

Rachel: Hello, everyone. Today we're here with Tonya Leigh. Tonya Leigh is master trained life coach, a former registered nurse, trained sommelier and devout Francophile. Her company, French Kiss Life Incorporated's missions is simple, to create lives that our 90-year-old selves will toast and say, "Well done, darling."

With the chic travel society and online programs, Tonya fuses personal development with luxurious lifestyle to inspire women to live with ease, elegance, and everyday ecstasy. She has worked with Oprah and the IKEA Life Improvement Project and spoken to audiences from Paris and Monaco to the deep South on living a well-lived life, the art of femininity and creating heart-centered companies.

You can learn more at [TonyaLeigh.com](http://TonyaLeigh.com). I invited Tonya to the show because I've had a digital girl crush on her for years. She shares phenomenal insights into just adding more ease to your life and just plain feeling better in a way that's practical and really accessible. I think anyone can learn a lot from her, male or female.

I also know that she's overcome a lot to get where she is now and she has a lot of really helpful things to share that anyone can benefit from. Thank you so much for being here, Tonya.

Tonya: Thank you, Rachel. I have to say that the girl crush is mutual. I'm so excited that we're finally having a chance to connect and talk about, I think, the issues that are dear to both of our hearts, so thank you for having me.

Rachel: So my pleasure. The intention behind A Better Life is just to show people that if they have a choice that they can choose a better life. In that spirit, I'd love if you could just take a minute to share with us some of the things that you're the most proud of in your life right now.

Tonya: The first thing that comes to mind is my daughter. I have a 16-year-old daughter and as a parent just watching her grow up and make mistakes and learn from them and see her on her journey definitely brings me a lot of pride. Outside of being a mom, I'll be honest with you Rachel, I'm really proud of who I've become.

I grew up in the very deep South and when I look back over my life I am such a different person than I was two decades ago. I like to see my life as a testament to what's possible for other women. I've overcome a 75-pound weight loss. I've overcome beliefs that held me prisoner for a long, long time.

I like to say, "If I can do it, you can do it." My accomplishments and the things that I'm proud of are really more around who I am as a person, not

so much what I've created or what I'm doing as a living. It's just who I am as a human being.

Rachel: That's beautiful. I know, like you've touched on, you have worked really hard to get to where you are. Can you describe a time in your life when you felt like things weren't going the way that you wanted or you felt trapped? I'd love people to see the progression of where someone can be to where they are able to get from when you choose the beliefs that help you get there.

Tonya: Absolutely. The experience that comes to mind, or that moment in time, everyone talks about epiphanies, and for me it was never a grand epiphany. It was day by day realizing more of what I want and what I don't want. I do remember a particular night in my life. I was working as a full-time nurse and I was a single mom and my daughter and I had just moved into this apartment, this very small apartment.

I had no furniture. I had bean bag and my daughter had a bed, thank goodness, and I had a TV. I remember sitting on that bean bag, I had put her to bed, and I went and sat down and I grabbed a bag of Cheetos. Those were my indulgences back in the day. I was watching *ER*. I don't know if anyone remembers the show *ER*.

I was watching George Clooney, eating Cheetos out of a bag. I was in such a depressed state of mind and I totally felt trapped in my life. I didn't know how to get out. I remember thinking I would love to have a man like George Clooney. Then I remember thinking, "But a man like that would not be interested in me," because of who I was being in the world at that time.

About that same time, my daughter had awakened and she calls out to me. I go into her room and she was like, "Mom, are we going to be okay?" It was like my heart exploded. I was like, "It is up to me to make sure me and my daughter are going to be okay." Yet I still didn't know what to do. The next day, instead of coming home and sitting in front of the TV, I decided to take her to the park.

I started to look around and say, "Even in this time in my life where I'm so down, don't know what's next, there's still beauty all around." I got to see kids laughing and playing. I got to see my daughter swinging on the monkey bars. Little by little I started focusing on what was beautiful in my life as it was right then.

