

Are you a people pleaser. Do you feel like you have to go above and beyond out of your way to make other people happy at the expense of your own happiness? Well, if you are, you're in the right place, because in today's episode, I explain exactly how to find balance between giving to others and giving back to yourself and what you can do to start feeling happier right now, enjoy

Yo what's up, I'm Jamie, Michelle, and I'm here to help you make sense of all the crazy chaos and uncertainty that exists in our world. Today. I'm an expert award-winning mindset, coach Khan, rogue. I completely ditched coaching just so I could bring the truth straight to you. It's all of the answers, none of the to help you live your very best life. Look, you're not crazy. If you've been sauce of all the shenanigans going on in our world, you're in the right place. There's so much more happening than we could ever imagine. All the corruption, all the lies, all the going on is in comprehensible for the human mind, which is why we need to look at things with our spiritual mind or collective consciousness. We have been lied to for far too long. And right now we're going through the great awakening. The truth needs no defense, and it always comes to light. We need to come together as one to rise up and defeat the dark forces in this matrix to save humanity. If you want the truth, you'll find it right here. Let's get it.

Yo, what's up. Welcome back to the show. It has been a minute since I have recorded a podcast since before Christmas, today is Monday, February 1st, 2021. So since it's the first podcast of the year, let me be not the first person to wish you a happy new year. If you don't know I was on vacation for a while in Florida. And then when I got home, I came down with a pretty nasty like virus that made my whole body just like have horrible pain. So the only thing that I could focus on was healing my body. So I am truly sincerely. So sorry for skipping out on you like that. It was definitely not my intention, but I am back I'm 100% back to being pain-free, which I will never take for granted again, but I wanted to get right into today's episode. And what we're going to be talking about is how to find balance when you're a people pleaser.

And this topic really came up last night. I was talking to an old friend. I was catching up with him, you know, just like texting. And he asked me a question. He was like, can I just like ask you a question? Like I am always, I have always been a giver. I always worry about making other people happy at the expense of my own happiness. Like how in the heck did you find balance? And he went on to explain like, you know, one of the reasons that I, I ended up getting a divorce was he spent more time, like trying to make her, his, his ex wife happy. And he lost his own happiness. He lost sight of like who he is and how to make him happy, you know? And, and he was like, I've Al I've always really struggled with that.

I've always struggled with, with me. And I, it just like opened up this beautiful conversation. And we ended up having a great, you know, kind of dialogue back and forth where I was kind of walking him through some things. And I thought it would be a really great topic to cover here for you, because I know that this is something so many people struggle with. I struggled with it for years. I still struggle with it. And that's one of the things that I explained to him. I was like, this is a constant practice. This is not something that you're just going to wake up one day. And like, you're not going to really care about making others happy. That's like, not at all. That's not at all how this works. So basically what I want to talk to you about today is how to find balance.

Obviously, if you do struggle with being a people pleaser and understanding what is underneath that need, what's, what's really driving you to, to feel the need to always make other people happy. And there's a fear there, and I'm going to get into that. And I've talked about fears before in previous podcasts, but none of those exist anymore. So I'm just going to go through it all over again for you. So what I answered to him when he asked me this question, and I was like, listen, you have to realize is the happier that you are the better that you're doing with yourself, the more amazing and the bigger you can show up for other people like you can't. And I'm sure you've heard this before. We cannot give from

an empty vessel, cannot fill other people's cups up before we, our own cup. Like you can't give from an empty cup.

And all of these things are like sayings or cliches or whatever that you've probably heard thousands of time times before. But what you have to understand is we have got to prioritize our own health, meaning our own happiness, our own mental wellbeing, our own physical fitness, and all of the things that make us really thrive. Because when we do that, when we invest in ourselves selves, first, you have so much more to give others. And so when you do that too, like you are more in tune with like who you are, and you're better able to show up for the people that you love. And they are more naturally just drawn to you because you're being your best self for you. And that is like exactly who they want in their lives. Do you know what I'm saying? So it's really a constant practice. Like I spend so much time alone recharging.

