

Rachel: Hello, everyone. Today, we're here with Nichole Kellerman Wurth. Nichole wants to live in a world where women actually enjoy the process of losing weight and connecting with their bodies. As a weight loss coach, she's been featured on major websites like, The Well Grounded Life, Your Great Life TV, and The Greatest. When she's not fearlessly, but lovingly pushing her clients into a lifestyle they dream of, you can find her laughing with friends, connecting with nature and loving up on her husband and two dogs. Her business Wildly Alive Weight Loss is for women who want to stop dieting, re-frame their minds, so they can reshape their bodies. And her teachings are like nothing you've ever heard. And I'm looking forward to having Nichole here because although she is a phenomenal weight loss coach and we'll totally talk about that, we're also going to be covering just different ways that anyone, men and women could just feel more alive, just feel really good about being here. I know it's really easy to go numb and so Nichole is such a spectacular example of just getting really vibrant and living life to the fullest. So, I think this will be a great episode. So, thank you Nichole for being here.

Nichole: Yeah, I'm thrilled.

Rachel: Yeah. Me too. So, the intention behind this show is to show people that if they had a choice they can choose a better life. So, let's start. Can you take a minute to just brag about some of the things that your most proud of in your life?

Nichole: Yeah. I think, honestly, creating the life that I have truly... I don't think I could have ever dreamt it six years ago when I was totally lost and just feeling obsessed with my body and my health and lost and depressed and, you name it, I was really in a negative place. And just the fact that I feel so much love on a regular basis and I have accomplished what I have without manipulation and struggle, which is how I feel like I gained success in the past. It becomes very effortless and easy and natural and free. That I feel like is one of my highest successes, along with healing my relationship with my body. I think, that definitely comes in to one of my top as well is I use to just hate myself so much. And if it's not necessarily for your body, I just hated myself, and it was just such a horrible experience. And really working through that and healing that component of my life has been so rewarding because I truly believe that you are the foundation. Your relationship with yourself is the foundation of your life. And if you don't have a healthy relationship with yourself, then your foundation can crumble. And that has been so rewarding and I think, I would wish that upon everyone that they just have a really good self-esteem and feel good about themselves.

Rachel: Wow. So, you mentioned a couple of things, let's talk about, so one of them was progressing in your life about the manipulation part and control. I think a lot of people like, "Wow, that's really big." And then also, just the relationship with yourself, but I love to touch on both of those things. But first, about the relationship with yourself. How did you make your relationship with yourself better?

Nichole: Well, my whole thing started with... I don't feel I had really had a lot of self-esteem issues as a child. Maybe if I went back, I probably did but... Because I was raised by two alcoholics, so there was a lot of issues and I feel like maybe suppress them or didn't realize them as a child. And then, when I started to realize, it was like, "Oh, not everyone's parents drink like mine do." "Oh, not everyone's parents has parties every weekend." Once, I really started realizing that wasn't normal because truth to be told, a lot of my friends came from very dysfunctional families like that as well. So, it was normal to me even through high-school because my friends' parents were like that. And it wasn't until I graduated high-school and started hanging-out with new circles... I started to get... that's when I had my eating disorder and image disorder, which all started from a low self-esteem. And I feel like it's just kind of snowballed. And if it wasn't my body, I feel like my self-esteem still would have been there because it was, I think it was a numbing mechanism. It's was really easy to distract myself with my body than to realize that my parents do have a big problem and they did neglect me a lot. It's just a lot of emotions coming up. So, at first, and it's funny because I thought about this a few years ago when I wasn't thinking about hating myself so much. When I didn't wake up in the morning just dreaded getting out of bed. I remember just staying there and being like, "What did I do?" "What did I do that shifted my life?" "What did I do that shifted my relationship with myself?" And I think it's a lot of small things, but one of the biggest things that stand out for me is my relationship with something higher than myself. So, it's that Universe God, whatever. Having some level of spirituality and trusting that I'm not here alone, and I don't have to do everything by myself, and there is a greater plan at hand and trusting in the plan, I think really catapulted me into a healthier relationship with myself because I wasn't always gripping on to control. And for me, control would be trying to be the best in school. I was like, your over achievement junkie and I always looked at materials... not materials, but looked at my grade and my accomplishments as my self-esteem. And then, it shifted into my body and if I was a certain size then I would be a good person. So, it's always looking at external things to validate who I was. But when I really started having a healthier relationship, or a relationship in general with the higher power in my plan, I feel

like I started to have more compassion to myself. And I really started to enjoy my company a little bit more because I wasn't so crazy obsessed with the external things. Is that make sense?

Rachel: That does make sense. And I'd love to drill down for the people who are listening. When you said that you felt like you didn't have to have as much control because you felt like there is a plan, does that mean that... like how did that apply like on a daily basis?