Because of that mindset shift, I was in a better state of mind. My state of being began to change and slowly over time I've landed to where I am now, which is a completely different place. The point of that is even the little subtle shifts that you make in your life, they lead to beautiful changes over time.

Whenever a client, or I'm talking to a friend, and they tell me that they're stuck, I always say, "The reason you feel stuck is because you're, number one, thinking the same things over and over again and then you're also doing the same things over and over again." If you want to begin to get unstuck, begin to really be mindful of what you're telling yourself and then also switch it up a little bit.

Do something different that you wouldn't normally do and as you do that on a daily basis you begin to shake your life up a little bit. I promise you, you shake it up in a very beautiful way.

Rachel: That's great advice. I love that. Just switch it up. That's such a great story, too. I can see it. When you were there and you decided the next day to go to the park and you said from there things got better, what were some of the choices that you told yourself to be able to be continually be evolving yourself?

Tonya: Again, it was the little things. I was overweight at the time so I remembered deciding to put my tennis shoes on. It's such a small thing. I'm like, "Okay, I'm just going to put my tennis shoes on." Once I put my tennis shoes on, I'm like, "Okay, I'm going to walk out the door." Once I walked out the door, it was like, "Okay. I'm just going to run a block."

At that time, that was all I could run without being completely hypoxic. I ran a block and then the next day I committed to doing the same thing. Again, I think we are so programmed to think that we have to make massive change in our lives and that massive change can be really overwhelming.

I always bring it back to what can you do in this moment. What are the little decisions that you can make in this moment that will lead to very different results over time? It was just a day-by-day choice, a day-by-day choice to look at things to celebrate. A day-by-day choice of looking at who I was surrounding myself with. A day-by-day choice of what am I reading, what am I watching, are these things in alignment with the woman that I want to be?

Rachel: That's one of the things that you decided to do first was basically visualize that the woman that you wanted to be was the woman who would be able to be with George Clooney or did you have a different picture?

Tonya: I think my aspirational woman has always been French. I dreamt of Paris when I was a little girl and I think the things that we daydream about when we're little are a clue as to our best lives. For me, it was always the French woman. I realized a French woman's probably not sitting on a bean bag eating Cheetos out of a bag.

I do have a program called "Slim, Chic and Savvy." One of the first things that I do with the women is have them think about, "If you were at your ideal weight, if you had your ideal man, if you were in your ideal career, how would you feel? what are your essence words, and begin to embody those daily and let them guide your choices and your decisions.

For me, I started channeling my inner Frenchie and didn't always get it perfect. I still overate on occasion. I still did things I wasn't proud of. But she was my guide, she was my muse. Overtime, the more I embodied that, suddenly it was like that was who I was.

Rachel: As you were embodying your Frenchie, how did you decide, for example, the type of people that you wanted to be around?

Tonya: I'm really big into energy so I'm always sensing the energy of people and I always want to surround myself with people who call out the best in me, people whose lives I admire, people who have a beautiful, positive energy about them. Part of that process, Rachel, was learning to really be mindful of what my body was telling me.

You've probably had the experience when you're around someone and you're lit up. Just their energy, they don't even have to say a word, but maybe it's someone you're standing beside in the coffee shop and you just feel good because you're standing beside them. Equally, you've probably been around those people where it's like, "Ugh," there's something about their energy that doesn't speak to their reality that you want to create.

I just really started tuning into how I felt around people. I started to weed my life of the gossipers, the complainers, the Debbi downers and really intentionally focus on the kind of people that I wanted to be in my space. I call it your red velvet rope. I have a red velvet rope policy for my life. There are certain attributes that I want you to have in order to be a part of my world and vice versa.

My friends have that same policy for their lives. Once I started doing that, there was a period where I was really lonely because I had surrounded myself with such negativity. When I began to weed those people out, I looked around and there was no one around.

I think that's a really scary place for many people to be but it was also a beautiful time for me to get to know me and to enjoy my own company. As I did, slowly the right people began to come into my life and continue to this day.