I'm what you like. I don't know if this is like an actual like term, but I'm what I would call an introverted extrovert. Meaning like I socializing, I love meeting new people. I love going to events. I really wish there were a lot more events that I could go to right now in Pittsburgh. But I'm one of those people that like, when I do that, when I'm around so many people, I'm so empathetic, I pick up so much energy. That's like not mine that I have to really come back in, like spend hours just alone, like decompressing and kind of like, you know, clearing the energy of everyone else and getting back to myself and, and being in tune with what I need, if that makes sense. So it's a constant, like give and take a balance between, okay, I want to serve humanity, right? Or whoever you want, whoever in your life, you want to be happy. Whoever you want to have like a good life with you, your friends, your family, your significant other, your, you know, I don't know, mentors, teachers, employees, colleagues, like all of these people that you engage with on a daily basis.

If you are

Focusing so much on worrying about if

They're happy, it is so easy

And it always happens. It's inevitable. You will lose track of what makes you happy. You'll you will forget why you're even there in the first place. And then you will start to resent the other people, because you're like, I'm doing so much to make. So-and-so happy to make these people happy. And you're going to feel like it's not appreciated. You're going to feel like it's, it's like, you're, you're running yourself into the ground for no reason. And then we all know what happens after that. You crash and burn and, and sometimes relationships end up like crumbling because there is no you've lost the, the real connection there, because you've been so caught up with like trying everything to make this person happy. So it really comes down to having those like open lines of communications and setting, healthy boundaries. You have to know, like, you have to be able to connect with yourself and understand, okay, what am I going to accept? What kind of behavior am I going to accept from this person? Or these people or whatever. What is absolutely like off limits, like setting healthy boundaries and being able to communicate them to the people in your life. This was one of the lessons that took me so long to really integrate, because it's when

You're so used to

Being that constant people pleaser. And like, you're so used to saying yes, yes, yes. Like, okay. Yes, I'll do that for you. Yes. Okay. No problem saying, and no, the first time

Is really scary. It's

Terrifying. It doesn't feel like, like you, I had panic in my chest. I was like beating sweat, you know, but you have to understand you when you do things that are not in alignment, your highest good you are

unknowingly. Like we're not, we're never doing this on purpose, but you're, you're basically lowering your vibration, causing yourself to have all this like unnecessary pain and suffering. And that is exactly how things end up getting like so broken and messed up because you're, you're doing things that you think you're supposed to be doing, but it's really not in your best interest. And it's not in that person's best interest either. Like there comes a point where you have to realize like, doing so much for other people at the expense of yourself is not doing either of you a favor. It's not doing either of you favor because you have to understand that every single person is responsible for his or her own happiness.

Like your significant other's happiness is not your responsibility. It's theirs. Your happiness is your responsibility. You are your only responsibility. And that is why like, I'll do a whole other topic or a whole other podcast episode on relationships. But when you do this work on yourself and you heal all of those old wounds, which I'll get into in a minute, you realize that all the relationships in your life then become value. Adding, like you don't depend on anyone else for anything in your life. It all comes from you. But those relationships that you have enrich your life, it's like the ice. It's like the cherry on top of the sundae, the icing on the cake, you know, it's like the bonus extra, like really good that you get to have as a result of working on yourself. And so I'll go into some of the fears in a minute, but I just wanted to kind of explain what he asked me after I told him, you know, it's about the constant practice of understanding.

You need to fill your own cup first. And he, he was like, yeah, that's a, that's a good point. But I always fall back to what I've known. Like, this is what I've known. I take on others' problems to make myself feel better. And I was like, well, Oh my gosh, like, I, I know what the, I know this I've done this, you know, it's like, we try to save everybody. We try to save everybody. And that just goes back to exactly what I just said. Your only responsibility is you, every single person, every other person is accountable to themselves. Like you can lead people to the door, but they have to ultimately walk through it. You know, you can kind of like help guide them and kind of point out, you know, maybe this is something you should work on or maybe, you know, like from a place of love, you know, you don't want to just be telling people like, Oh, you got some here.

That's not going to help either. You know, but if you're, if you're finding yourself in like a tough place with a partner or with your friends or a parent or loved one or whatever you can lovingly say, like, that sounds like it's something that is a pattern that's maybe showing up for you. Maybe you should, you know, kind of dig into that and see what's there because like, I'm not the one creating that, like, we're all responsible for our own emotions. We are responsible for literally every single reaction that we have in our bodies. No one else is responsible for that, but you, and it's no different. And so he was like, well, I really enjoy pleasing other people though, like that. He was like, this is my problem. I've gotten so good at pleasing other people that I don't focus on myself. Like I've become a professional at kind of like stuffing my own feelings down and just like throwing all of my energy and focus into helping others.