Nichole: Well, like little things like... in business you are launching something or you are getting ready to launch a book or you are writing a book or anything like that, and you have this idea that you need to have just many people sign up and it needs to go this way, and we create this elaborate plans on how we want our lives or our careers to look. And let's all be honest, it really doesn't plan out quite like that and you have to be okay with that. You have to trust the process. You have to trust the plan. If it is your child going through some really hard times at school, you've got to trust that. If it's you going through some hard times with your husband or your wife or your partner, you have to trust that you're meant to go through those experiences for a reason and there are always lessons. That you are always being given lessons and if you don't open yourself up to the lesson, which usually shows up as an obstacle, you will continue to beat your head up against the wall over and over. But when you get out of that victimization of, "Why me, why me, and why is this happening" and shifted into, "Okay, what's my lesson?" you'll move forward instead of just stay stuck there forever.

Rachel: Got it. Yeah, that's a really good point. And it's also just nice because when you believe in something bigger than yourself... I mean, the thing with the passion as a lot of times just like a hyper focus on oneself. And so, when you have this larger picture it just automatically gets you into a better mindset, I feel like.

Nichole: Absolutely.

Rachel: So, great. Other things that you feel like you do to really enhance your relationship with yourself?

Nichole: I think, when I was really lost and hatred of my body, just like you said, "It's a focus on things." That's all I focused on and on how everything wasn't right and things should be looking different and my life should be different. I should be more successful by now. I should be married by now. I should have kids by now. It's just so easy to focus on what we think we "should be doing." But having said

that, this might sound a little weird, but like having little pump-up sessions where you go on a walk and you just pump yourself up. You put in your headphones, you listen to music and you just pump yourself up and you focus on all the great things that you have accomplished. And the reason why you go on a walk is because obviously exercise secretes endorphins and you are already feeling a little bit better. You are outside, you are breathing fresh air, and then you're like, "You know, I'm just going to focus on, I'm just going to start right now and start naming of all the amazing parts of my life and specifically what I'm proud of myself for. I graduated in college, I did this, I have a closet full of beautiful clothes." And just focusing on all the benefits of your life. It's called pump-up sessions, where you just pump yourself up. You basically push your ego out. You crowd your ego out with all of these positive thoughts.

Rachel: So, it's gratitude while getting some endorphin, that's pretty cool.

Nichole: Yeah.

Rachel: Very cool. So, got it. That's great. And one of the things that I love about your message is you are all about wildly alive. And can you tell us what wildly alive means to you?

Nichole: Yes. So, the reason why I teach this, is because I was not wildly alive, whatsoever. You teach what you want to learn and it's really good for me. The fact, that I re-branded to Wildly Alive Weight Loss a few years ago because it forces me out of my comfort zone. Because I have a tendency to just do the same thing everyday, focus on... like again, like manipulation of, "This is how get successful, you do this, this and this." That's it and that's for more of the manipulation process, like checking things off, and like an intuitive, let's do it my way, my path type of thing, which can be very, kick off the butterfly and make you feel little uncomfortable because it is different. It's not what, "The experts say." It's not what the typical "Road looks like." It's just like you go from what feels good for you. Like for example, my husband and I we just randomly left and eloped. And so, this definitely isn't your typical plan and I had to really think about and we were even thinking about starting a family before we got married. And because we wanted to do really evaluate what marriage was for us and not just doing it because that's what society says you're supposed to do next and what it is to us, and I do really sit and think, if we did have kids without getting married, what would happen? Yeah, it might make some people upset. They will definitely be some judgment there, but staying to who I am, and being who I am and sticking to my intuition. Now, we did end up being married. We just kind of left

and got married. And off course, that is typical, but we are just doing things our way. And so, Wildly Alive is the combination of a lot of things, but mainly it's tuning in to what feels good for you and not what everyone else thinks you should be doing or what society thinks you should be doing or what the experts say that you should be doing. It's tuning in to your body, tuning in to your intuition including going out, having fun, feeling the butterflies and also lots of relaxation and self love and self care because that's what your body wants. That's what your intuition wants. That's what we're supposed to do. We're supposed to live [inaudible 00:12:54].

Rachel: Totally. So, there are some great plans and I'm wondering, so when you say about like feeling wildly alive and you talk about tuning in to your intuition and self love, do you have categories because you don't want to be super rigid about it. But are there certain things that you tell people when you are working with them to look out for those things and incorporate them, or does it all end up coming back to you just to make sure you are tuning in to your intuition and that's going to guide on what you should do next?

Nichole: Like do you mean, other certain things that can throw you off?

Rachel: Well, I mean, like, do you tell people like spend x-time on self care, x-time on getting butterflies, x-time on whatever?