Rachel: Now I have two spinoff questions off of that because you brought up such a good point. The first thing I'd love to ask is just how many people at that point when you began all of this were you surrounded by who didn't love their energy and how did you get them out of your life? What were the

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action steps that you took to do it in a way that felt good to, hopefully, everyone involved, but I don't know?

Tonya: The way I look at the world is everything is energy and like attracts like. As you begin to intentionally go about your day, I always say the universe makes those decisions for you. As I held my energy in a certain space, what I found is that I looked around and no one was really wanting to be around me.

It was almost like the decision was made for me because I refused to engage in the conversations. I refused to engage in the gossip. I refused to engage into the negativity. One of two things can happen in those types of situations. Number one, the people either are, "Uh, I don't want to be around her because she's not part of our pity party," or what you may find is that people then aspire to be at your same energy level and so you require them to pick up their game.

For me, it was just like those who wanted to join me in where I was going, they stayed on board. Those people who didn't, I don't know how it happened, it wasn't like I looked at them one day and said, "I'm not going to have anything to do with you." It's like I turned around and they were no longer there. Does that make sense?

Rachel: That makes total sense. That's such a great thing to bring to attention. You didn't have to have any necessarily boundary closing conversations or anything like that. You just became who you were. I can totally see where some people would vibe with it and some people wouldn't. That's awesome. I think people hearing that might just make things feel a little bit easier for them.

Tonya: It's really interesting. I do remember having people say, "Who do you think you are?" I think comments like that can trigger people to the point where they run back to what they've known for such a long time. For me, I became very intentional of who I wanted to be and holding my energy there. I learned not to take those comments personally.

I didn't always do it perfectly, sometimes they hurt. I just realized that's not where I'm wanting to go. I don't want to turn back to what I've always known. It was continually reaching for the beliefs and the thoughts that felt better, maintaining my own intention and as a result life began to slowly change in a beautiful way. I'm not going to say it's always been easy.

Even to this day, there are challenges and times where I can find myself getting into a negative, energetic environment. You just go back and you go with then and you decide what your intention is and then live from that place.

Rachel: That's so helpful. The other question I had when you were talking before is you said the right people started to show up to fill your people that were surrounding you. Was there any time that you tried to reach out to find people who were more in the energy that you were desiring?

Tonya: Oh, yes. I'm a big believer that you have to show up to engage in life's magic. I remember being really ballsy and reaching out to people who I wanted to get to know and doing it from a very heart-centered place of like, "I really admire what you're doing. I want to learn more about what you're doing. I want to learn how I can support you."

There was an active participation in that process. As a result, I met some incredible entrepreneurs and philosophers and human beings because I was willing to put myself out there and ask the universe for what I wanted. Not just ask and sit back and wait for it to arrive, but actually engaging with it and seeking out those people who I wanted to get to know.

Rachel: I think that's such a great distinction. It's not just about asking but also starting to take the actions that will get you to what you want.

Tonya: Yes.

Rachel: You weren't an entrepreneur this whole time, right?

Tonya: Oh, no. I've never taken a business course in my life at that point and even now. In college, I didn't study business. I was a nurse. It's just been such an organic progression. When I go back and I try to put it in chronological order, sometimes it's difficult because it was more an evolvement. The more I embodied who I wanted to be and gave myself permission to follow what I love, the pieces of the puzzle started to fit together

Rachel: Do you have any examples that come to mind about some of the little pieces that you've just curiously followed and they led you somewhere?

Tonya: I was working as a nurse. As I mentioned at the very beginning of our talk, I grew up in the deep South and I grew up in a religion called Pentecostal Holiness. A lot of people don't know what that religion is but basically being a worldly woman of any type was a sin, so no makeup, no pants, no jewelry—all the things that I love. Basically, they were going to send me to hell according to the religion I grew up in.

I remember I had an Italian uncle who enjoyed wine. When he would come to visit, he was the only person in my life that was allowed to drink in our house. I remember watching his relationship with food and wine and just being so intrigued but yet it wasn't something that I wasn't allowed to explore.