And this is something that we all struggle with. We all do. Because if, if someone else has a problem, it's so easy for us. It's so much easier for us to solve someone else's problems than it is for us to solve our own problems. It just is like, think about when friends ask you for advice about something like, here's an example of that. My friends used to say that I gave the best relationship advice. I was always their go-to like, what do you think? What should I do, blah, blah, blah. And I was, I was freaking awesome. I was like a love guru, but when it came to my own love life, it was a joke. It was a joke. It was a joke. I attracted the worst guys, like the most emotionally abusive, like horrible like experiences. So I gave out the best advice and I could easily identify.

That's always been like a gift of mine. I've always been able to kind of identify like what people can do. And I've obviously like enhanced this, what people can do to improve their lives and like make the best out of any situation. But when it came to my life back then I was, I was a hot mess, man. I didn't know

what I wanted. I avoided myself. And that is exactly what it is. We're avoiding, looking deep into our own. It's an avoidance. It's like a defense mechanism. It's something that our ego does unconsciously. Like we don't mean to do it, but it just becomes so much easier to help other people out than it is to help ourselves. I don't, I don't really know what the underlying drive for that is. It's definitely a survival, like it's a survival brain thing. And I'll, again, there's like so many things that I'm going to do episodes on this is still pretty early on, early on in the show.

But when we do that, we have to ask ourselves, what, what are you avoiding? Like, what am I avoiding when it comes to me? Why are you so afraid to look deep within yourself? What is it that you don't want to find? What is it that you're afraid that you're going to uncover? Cause when you confront that, you'll finally see that there's like nothing to be afraid of, but we're so afraid to go into the shadowy depths of our soul. We're so afraid to like go in to our past, to our pain. And that is the thing that I've said thousands and thousands and thousands of times. And I'm never going to stop saying it because you need to like understand that. Anything that feels scary, anything that feels painful is an illusion. Especially when it's like, everything is just our own mirror. Everything that we see, everything in our lives is a mirror.

So if you are experiencing like inner turmoil, but then someone else comes along and is like, you know, dealing with something else and you'd rather work on their problems and help them out. You need to ask yourself like, okay, why am I so afraid? What am I afraid that I'm going to find? You know, like people pleasing understand this about me. It's something that I'm an expert at. And when we have this like desperate need to make other people happy at our own expense, it's because there's a deep fear, a fear of abandonment. Again, it's a survival brain thing. And it happens on consciously. If we're not aware of what's going on in our, in our mind and our subconscious brain, it's going to take over. And so the, the constant need to like, be like, I used to have this, Oh my gosh, this is like kind of a tangent.

But like I used to have this like constant need. If I was like interested in a guy, I like felt like I always had to like be getting his attention. So I would like back in the day of like, Oh my gosh, this is so embarrassing. But whatever. I'm just going to tell you, my friends already know this about me. Like I would always put up, if you remember what AOL instant messenger is. I was like the away message, like queen, I would always put up like all these like sappy song lyrics. And like, just like Facebook statuses back when Facebook statuses were like a thing, you know, 10, 15 years ago. I always, I felt like I always had to be popping up in, in my crushes, like timeline. I felt like they always had to be seeing me or else they'd forget about me.

Like, do you see, my fear was, they're going to forget about me. And if I'm not like talking to them, or if I'm not like somehow in their lives, they're going to forget that I'm here and like leave me. It's a fear of abandonment. It's the same thing with people pleasing. It's the fear that, Oh my gosh, if this person is not happy with me, then they're not going to like me. Then they're going to leave me. And I'm going to have no one. And, and really that's a survival brain instinct. It's like back in the day, back in the day, this was like back in caveman times when we had to travel in packs because we were exposed to the elements. You know, we were out in the wilderness with cyber tooth tigers and bears and lions and all the things, crocodiles, alligators, all of the things that could eat us and kill us.

