read it, but slowly but surely. I realized some friends were reading it people gave me feedback that they had no idea that there was this need 20 minutes from our home or 30 minutes from our home.

Heather Vickery 12:06

Yeah.

Amy Yontef-McGrath 12:07

And so I did realize at some point that it was having powerful value to it.

Heather Vickery 12:15

Yeah. And so then, then what you realize it was having a powerful impact had a powerful value. Did you feel a call then to encourage other people to embrace this type of adventure? What was the next thing that your intuition told you to do?

Amy Yontef-McGrath 12:35

Probably in that first year, I was just so in it for myself. I know that my family and friends saw a huge change in me.

Heather Vickery 12:44

Sure. Yeah.

Amy Yontef-McGrath 12:45

But mind you, they were not invited to join me. I wanted to

Heather Vickery 12:48

I love that

Amy Yontef-McGrath 12:49

all by myself. And this was something that I was really doing just for me, everything else in my life in the past, you know, a couple decades raising three kids had been about other people. And so I did know that it was inspiring but I really didn't circle back to address that power and that

impact until after I was done. But, but since then I do there is nothing that brings me more joy than to hear my neighbor up the street or someone that I met at a project or someone else that says they heard of what I was doing and they started volunteering themselves or they started doing 50 themselves or they wanted to mark a birthday this way. So now in in this post, Follow Me to 50 that I call keep following. I do realize it's about the the the

Heather Vickery 13:41
bigger impact

Amy Yontef-McGrath 13:41
the bigger impact and inspiring others.

Heather Vickery 13:44
There's so many things that I really, really love about that. One is that I just love kind of I heard a little giggle from you, as you said it like no one was invited to join me this was mine and a as is women in particular And as mothers we are often whether or not we're told this or not, the implication is most certainly be selfless. Don't think about yourself, think about everybody else. You've got to do all the things for everybody else, which is part of the work that I do as a success coach and as somebody who encourages people to embrace fear and to embrace bravery, is that you can't be everything to everybody else. If you aren't taking care of yourself, you aren't doing things for yourself. But I think because of those lessons, we're terrified so often to do anything alone and I can remember very clearly, the first time I went to a movie by myself or to dinner by myself or traveled by myself, but I happen to be in my early 20s when that happened. And it was kind of a life changing eye opening experience for me. So what did everybody say around you when you were like you cannot come with me, this is all about me.

Amy Yontef-McGrath 14:58
I think people people have known me as a people person, I've always had this village of sisters and good friends and love being with people. But oddly enough, I like being with myself as well.

Heather Vickery 15:09
me too.

Amy Yontef-McGrath 15:10
You know, the decision, the decision to do these service activities by myself is one of the best choices that I made on this journey because what it allowed me to do was to be totally engaged in the moment, when I was serving, serving meals, for instance, I was fully present to, to, you know, engage with the clients of the center, or to turn to the volunteer next to me and ask them questions about themselves. If I had volunteered with my mom or with a friend, I fear that we would have been talking about our own personal lives, it's kind of our tendencies. So I was really free to be present and focused where I was. And again, that was a surprise gift. I didn't really design it to to have that impact, but it really did.

Heather Vickery 16:04
Really cool. It's a really, really cool concept of what are the gifts when you decide to go it alone what with your quiet and we just kind of I encourage clients all the time to spend time in silence, which is really hard for folks to do right now. Even if it's just five minutes a day, sit in silence walk

in silence. And this is the similar concept like what are you going to hear? What are you going to find when you're quiet?

Amy Yontef-McGrath 16:31

Because when it's noisy, you don't hear the other things. The other thing is on this 50 mile walk I had intended to listen to great podcasts. I could have really listened to you for the 50 miles.

Heather Vickery 16:42

Well, thanks

Amy Yontef-McGrath 16:42

I thought I would do a lot of things. But I was unplugged the entire time.

Heather Vickery 16:47

Really, wow!

Amy Yontef-McGrath 16:49

because I just thought I was gonna miss something exciting. I think visual you know, all your senses, you know get more sharpened when there is a little bit of silence. So I was oddly not bored.

Heather Vickery 17:02

Reall cool.