Plus, I was only 11 at the time. Fast forward, I'm working as a full-time nurse. I don't remember the exact point but I remember those moments in my interest in the world of wine. About that same time, a sommelier school was going to be held in my town and so I signed up for it. That was the beginning of where I am now.

I went to sommelier school and once I was finished I fell so in love with the world of wine. I put myself out there and I started reaching out to food and wine magazines. The next thing I know I'm doing food and wine writing and restaurant reviews and creating wine programs. That was the first step in this world that I'm living in now.

Rachel: So you were just following whatever seemed to feel good to you, huh?

Tonya: Absolutely. Again, the things that you dream about when you're are clues to your adult life if you follow them. When I was little, I remember being in the grocery store and I always gravitated towards *Vogue* magazine. I would just flip through *Vogue* and be so mesmerized. There was something about the world of luxury that I was intrigued by.

Keep in mind, I grew up in trailer parks so my childhood was not very luxurious. Fast forward, I end up in Monaco and I struck up a conversation with a gentleman who happened to be starting the Monaco Luxury Network. I think because I was so passionate about luxury, even though I knew very little about it, I was very curious and asked him a lot of questions.

A week later when I returned home I get a phone call from him and he said, "Tonya, I really feel like you would be an amazing ambassador in the U.S. for what I'm doing." He flies me back to Monaco. I end up in the Prince of Monaco's office talking about the world of luxury. I was like, "Wow!"

If you give yourself permission to follow what you love and to be curious, the universe will truly take care of the rest.

Rachel: I love that. There was [a blog post](#) that you had about a women who ended up on a jet. Do you remember what I'm talking about? Those women took her to an island.

Tonya: Yes. That was actually one of my society members last year.

Rachel: Can you tell that story because it is so good?

Tonya: It is such a good story. We talk about this a lot in my work with women. The story is that one of my clients just got this inkling that she needed to pack her backpack and just head to a private airport close to where she

lived. She didn't know what was going to happen. She was just really open to adventure.

She gets there and she starts talking with a couple of women who are about to board their private jet and head to an island in the Caribbean. Chances are, they just decided to invite her to come along. She ended up having this incredible weekend just because she was willing to plan for adventure and she showed up for it.

Had she been at home just thinking about it and visualizing it, it probably would have never happened. I think this is where the law of attraction is the missing ingredient that a lot of people don't talk about. I don't think it's enough to just sit around and visualize it. You must put yourself out there in the world to engage with it.

Rachel: Totally. One of the things that just keeps coming up in so many podcasts is just having that core desired feeling, like [indiscernible 21:19] talks about, whatever you want to feel. Then just take the action towards winding you towards that. What you're saying makes so much sense with that woman and then with you ending up in front of the Prince of Monaco, that's just incredible.

Tonya Yes. It's stuff that you can't plan. It's stuff that if you sat down and wrote out your three-year vision, you can't really plan for these serendipitous events in your life. To me, it's more about embodying who you want to be and also knowing what ignites you, what you're passionate about and putting yourself in situations where you can experience more of that, have more conversations around that and let the pieces come together for you. It's not as hard as we make it out to be.

Rachel: That's a great point. How do you suggest that people figure out what they are passionate about if it's not immediately obvious to them?

Tonya: I have two answers to that question. One of the illusions, I think, is that passion is found out there. I tend to think that we are passionate beings. The more you show up and you bring passion to everything that you do, the more you open yourself up to finding what you are passionate about. Unfortunately, it's heartbreaking that so many women and men (I don't want to exclude men here) are so fixated on trying to fix ourselves that our energy is being channeled in the wrong direction.

What you focus on grows. If you think you need to be fixed, you're just going to grow a problem that you really don't have. I don't think we're broken. I think we're all beautiful and passionate beings. Really learning to show up with passion, whether you're washing your dishes or taking your kids to school or writing a blog post, do life with passion.