We would travel in packs for survival. And so our, that our brain is still wired that way. It's like the reptilian brain, the survival brain. So instead of worrying about, you know, if I'm going to be left alone to fend for myself and like the freezing cold with all these like tigers and peop people, tigers and bears and snakes and stuff, trying to eat me, like, I can't let that happen, but now we still have that same fear, but there are no other like actual physical threats to our survival where we're not in that environment anymore. You know, we're not constantly being exposed to tigers and bears and lions and snakes and all that stuff. We're not, we don't have to really travel in packs to survive, but our brain doesn't know that.

So if there's a threat, it perceives these things as threats that are not actually life-threatening things like, for example, this person's going to leave me.

If they're not happy with me, like you're not actually going to die. It might feel like it emotionally, but you're not actually going to die. And that is what we have to understand. It's like, we so desperately want other people to like us. Like that was certainly the case for me. I would go way out of my way to do anything so that people would like me from like high school on. And I think it came from me I'm I moved around a ton as a kid. Like my dad's job moved us around a lot. And so anytime I would start at a new school, I felt like I had to make friends like, no one's going to like me. So I think my need for people to like me, no matter what came from that, like not having, not knowing like what people liked as a kid.

And like, I'm just going to do anything I can to fit in. And I like pretend to be this thing. I'm not just so that I have friends so that I'll fit in. So people will like me and I won't be alone in like a loser, you know? And so that, that pattern carried with me all through college, all through my twenties. Like until I finally went through my spiritual awakening, which was, you know, several years ago now, but we have to realize that we cannot lose ourselves. We cannot forget what makes us happy at the expense of other people. Because other people, our relationships, whether they're good or bad, they are a reflection of the relationship that we have with ourself. That's what we have to realize. So if our relationship with ourself, isn't good. If you aren't accepting and loving yourself and doing everything you can for you, your relationships are going to reflect that they're going to be hard.

They're going to feel painful. They're going to feel like a tug of war. Like you can't win with this person because you're not winning with yourself. But then you'll find once you start giving yourself what you need, your external relationships in your life are going to match that. And that's the beautiful thing. Like when I started doing this work, when I finally started working on myself, my relationships, like the ones that were not serving me, the toxic ones, the ones that were painful, that, that didn't make my life easier, fell away. They fell away because I outgrew them. I started vibrating at a higher frequency. Those lower vibrating ones fell away and I attracted much more high vibrating, happier, more like just like easier friendships and relationships into my life. My relationship ships with every single person in my life has drastically improved with my parents, with my brothers, with my sister-in-law and everyone in my family.

They've all improved. All of my friendships are, are like super, super high quality friendships, you know? And it's, it's just incredible. Like I'm attracting these amazing people in my life that I never, ever, ever would have thought could have even been possible for me, you know, five years ago, because I was so, so I had so little self-worth when you start working on that and when you start to go within and, you know, get over the fear of what, like, what am I going to find here? That is where you'll start to unlock all of your hidden potential. Like it is such a magnificent process. It's amazing. And what ends up happening is that when you fully allow yourself to like, be the real, you, instead of like putting on this mask and pretending to be someone you're not so that other people will like you, when you stop doing that and around, you are finally able to just be yourself, like fully, authentically, 100% you, and you know what happens then people are more naturally drawn to you.

People are more like that is who they want to be around. People love being around confident people. It's just, it's just infectious. It's like intoxicating, you know, like you, everyone has that one person in their life where they're just like, like this person, just like, they are just so confident. And they just know like who they are. And I just like, love being around that. Cause it's like, it's like the best feeling. People want more of that. There are not enough people in the world that are brave enough to do that. But when you do that, more people will want to be around you. More people will like you. And here's the thing though, too. You have to understand that more people are not going to like you too, because there's two, there's two things that are going to happen when you're, when you fully step into the real,

you, and you allow yourself to just like embody everything that you were meant to be the person that God created you to be.

The one kind of person is going to be the one that like gravitates to you and wants to be around you. And you know, like loves like absolutely loves and adores you. And then the other one is going to be the one that's extremely threatened by you. That's that doesn't like you very much, like there are going to be more people that love you. And there are going to be more people that hate you. There won't be like really that many, like indifferent people will be able to make up their minds about you. But here's the thing about the people that don't like you it's because of their own insecurities, like you are representing something in them that they have not yet embraced. So if, if you know, don't be offended when people don't like you, and this has been something that has taken me a long, long time to come to terms with like, I don't like when people don't like me, I never had, you know, it's always been, it's always been, uh, uh, an issue for me.