Amy Yontef-McGrath 17:02

I really embraced where I was. So those were themes that kind of

Heather Vickery 17:08

Yeah,

Amy Yontef-McGrath 17:08

wove throughout Follow Me to 50

Heather Vickery 17:11

They kept popping up. So let's talk about that walk for a minute. First, I want to know how long did it take you to walk 50 miles.

Amy Yontef-McGrath 17:17

I gave myself three days. I didn't do it for speed or you know, real endurance, but I wanted it to be somewhat of a challenge. So I walked about 18 to 20 miles a day.

Heather Vickery 17:30

And where did you walk from and to?

Amy Yontef-McGrath 17:33

Alright, well, this was another gift. No one needs to feel sorry for me. I didn't brave the mountains or deprived myself of anything. I started in Ventura, California. I'm an East Coast girl.

I live outside of Washington, DC and Maryland. But I flew to California, and started in venture and walked through and around Santa Barbara.

Heather Vickery 17:56

That's very cool.

Amy Yontef-McGrath 17:58

And that's probably why I didn't need anybody. I

Heather Vickery 18:00

Yeah,

Amy Yontef-McGrath 18:02

it was gorgeous.

Heather Vickery 18:04

What? What came to you in that space? So if you're just focusing paying attention, Where were your thoughts What? What was yours other than just having been super present, which is an incredible gift at the end of the 50 miles?

Amy Yontef-McGrath 18:20

Really just, first of all, I have to say you heard me chuckle before it. It was a giddiness that I had that I was giving myself this opportunity. This was this. This was the capstone project. This was number 50 that I walked the 50 miles I had raised money for for six different charities but I was giddy and I felt the sense of freewill and self determination because I was just responsible for myself when I wanted to stop and take a picture I stopped and took a picture, if I wanted to engage with a shopkeeper and ask them about their community, I could do that I was not on anyone's schedule. So I think the takeaways from the walk was really that I can be adding some freewill into my daily routines a little bit more often. Why should I not? This is the time. But my reflection, maybe sadly or for good didn't go much further than that. It was really after I came home that I allowed myself to process the whole year I thought that that walk would allow me to process my Follow Me to 50 journey, but I was too engaged in where I was.

Heather Vickery 19:36

I love that. I really do. This is not the same thing. But the thing, closest thing that I can think of is at the end of last year, I just felt this incredible call to disengage from all existence.

Amy Yontef-McGrath 19:50

Okay,

Heather Vickery 19:50

I really I needed a detox. I called it a retreat, a personal retreat. And so I booked a hotel room in Wisconsin. Milwaukee, we live in Chicago. And it was 48 hours where I didn't have a device. I didn't take my phone. I didn't take my computer. And I took some books and I and much like you, I thought I was going to take my journals and worksheets to go plan for the next year and to reflect and do all this and that. And I really, I only read novels, fiction books, and slept. Mostly I read even sleep the first night, I went to sleep really early. And then I stayed up until almost

five in the morning the next night because I could, and I read for the majority of 48 hours, and A, it was incredible. And B, I thought, Oh, I need two more days for this to work. This was not I needed all of the time to be present and to decompress and to do whatever I wanted without agenda. And then I think I would have been ready to do some of the other stuff. So this year, I'm going to plan for it. It is and that's crazy talk. I mean I was off the radar. I did say this is the hotel I'm staying If there's an actual emergency call the hotel, they'll bring my room. But outside of that,

Amy Yontef-McGrath 21:04
don't call,

Heather Vickery 21:04
but don't call. Yeah, like somebody needs to be in the fucking hospital door.

Amy Yontef-McGrath 21:09
Absolutely

Heather Vickery 21:10
or don't call. My partner said, what if the house burns down. I was like, Don't call me because I can't fix the house. I can't fix the house. I'm not, you know, I can't do anything about it. We'll talk about it later.

Amy Yontef-McGrath 21:19
I'm with you, Heather.

Heather Vickery 21:23
So I really get that there wasn't anything except experiencing the experience. And I think we put so much pressure on ourselves to do more than that. It's really such a gift to be able to say it's okay to just be in this moment. and explore this moment and feel this moment and it doesn't have to be anything else, then other than this moment right now, because it will inevitably transform into something else eventually.