As you do, you'll begin to really notice what brings even more of that to you. In finding what you're passionate about again, think about what you dreamt about when you were a child. What were the things that you fantasized about? Also being really in tune with your body and notice what books light you up, what music lights you up, what are the conversations that you could have until the wee hours of the morning?

What place make your heart come alive? Really just start to tap into your body and notice when you feel constricted and when you feel expansive. Your mind will not tell you what you're passionate about. Your body will.

Rachel: That's a phenomenal distinction. I love that. One of the things you are so incredible at is just adding ease into the most stressful situations. This is kind of a little bit of turning gears but I was just thinking as you were talking. Could I just give you some situations that might be stressful to people and see if you could tell me some ways to add ease to it?

Tonya: Yes, this sounds like fun.

Rachel: It sounds like your total wheelhouse. Let's say somebody is at a job that they just hate, they don't like the commute there, they don't like their boss, they feel really stuck but they feel like they can't leave. How would you help them feel better about it?

Tonya: I work with this a lot. Unless you change who you are, I always say you can be in a lavender field in Provence and still be miserable. I think that's a beautiful opportunity for you to become who you want to be in the most stressful of a situation. If someone is in the job they hate, they hate their boss, they hate the commute, it's a beautiful opportunity to look at the beliefs you have.

It's not the job, it's not the boss and it's not the commute. It's your perspective on all of it. You could take another person and put them in that exact same situation and they may be in pure bliss. You really need to look at what is your belief, what is your perspective and begin to do the work there.

Also look at how you are showing up in that situation? Are you showing up with dread? Are you showing up with anger? You're only recreating who you are. Begin to show up as the woman you want to be in every situation of your life. It's often our thoughts that make things hard, not the circumstance.

Rachel: That makes sense. You feel like if people change their mindset and just become who they want to be, do you find that people suddenly start to like their jobs again? What are the switches that happen when people take your advice?

Tonya: I can give you a personal example because I was in that situation. I was working full time as a nurse and I hated it. I was always thinking my life would be better one day. You know what? We're not guaranteed tomorrow or the next day. I finally came to the conclusion of I'm going to make today amazing, as is, I'm not waiting any longer.

I began to show up at my job very differently. I began to take exquisite care of my patients. I began to love my patients and my patient's family members. I packed picnic lunches and spread out a blanket during lunchtime. Often times we're waiting for our best life instead of showing up and making our last day the best it can be.

What ended up happening from that, Rachel, is that as I changed people around me started treating me differently. The doctors had more respect for me so suddenly I started enjoying my job more because I was getting more respect from my co-workers. I started to have patient's families request me to be their family member's nurse for the day.

I began to become happier. Because I changed, everything else around me changed. Had I stayed focused on the struggle and the resisting of my job, I probably would not have even had seen that there was a sommelier school that I could join because my attention would have been in the wrong place.

What we resist persists. A lot of times clients will say to me, "Tonya, if I give in and I just make the best of where I am, will it change?" My answer to that is that's the only way it's going to change. If you stop resisting, if you're willing to be where you are and make it beautiful, you will call in more beautiful experiences, more beautiful opportunities.

That's where we've got it all wrong. We think that we have to resist our lives and fight with our lives in order for them to change when in fact it's about not resisting, living in that state of ease, making every day as beautiful as you possibly can and then the change comes in your external world.

Rachel: I absolutely love what you are saying. I think in this world of personal development it's so easy to just constantly be in "What can we fix" mode, which puts us in this negative vibration not appreciating where we are. It's just beautiful to go and make these picnic lunches in a job that a week ago you hated.

Tonya: Yes. My friend Julie loves to say, "There's nothing serious going on here. There's nothing to be fixed," and yet we spend most of our lives trying to fix it versus enjoying it.

Rachel: That's awesome. I'm going to give you a couple more if you don't mind.

Tonya: Yes, let's do it. This is fun.

Rachel: Good. What would you say to somebody who right now is a single parent taking care of their kids and wanting to do some entrepreneurial adventure type things? How would they ease into their life when they feel their super busy already?