Like, I, I would have to, like, if I found out someone didn't like me, I felt like I had to prove to them that they were like wrong about me. You know? Like that I was actually this amazing person, but that becomes exhausting. Like I don't have to prove myself to anyone. Like I know who I am and those people, once they start working on their own, like, it's so interesting how this all like ends up. Even those people that don't like you in the beginning will end up coming around because you like triggered something in them that made them like work on themselves. Whether they realize it or not, you know, you're inspiring people, even the ones who don't like you, if they're paying attention to you, you know that you've got something that they want. So there are going to be way more people that are naturally drawn to you and gravitate towards you and love you.

But you have to be prepared. There are going to be less like Fairweather people. They're going to be less like em, and different to him. Like she's all right. Or he's all right. Or, yeah, I guess he's okay. There. Aren't going to be any that many of those people they're are going to be more. I absolutely love you. And I don't like you at all and that's okay. Like you're not supposed to be for everybody. You don't like everybody. Do you like, I, there are people that I'm like, I'm just like, Ugh. You know, like I'd rather not be around that person. And that's okay. Like we aren't, we aren't all meant to be like best friends with everyone. Imagine how exhausting that would be. You know, people come into, into your life and move out of your life at the exact perfect time and not is what we have to trust.

If someone is meant to be in your life, they will be in your life. That's what you have to understand. It doesn't matter if you're a people pleaser or not. People that love you are going to love you no matter what, no matter what. And not like I had this desperate need for me, it was mostly my parents. I felt like I had to meet their expectations and be like the perfect daughter. And if I let them down, it was like the end of the world. Like I was, I was always so afraid that they would like disown me or like cut me off. You know, when I was at, when I was a kid, you know, it was just like a, such a deep rooted fear. I, I can't even explain to you. It was like, like, if any, if anything bad happened to me or if I like didn't get like a great grade in school, or if I like lost something that was like, I probably shouldn't have lost. Like I lost my wallet a lot at Penn state. Um, I would, I would bawl my eyes out and be like, Oh my God, my parents are gonna hate me. They're going to hate me. It was like, it's such a deep fear. And, and I felt like I had to just be like the perfect specimen of a daughter, like whatever that means. And they would always

Say like, Jame, we just

Want you to be happy. Like we're gonna, we love you. No matter what, like there's nothing you could do that would make us not love you. You know? And that's what you have to understand. That is the truth. The people that are meant to be in your life that do love, you are going to love you no matter what, like you don't have to constantly be like trying to prove your worth to these people. Like you're inherently worthy exactly as you are, you know, but we all have those fears. We all have those like voices in our

head that are constantly telling us that we're not good enough. And one thing that I said to my friend, cause he was like, you know, I've, I've kind of faced those demons. And I went to therapy and all that you have to do is give whatever those thoughts are, whatever those negative like self-deprecating thoughts are, you have to just give them a voice.

You have to just look at them and acknowledge that they're there and let them be a part of your life. Let those fears kind of like reassure them that everything is going to be fine. Cause it's, they're just old parts of you. They're just old wounded parts of you that need to know that they're safe. And I know that sounds weird and crazy and kind of like, woo, but it's the truth. We have these old traumas from, you know, our experiences in life. And if we haven't like fully healed them and integrated them, they're still there. They're still there running the show. So we just have to like integrate them, accept them, give them a voice, ask them what they need. It all comes down to self love and acceptance. Those old parts of you just need for you to love them. And one thing I said to my friend that I was having this conversation with, I was like, you know, I am not sure how I got to be the way that I was like, I don't, I don't know what it was that happened, but that's the thing. It does not matter those old traumas, whatever they were, it doesn't really matter how or why you are the way that you are. What matters is that you let those old parts, those, those, those shadowy wounded parts of you

Just be

A part of your life. Like that's all it means. That's all they need. The shadowy parts of you just need to be brought into your light. That's it? Just give them a voice and ask them what they need from you. That's literally all you gotta do. But so many of us are so afraid to do that because we're afraid of what we're going to find. We're afraid it's going to be too painful or we don't want to go there. And the thing is, it's not like once you go there, you realize like, wow, that's all that. It was like, it's just an old experience that needs to be integrated. So then the next thing that he said was, you know, you know, this is gonna sound crazy, but my biggest fear has been and still is continues to be not being good enough. And I laughed.