Amy Yontef-McGrath 21:50
Well, and that was so consistent with my experience doing my 50 projects in the community. What I recognized was even doing that that my, the smallest gesture could have such big rewards and big gifts for somebody else and for me, so it's not a matter of how much time you spend doing something or how much you accomplish. It's you can always quantify, you know, be quantitative about it. I think

Heather Vickery 22:13
Absolutely.

Amy Yontef-McGrath 22:13
that little things can have huge value. And so hunkering down in a hotel for a couple nights can really recharge you for the rest, just as a simple act of kindness to a stranger can really be a big gift to them.

Heather Vickery 22:27

Yeah, I love that. I think it's great. And I have to tell you, a few years ago, some friends and I did the it does not exist anymore, but the Avon 39 mile breast cancer walk.

Amy Yontef-McGrath 22:37

I did that as well.

Heather Vickery 22:38

We had a good time doing it together, but I legit I am not a physical person. Like you're like kayaking is no big deal. I'm like, Oh, yeah, kayaking is a big deal. I don't sport I don't, I don't activity. I do. I do service projects. I do that. Although though I have the beginning of this year. I felt a call physically my body just isn't reacting to life, the way it used to and so I have implemented 20 to 30 minutes a day of aerobic exercise and I'm and I'm, that's become habitual. So I do like that. But the 39 mile Avon walk literally almost killed me like I did the first day. I didn't finish it. I did. I got to lunch and I couldn't move. I couldn't put a foot forward for the other. I called a taxi to take me home and I spent the rest of the day literally in the bathroom crying and my friends were so supportive, but I got up the next morning, and then I did the second half. So I like 50 hours.

Amy Yontef-McGrath 23:35

That was a big deal. I remember the blisters from that walk.

Heather Vickery 23:38

Oh man, how did you avoid that this time?

Amy Yontef-McGrath 23:42

I don't know. I guess cuz I do that the three days and I was in California. Nothing. Nothing's wrong out there.

Heather Vickery 23:47

That's true. We were in the city. Like we were literally like, you know, going through alleys and going through. It was it was interesting. Yeah, I don't know if it was hard. I would do it again though, but I think I would train a little bit. Did you train?

Amy Yontef-McGrath 24:01

I trained for the Avon walk I did not train for this but but I'm kind of a Forrest Gump Walker anyway I'm outside walking here and there so

Heather Vickery 24:10

Well and it's funny because I am too I walk I walk a lot we live in this in a in a city for a reason and we don't get in the car very often at all unless we have to. But this was definitely different So anyway, I'm impressed I think it's pretty cool that you did it. So after all ended and you realized you were helping other people to take action and create impact, sort of what has been your call sense then? You've got keep following what do you want from that?

Amy Yontef-McGrath 24:36

I really just want to continue this ride both for myself number one, I I sought new passion and purpose and I absolutely have it. I'm kind of obnoxious, service addict and activist junkie and

Heather Vickery 24:51
we have that in common

Amy Yontef-McGrath 24:52
rallying for causes here and there. So I want to keep going and I'd like a reformed smoker might want to teach and preach to everybody else, I want to do the same thing. I want to encourage others to come out of their comfort zone and to shake up their lives and try new things. And if the community can benefit, which I hope they did during my service, and I hoped they would do for others, all the better. But I really want others to feel what I feel and I want to make change.

Heather Vickery 25:28
Good for you. That is exciting. Does this feel like brave work to you?

Amy Yontef-McGrath 25:34
So it does not feel brave at all. Now. I think what I want to give myself is that it it was brave to do where I was when I was where I was.

Heather Vickery 25:48
Yeah.

Amy Yontef-McGrath 25:49
Now it's it's all you know, both self serving and serving others and doesn't feel brave. It just feels so natural and right.

Heather Vickery 25:59
I love that. I love that there are so many takeaways from that is it could be terrifying and hard and you're not sure where to start at the beginning. And then once you're through it, it feels good.

Amy Yontef-McGrath 26:11
It feels really good and, and good experiences breed new good experiences and confidence, you know, breeds more confidence. So it's really just getting yourself unstuck and taking that first step, which I think is the most important.

Heather Vickery 26:27
100% Yeah, that's really, really cool. So what's on the docket? coming up? What sorts of things are you excited to be doing?