Tonya: You're speaking to the choir here because I am a single parent. Number one, be mindful of what you tell yourself. One of the first things that I stopped doing that changed my life is I stopped saying "I'm overwhelmed. I'm busy. I have so much on my plate." Think about it. The moment you tell yourself, "I'm overwhelmed," what happens in your body?

You get out of your creative zone of genius. You can almost feel your heart rate starts to palpitate faster. I'm a big believer in that we create time. One of my favorite mantras is, number one, "There is no hurry." Life is unfolding beautifully. I'm just going to take this one step at a time, one decision at a time.

When you change your mindset, everything else changes. Often times people are trying to change their external world without changing their internal workings and mindset. I would invite that woman to consider, first of all, look at what you're telling yourself and look at how you keep recreating that over and over again.

That's where you start and then you can also begin to look at what are the practical in your external world that you can begin to work on. I'm a big believer in elegant systems. Maybe there are some ways that you can systemize your life to give you more space to work on some of these other endeavors that you have. That's a very broad question and it's something that I would probably need to work more intimately with someone on. But it always comes back to who you're being and what your mindset is.

Rachel: That's a great point. Do you have any examples of a system that you've created for yourself, maybe that helps give you more space in your life/

Tonya: I create my year in advance. I don't create it just from my business. I create it from a life perspective. I know the things I want to experience for the year personally. I know the things I want to learn for the year. I also know the business projects that I have. When you have those systems in place, you're not reacting.

You can look at January and say, "Okay, I want to improve upon my French this month. I want to travel to the Caribbean this month," or "I want to work on this project this month." By having that system in place, I'm more focused and I know that that is leading me in the direction I want my life to go.

That's a bigger system that I like to use with clients. I also am a big believer in automation. I automate my investments, my bills. Anything that can be automated, I automate so that I don't have to constantly be thinking about it. The other systems that I have, I have [Stitch Fix](#), for example. They send me clothes every month so I don't have to go out shopping.

It's different for every woman but I try to put systems in my life that free up my time so I can, number one, enjoy my time and the things that I love to do and focus on the things that really matter to me. I love instead of having a to-do list, I have a to-be list. I always start my day out with who I want to be before I think of what I want to do.

Rachel: That's great. I love that. I'll ask a different one too. I have a Facebook group and I was asking for different things that people would be interested in for different topics. One person asked, "How do you make the most of life if you have a non-debilitating health condition but something that makes you kind of tired all the time?" How would you advise that person to feel better when they're feeling like they just don't have enough energy?

Tonya: I probably sound like a broken record but I'm a big believer in what you focus on grows. I had this happen to me yesterday. I was really tired and I noticed my mind. I kept telling myself, "I'm so tired. I'm so tired." The more I recited that in my mind, the more tired I became. I realized I had a few more things I needed to do before the end of the day so I started telling myself, "I'm full of energy. I'm excited about getting this done," and my mindset over powered my body.

All of the sudden, I literally felt this burst of energy. I got what I needed to do done and then I went to bed and got a really good night's sleep. Also the nurse side of me says that we have to honor our physical body. If you're perpetually tired, you really need to look at what's going on, what's creating that and not just Band-Aid the symptoms but really look at what's causing it.

There's a Catch 22 here in that the mind is really powerful and at the same time you really need to honor what your body is saying and trying to figure out what is creating this constant fatigue.

Rachel: That makes sense. I appreciate you going through those different things because I don't think you sounded like a broken record, number one. I just think it's really helpful to have different situations because I know that sometimes people will hear something and will say, "Well, that's good, but it doesn't apply to me."

I think taking that and just showing how it can work in different circumstances is going to be really helpful because I think at this point people in most circumstances will say, "Okay, I get how that can start to apply to me too." It's really helpful.

Tonya: I think it's also important, Rachel, to realize there's no formula for any woman. I think everyone's searching for the formula and there's no formula for life. That's the good news. There is no formula yet there are some truths or some universal laws that I think apply to all of us that we can begin to implement.