I was like, Oh man, like you're in such good company because that has always been mine too. And it still is. It still is. It comes up for me constantly. Like every single day, I'm not exaggerating. That's the thing is these old fears, like they don't go away because they're so deeply ingrained. And like when you do heal them, when you finally do overcome them, they're just going to come up again. Like every time you up level, there's going to be something bigger that, that makes you feel like, Oh, Oh my gosh, what if I fail? You know, or what if I, what if I'm like not good enough? You know, that's the fear. And so I said to him, and I'm going to be honest with you. This is something that is pretty active for me right now. I'm not even going to lie because I'm in a pretty big transition in my life.

I've talked about it on my social media quite a bit. I haven't talked about it yet here on the podcast. But what I said to him, I was like, you know, it comes up for me constantly, that fear of not being good enough. And what I do is I dim my light. I said, I don't fully step into the role that I know God has for me, because I'm terrified that I'm going to find out that I'm wrong about the path that I think he has laid out for me. You know, I'm afraid that I'm going to fail. I'm afraid that I'm going to find out, like I'm not that special. I'm not that talented. Like, you know, and so I'd rather just stay where I'm at, where it's comfortable. And we all know that everything that we've ever wanted is on the other side of comfort.

You know, it's like right outside of your comfort zone. And what I said to him after that, I was like, I'll tell you one thing though. It's not working. Like it's not working for me anymore. I've I've got to make a decision. And I've talked about that decision on my social media too. But here's, here's the thing about that is like what I said to him after that, we, this is where like, when we feel like we're too afraid to make the jump. When, when we're too afraid to find out, like, what if I'm going to fail? What if I'm, what if I find out I'm not good enough. That's where we just have to surrender that fear to God. We have to

surrender it to the higher power. Anything that makes us feel afraid, feel fear. I think I said that already earlier in the show is an illusion.

It's not real. It's not really there. Like those voices, those fears are just there to try to keep you safe. They're just there because they don't want you to die. Like the anything unfamiliar, always remember this. Anything unfamiliar to you, to your brain, to your subconscious brain that you have not experienced before is a death threat to your survival brain. Anything unfamiliar, anything new is a death threat. It feels terrifying, but you're not actually going to die. Like if you go for this thing, if you, if you actually step into the, the life that God actually planned for you, like clearly you're not going to die. It's like meant for you. You know? So we have to remember that it's an illusion. It's just our ego trying to keep us safe, but it's not serving us. It's not serving us at all. It's just keeping us small.

It's keeping you where you are right now. And where you are right now is not where you want to be. I know it because it's not where I want to be either. So we all have to just take that leap of faith and have trust. And so then my friend said his response was like, well, do we just live our lives? Like always wondering, you know, like what the heck? And I was like, yes, in all caps, like, yes, that's exactly what it is. That's the insane part. It's never going to feel certain, like if you do this, if you do this work, if you just take one step after the other, like the next thing is always going to be revealed to you. After you take this first step, like you take the step and the next thing is revealed to you. And then you have to take that step. And then, then like, you're not going to know what the end game is. You're you can't know. It's never going to be what you think it is. And so you have to just trust. You have to just trust that wherever you're being led to wherever you're being guided to is the best

Outcome for you. It takes

An unbelievable amount of faith and trust and patience. And it does feel scary. It never once feels comfortable. That's why we have to just surrender it all to God. We have to. Because if we don't that voice that, Oh, you're going to fail. You may as well give up. Now, this isn't meant for you. You're not going to be anything. You're a joke, blah, blah, blah. That voice is going to take over and run the show. And that is why so many people end up not accomplishing very much. They just go to the same day job, nine to five day in and day out. Whether they like it or not. Most of them not there, just so you know, I got to, got to go to work, got to pay the bills. No, like it doesn't have to be that way. It actually doesn't, but we're so afraid to go after what we really

Want, because we're

Like, well, how am I going to, how am I, how am I going to pay the bills if I quit? And so that voice ends up taking over, but there's so much more meant for you. I hope that makes sense.