Amy Yontef-McGrath 26:35
So, you know, I had at least 50 loves, I mean, I love love. Yeah, I had to choose how I was going to spend my time. So I have after Follow Me to 50 that keep following is to invest myself deeper and a few nonprofits and a few movements and the one that has really captured my time, my heart and my soul is the gun violence prevention movement. So I'm very involved in Moms Demand Action. I have the privilege of being a student liaison for my counties chapter and I get

to work with high school and college students involved in the movement and that helping and working and being with them really influences and motivates and keeps me going. So that that's a little bit of my fourth child now.

Heather Vickery 27:29

Sure,

Amy Yontef-McGrath 27:30

and I am still very fond and very connected with a lot of the local nonprofits in my areas in my area and the friends that I've made through that so so service, continued service and activism have have a poster and will travel and I'll

Heather Vickery 27:48

yeah, well if you find yourself in Chicago

Amy Yontef-McGrath 27:51

well, it's a good excuse. I'll come.

Heather Vickery 27:53

There you go. We got Yeah, it's we although maybe we should meet somewhere else and and do political stuff together.

Amy Yontef-McGrath 28:01

Let's both try something new.

Heather Vickery 28:03

Yeah, here here in Illinois. We get to be very blue. Thank goodness. That's one of the reasons I don't live anywhere else. But yeah, I'll go with you. We'll do some campaigning. That'd be fun.

Amy Yontef-McGrath 28:15

knock on doors.

Heather Vickery 28:16

Not that I didn't just invite myself into your.

Amy Yontef-McGrath 28:19

It's okay. No, no, no, the solo part is gone now. Okay, come join me.

Heather Vickery 28:26

That's hilarious. I love it. One of the questions that I asked every week and I really enjoyed this question, because I'm on a mission to get people to understand the value of celebration is how do you celebrate success wins when you were knocking things off your list one by one. Even now, the things that you're doing, how do you like to celebrate when something goes well?

Amy Yontef-McGrath 28:52

Probably just sharing it with others. People that that were part of it is great and also people who didn't know anything about it coming home and sharing a success. I mean it could be annoying to those people but for me that's celebrating.

Heather Vickery 29:08

You know when you that's celebrating for me too. I love it when you share a shout it from the rooftops and share it with others you get their buy in their excitement. you encourage them to go out and try new things. It feels good. It's it. celebration is contagious. Energy is contagious, no matter what type of energy it is. So yeah, I absolutely love that. Well, you have done so much work with so many organizations. This is probably a challenging question for you, but what is your favorite charitable organization to support?

Amy Yontef-McGrath 29:39

So I have a lot a lot of local ones but I am going to say just like I said where I'm putting a lot of my time would be supporting every town and Moms Demand Action for

Heather Vickery 29:51

Yeah.

Amy Yontef-McGrath 29:52

Fighting gun violence.

Heather Vickery 29:54

why is that so important to you?

Amy Yontef-McGrath 29:57

It's important because unfortunately it's you know It's what's going on in the world. I was really inspired by my 16 year old just now 16 year old daughter who came home after the Parkland shooting, and just really innocently and honestly looked at me and said, How is this allowed to happen? And as a parent, we want to have the right answers. And when I realized I had no answer as to how this is allowed, I understand why it's a problem. I cannot understand or cannot accept why it's allowed. And so I did vow at that point to to make this an issue for me, and for my family. And so I would, that would be the charity that I would want othersto support as well.

Heather Vickery 30:43

I'm a big supporter, big fan as well. And so I mean, while I felt like I knew your answer as to why it was important to you, I really wanted everybody who's listening to have a chance to hear it. It's a really important organization folks gun safety laws. Have to happen. They have to happen. We are. You're worried about things like Coronavirus. It's got nothing on mass gun violence,

Amy Yontef-McGrath 31:10

and it's affecting everybody. It's

Heather Vickery 31:12

absolutely

Amy Yontef-McGrath 31:13

It's domestic violence. It's urban, it's suburban, it's country. It's, it's everywhere.