Our words are very powerful. I experience this in my daily life. Whatever I am projecting into the world, the words that I'm using, I end up experiencing those very same things. Be really mindful of the words that you use because they're creating your life.

Rachel: Totally. To make this just real for people listening, because I don't want anyone to think that anyone that I interview is perfect (and I ask everyone this), is there anything right now that you're working through just so people know that we're all working through things? You may have different language around it because you're amazing like that. How are you getting through it?

Tonya: Let's take a deep breath on this one because I'm working through a lot right now. As I said, I'm a single mom and I have a 16 year old daughter. You can imagine, for the moms out there listening or even if you're not a mom, some of the challenges that come with that. I don't think that this is the place we get to.

I think everyone thinks that one day we're finally going to get there and life is going to be perfect. If that were the case, we would be bored out of our minds. I think this is work that we're constantly doing. For me right now, being a mom of a teenage daughter, I'm constantly faced with heartaches and challenges.

I'm constantly being given experiences to help me to go deeper into this work. Yet, there's something beautiful in every day. I remember when I was working as a nurse. I was around death all the time. I worked in critical care. Even in the most dire situations there's always beauty. If you're in a place in your life where you're going through a lot, where it seems like you're stuck, where you can't see the light at the end of the tunnel, I always invite people to go to appreciation.

Really look in your life what can you appreciate right now. What is abundant in your life right now? The more you begin to appreciate where you are in your life right now, you begin to feel better. As you begin to feel better, you make better decisions. As you make better decisions, you create better results. It's always about reaching for the better feeling thought. I'm doing that every day of my life.

Rachel: That's wonderful. The last question I usually ask people is just what advice would you have for people who are feeling trapped right now? I think even

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just the appreciation part you said is great. If you have anything else you want to expand on, you're more than welcome. I also know you have another call in a couple of minutes and I want you to have a second to regroup before you jump on in.

Tonya: I was just talking with some clients about this. When I think back over my journey, there are a lot of dark, dark times. The way I love to reframe it now is in those dark times there is such passion brewing underneath. Once you get through them, on the other end of it there's going to be something that you're so passionate about that you'll have to share with the world.

It's hard to see that when you're in it. I want to invite everyone listening, if you're in that space, to just realize that the woman that you're becoming, which is really the woman you truly are without all of the beliefs and circumstances that result from those beliefs, you are a passionate woman and you're only going to become more passionate because of the situations that you're in now.

I'm mentioned this earlier but if you're feeling stuck in life, if you feel like life's not moving in the right direction, I invite you to begin to look at what are you telling yourself? What are the beliefs that you keep thinking over and over again? Those are what's creating the feeling of being stuck.

Equally, how can you begin to maybe change up a few things in how you're presenting yourself to the world, the things that you're doing in your daily life to being to shake your world up a bit? That's how you can begin to get out of where you are right now.

Rachel: Such wonderful advice. Thank you so much.

Tonya: Thank you so much for inviting me. This has been a lot of fun for me. It's been great to connect with you and to your audience. I always like to say no matter where you are it's a beautiful day to French Kiss Life. Find the beauty in everyday life because it's all around us.

Rachel: That's wonderful. Before you go, can you let people know where they can learn more about you?

Tonya: My website is [www.TonyaLeigh.com](http://www.TonyaLeigh.com) or you can also search French Kiss Life and it will lead you to my site.

Rachel: Beautiful. Thank you so much again. This has been wonderful.

Tonya: Thank you, Rachel. Have a lovely day.

## Want More?

If you liked this, there's plenty more where it come from. Let's stay in touch!

We can connect in any of these places:

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And as a thank you for checking this out, I'd be thrilled to give you a copy of my **favorite** time management tool. It's normally \$97 and can add a mind-blowing amount of productivity to your day.

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## Review

Thanks again for reading my book and getting all the way to the end. I am so glad you've enjoyed it enough to get to this point.

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*Thank you in advance!*

I really appreciate you.

With love,  
Rachel Rofé