It's so like, this is so cliché, but I always

Used to say to my clients get comfortable with being uncomfortable because you're never going to feel solid. You're never going to feel like, like you're going to the thing about this is if you allow that fear-based voice to come in, you're constantly going to feel like the floor could fall out from under you at any freaking minute, you know? And when you up-level, I always use the term sea legs. Like I haven't gotten my sea legs yet. Cause you're not you're of like in between, you're in, you're in between an old reality that you knew, but you haven't quite yet landed into the new reality that you're like going to yet. So you haven't, you kind of feel like wobbly. It kind of feels like you're you're in a days you're in a daydream, it feels wobbly. It feels like, like you're a little bit, you know, drunk or something.

And it, it really does. It's like everything feels like a blur. You have to get used to that feeling because it's going to constantly be like that as you continue to up-level and as you continue to follow where you're led to, you just got to get so comfortable with feeling like, I don't know what the hell is going to happen next. Like, I don't know. I have no idea what's next, but I do know what I want. I do know what I intend

to create. I do know what I'm feeling guided to do. And whatever's meant to work out, is going to work out. That's what we have to realize is like, whatever is meant for us cannot miss us, but we have to be willing to take the first step. We have to be willing to do that. You know, it doesn't just like you don't just sit on your butt, watching Netflix, eating Bon bons, and like everything you've ever wanted comes to you.

That's not how this works. You have to take action. You have to show the universe that, okay. Yes. I'm going to follow this like or whatever the heck you want to say this feeling where wherever I'm being led, I'm going to just like take the leap of faith and trust that you're going to catch me. God, like that's the truth. That is the truth. I know. It's scary. Like it feels so freaking untethering. It feels so. Just like, eh, I don't know about this, but just let go and just take the leap. Take, take a baby step. Let's not even say leap, just like take the first step and trust that God has got you always because that's the truth. That's the truth. And you know what? If you mess up, if you do fail, that is awesome too, because the next thing is going to come and you just have, it's just like, honestly, it's a game.

Like life is a game and you just have to figure out like how you're going to show up how you're going to play the game. You cannot give your best. You won't be able to take those steps. If you're constantly worried about what other people are going to think of you. If you're constantly worried about making other people happy at your own expense, you will never have the life that you want to have. Like, we think that making other people happy is going to make us happy, but it's not. It's just draining our energy. And then we have nothing left to give, to make and manifest the life that we want to have. It's all connected. It's all connected. Every single time I've taken the jump. Every single time that I've followed, where I felt called, it's been an amazing experience. Like it's paid off massively.

It's not always right away. It doesn't always pay off right away. Here's the thing. There are going to be like learning opportunities throughout, you know, you're going to take one step. And like I just said, it might not work out. There's a lesson in that, that failure or whatever. I don't even like to use the word failure. It's just a lesson. It was just an opportunity for you to grow. So there's, there are blessings in every single experience, whether it works out the way you wanted it to or not, you're constantly growing. If you're taking the risk, if you're following where your lead, it's always going to pay off massively in the end. Trust me, trust me every single time that I've done this, I kid you not. And I know there are millions of people just like me. You know, we're always so afraid to take that first step, but that's all it is.

It's just one step. You just have to trust that you're going to be guided and led to wherever it is that you're meant to go. And it's always going to be worth it. It's always worth it yet. You know, pain is a part of life. Pain is where our power is. Pain is what helps us grow. It's we're not going to ever be able to like ex escape, feeling pain in life. We're going to feel grief. We're going to feel anger. We're going to, you know, things happen, but there's always such a beautiful learning opportunity in that. And we can't let other things and external things and other people break us. No one can break you unless you give it permission, unless you give that person permission to break you, you have all the power. And that's what we have to always remember. Stop giving your power away to people that don't deserve it.