Heather Vickery 31:18

Absolutely. Absolutely it is. So they will be our charity of the week. And folks, if you aren't already familiar with them, please get to know them. But few have anything to give time, money, resources, social media likes, whatever it is, please do that. I asked you that every week. But I really call upon you. And I love everything that Amy is doing. I love that she did it by herself first, but now it's a group effort, a community effort. When we come together as a community, a global community, the impact we have on the world is extraordinary. And we cannot do it unless we're in this together. So thank you so much for sharing that with us, Amy.

Amy Yontef-McGrath 31:54

Thank you.

Heather Vickery 31:56

All right, my friend. Will you share your three words with us one last time I will

Amy Yontef-McGrath 32:00

transformed, engaged, service addict.

Heather Vickery 32:05

Yeah, I love it often I have some questions about the three words. But clearly we clearly heard about your transformation, and how unbelievably beautifully engaged and present you were, throughout all of it. And we've proclaimed service addict a lot. So I think they're fantastic words, Amy, I loved having you here. It was such an inspiration, I hope that the people listening will challenge themselves even. You don't have to do 50. And you don't have to be turning 50 you could be turning 80 or you could be turning 30. Find some things to do to shake up your norm and to get out of your comfort zone and try it in silence and see what happens. See what opens up for you. So thank you for showing everybody all of the potential that's out there for them if they just look for it.

Amy Yontef-McGrath 32:48

Thank you so much.

Heather Vickery 32:49

Yeah, folks, I hope you enjoyed this episode, and I hope you enjoy everything we do here at The Brave Files Podcast, and if you do, I urge you to To become a supporter on Patreon, all of the work that we do is really important to us. But it takes a lot of time and a lot of money and I cannot pull it off without your support. So please visit patreon.com/bravefiles, and check out all of the different entry tiers, they start as low as \$4. There are a lot of ways to get involved and lots of cool prizes. So find a level that works for you. And please, please join our brave movement. And I would also love to hear what you think about this episode or any of the others, or maybe what you're looking for in the future. You can give me a call at 312-646-0205 and share whatever you want with me. I listened to everything and I will personally respond to you. So I'm thanking you for being here with us for being in the space for staying present for trusting yourself. This is Heather Vickery reminding you today and always to go out and choose bravely. Hey friends, I want to share something really exciting with you. We already know you enjoy

listening to podcasts because you're listening to this one but I'm also betting you enjoy audiobooks. And hey, listen if you don't already enjoy audiobooks, then it's time to check them out. That's why I'm really excited to share libro.fm with you. They are an incredible new platform for listening to audiobooks. And by choosing libro FM over other audio book services, you are supporting a local bookstore of your choice and investing in your local community. libro.fm offers over 150,000 audiobooks via their primary platform, which by the way, they built with love and from scratch because they're a small business also. They even offer bookseller recommendations for great audio book options. You can sign up right now via www.VickeryandCo.com/LibroFM. That's [VickeryandCo.com/ LibroFM](http://www.VickeryandCo.com/LibroFM). And when you do, you'll get one free audio book of your choice, and the proceeds will go to your favorite local bookstore. Now check what I just said there, you're going to get a free book and the proceeds are still going to go to your local bookstore, because libro.fm makes sure that their booksellers get paid even when they give a promo to customers. I've listened to over 20 audiobooks this year alone. I especially love listening to memoirs read by the author, and it feels great knowing that all of my purchases support my local bookstore, the book table in Oak Park, Illinois libro.fm, the same audio books, the same price, but a completely different story. Check them out right now at VickeryandCo.com/LibroFM. You've been listening to The Brave Files, stories for people living courageously to learn more about the show, find our show notes or get some great bonus content, visit TheBraveFiles.com And we'd love to know what you think you can give us a call 312-646-0205 Let us know your thoughts on the episode The show in general, or maybe share with us how you're out choosing bravely. This episode is brought to you by Vickery and Co success coaching, coaching that helps you maintain a life well lived and a business well run. Learn more at VickeryandCo.com. Our music is produced by Matt Lewis, follow him on Instagram at Matt M. Music or visit his website, TheUnionBand.com. We couldn't do any of this without our extraordinary audio engineer Andrew Olson. Learn more about him and check out his work at findAndrewOlson.com and special thanks to our associate producer Kim Statler. I'm your host and Executive Producer Heather Vickery. Thanks for tuning in. We'll talk to you next week.

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