Like you have so much, like you are worth so much. You do not have to constantly feel like you're you're. You have to just make everyone else around you happy like that is not the purpose of your life. The purpose of your life is for you to live your best life in a way that makes humanity grow advance in, in service to the greater good. If you fully step into the best version of you, you will be serving humanity because you're going to have the motivation. You're going to have the desire to help other people. When you have helped yourself, that's how this works. That's why it's so many healers like myself. Like we don't, we're not like born like, Oh, I just want to help other people heal. Like we actually go through most, most of us, I should say in my experience, this is certainly true. We end up going through hell

several times and we have to heal ourselves. It's not until we learn how to heal ourselves, that we finally feel the desire and like the, the need to help others heal as well. So it always comes from this place of giving to yourself first, and then you're able to give more to other people. And it's a constant thing. It's a constant practice. Remember that you cannot give from an empty cup. It just doesn't work that

Way. If you're a cup

Is overflowing, then you have so much more to give. So how do you find balance then in this people pleasing world, where we feel like we have to always like show up bigger for other people and make other people like us, like, how do you find balance? You have to come back to who you are. You have to learn and remember like, what makes you happy? Do things for you, tell your friends, tell your family, like, listen, I am taking some time for myself to come back to myself so that I can be better for you. And I guarantee you, every single person is going to encourage you and be so happy for you and support you in that ven venture. Like they're going to be so freaking happy to hear that you're finally doing something for yourself for once, because people will know like people know when you're a giver, like it's, it's in your nature. That's never going to go away. But when you finally are able to go within and give back to yourself, you will be,

Be able to just, it'll just be like,

It'll happen naturally. Like you won't have to go out of your way to give to others. It just happens because you're giving so much to yourself that it overflows into other people. And then that's where all the magic starts to happen. That's where you're led to those divine, you know, happenings. That's where miracles happen. You're able to fully step into your authentic self, the person that you were meant to be. And that way you are bigger and better for not just yourself, but for the world. It's, it's, it's amazing. What happens when you finally go within and heal, whatever needs to be healed, address those shadowy places of you that we talked about and actually remember the things and do the things that make you feel happiest. And it doesn't have to be like something crazy, you know, just like give yourself a day

To just like, play. Just go back to something that you love to do as a kid. That's

How you like, start to remember like, Oh yeah, like I loved to sing or I loved to dance or rollerblade. It doesn't even have to be physical. It could be coloring. It could be like anything, anything just do something for you, little by little, and then your whole life. Like the more you do it, the easier it gets, you know? And you won't feel like you're like taking yourself away from other people. You're able to just like, that becomes your life. Like the more you give to you, the more you have to give to others. It's just like a natural occurrence.

So it doesn't,

You don't have to work so hard to please other people. If you are doing that at the expense of your own happiness, you've got to make a change because that is going to crumble against you. That is going to make you sick. That is going to make you have physical ailments injuries. Like when you, when we put ourselves last, that is when disaster will strike because the universe is going to try to tell you, yo, you need to pay attention to you. Anything to get your attention, to pay attention to you, to make you slow down and give back to yourself. So don't let like a disaster quote, unquote, strike for that to happen. Start giving back to yourself today, little by little, as best as you can, you know, treat your body with love and respect. Move your body, nourish your body with good food.

You know, drink water, stay hydrated, get enough, sleep, little things like that are, are a great way to S to start taking care of yourself, but do things that make you just feel freaking fantastic. Like I love to sing. I will sing at the top of my lungs all day long and it makes me feel so happy. I'm not the best singer. It doesn't matter. No one's listening to me, but me, you know, I love to dance. I love to move my body.

Like I do all of these things. Not because I feel like I have to, but because they make me a better me, they give me the energy that I need to be able to show up like this for you. That's why I had to take those several weeks off to heal my body because I knew if I didn't do that, I would not be able to put out good content for you. I wouldn't be able to provide value for you. So sometimes we have to, you know, take a step back and regroup and, and focus on ourselves so that when we come back, we have so much more to give. I hope that this was helpful for you today. If you are someone who struggles with people pleasing, I would love to hear from you send me an email. I will put my email in the show notes. It's just, it's just Jamie at Jamie, michelle.com. Send me a DMO,

Instagram at Jamie, Michelle, the number 11 in place of the double L's and share with me what it is that you're struggling with when it comes to people pleasing. Why do you feel like you have to give so much more to yourself and I would love to help you through it. I could either do another episode or, or whatever. Just tell me what's going on. And also if you have any questions that aren't about people-pleasing or any of the stuff that we talked about today, send me your question and I will be happy to create an episode for you around whatever it is that you're struggling with. That's it for today, guys. I am so grateful for you. I love you all so much. Thank you for being here for spending this, you know, 45 minutes with me. You're amazing. You are worth it and never forget it. I will talk to you real soon. Bye. For now [inaudible].