Nichole: Well, no. I'm not really about rules or like that or like tuning in, I am saying that a certain amount of time because everybody is different. Every season or phase of our lives is different. And so, if I can just teach you how to start tuning in to your body and the wisdom of your body, then you will know when you need to relax. You will know when you are feeling a little antsy and you want to do a really good workout. You will know when you need to have a good cry because it will be sitting in your throat for like a few minutes or a few hours and you just need to let it out. Like, you'll know because you will be able to tune in to your body and do what you need to do to process emotion. That's the big thing like, processing your emotion. So, it's more about empowering my clients and teaching my clients how to listen to their body even more, than saying, "You should be or could be spending this much time on self care, this much time on exercise," It's all different. You kind of creating your own little prescription, your own little plan on your love life in that moment that day, because we're always evolving, our bodies are always changing. And so, we can't stick to like, "Chickens really good for me," and like, "I don't eat a lot of chicken." Well, that's great now, but don't like lock yourself into that and say, "I don't eat any other

protein besides chicken." Because I think that your body has changed. There was this big vegan. I don't remember her name. But there was this big vegan, she had all this vegan books and within the last few years she's actually went to eating meat. And the poor thing had gotten so much bad attention on this. [People were saying she should die like, really mean, mean things.](#) And I think that it's great what she did because she was sticking into her intuition. She said that something inside of her like she was just having all these health obstacles and when she started eating meat, now she doesn't like gorge out, but she started eating meat and a lot of her health issues went away and she just felt better and it's like... we're changing people, like we can't judge each other on things like that. We're always evolving. We're always changing. So if you can tune into your body and listen to it forever then you have a tool that is sustainable for life.

Rachel: Absolutely. So, the person you were mentioning by the way, her name is, just for everyone who's listening, is Alex Jamieson. She was actually supposed to speak at my events in New York, so I think she's amazing, she's brilliant and I remember she got just the nastiest comment when she stopped eating vegan. And yeah, It's just crazy because I totally agree our bodies are in a constant state of change. And I would love if you could tell us just some tips that you tell people to tune in their body. Just if you have a couple of kind of tangible things for people listening, that will be great.

Nichole: Yeah. Okay. So, this is the first one that I teach to everyone that is so powerful, and it's called getting to know your inner Helga, or you can name her or him anything you want. So, this is like your ego, your inner critic. But the power in this step is actually naming and personifying that voice. Because when you can name... So, in my business we call her Helga, I am going to call her Helga but again name him or her whatever you like. When you personify a name make it real, you'll able to choose. Because most people think that that's their voice and that they have to listen to that voice, but that's not true. And that's when you really shifted and personify and make it real. And even go in as far in my program to draw her. Because the more real we can make her, the clearer it is what your intuition is to say...

Rachel: I'm sorry to interrupt. I just wanted to make sure you said, Helga is your intuition, just to be clear?

Nichole: Oh, no. Helga, is your ego.

Rachel: Helga is your ego. Okay, great.

Nichole: Helga is your ego, she's the voice that... I mean, if you're trying to get healthy. She's the voice that tells you, you should eat the cake because you've been working so hard. And then, when you eat the cake it tells you that you are back for eating the cake. Like she plays both sides of the coin, it's nice and funny. She's the one who comes out when you are in a room full of confident people and tells you that you are not good enough, you don't deserve to be there. She comes out when you're getting dressed in the morning, put those who are trying to have a healthier relationship with their bodies. She comes out when you're just around maybe with people that intimidate you. So, she's always there, but when you can personify her it gives you the opportunity to choose between your ego and your true root, which is your intuition. And so, I think when a lot of people and women have told me this, when they first learn about how good they're, they are actually pretty upset because they are like, "Wow, she's in my head like all the time," And it's like, "Yeah, yeah" but it's power now. Now, that you know you can do better. So, it's a really fun step and I really invite everyone to truly name their ego. Name it, be aware of it and there's really no big step after that because that's usually the next follow-up question I get, it's like, "What do you do afterwards?" Well, the truth is, near awareness is really all you need. I mean, sometimes she is brutally beating you up. You can put your hand on your heart and just kind of say your truth in that moment. But really just being aware that she's there, and it will make you shift and want to stand up for yourself. You just innately want to stand up for yourself. Like you'll recognize that it's not you, you are like, "Hey, that was mean," "That's not true." And you just start to make decisions from a more intuitive truth based place than the fiction in your ego, the drama.

Rachel: And how do you distinguish between...how do you know what's the truth based place is?

Nichole: Okay. So, ego will feel very constricting, very stir based. Think of competitive that comes up when I think of your ego. Like there's not enough to go around. If she's healthy and fit that means that I can be healthy and fit. If he's successful, I can be successful. So, intuitively and in your body physically, you feel like constricted. Your heart rate might go up a little bit. Your breathing might get shallow. Just very uncomfortable and might not so healthy way. And intuition in your body feels more open. You might have butterflies, like those good butterflies. They are uncomfortable, but in a good way of uncomfotability. And so, it just feels your body will be more relaxed. There's a saying that people say like, "Just it fits well with you." Like that's you listening to your intuition. When you

say something, "Well, I don't know. It just feels right. It fits well." That's you listening to your truth, your intuition that's all that's is and it's so beautiful and keep writing that out for sure.

Rachel: Yeah, another phase that I really like, "Is that make sense." Like all the senses in your body makes sense. It's so funny how we have these kind of phases that we are not even realizing just how much power is really in them.

Rachel: What are some ways that you channel your inner wildly alive woman?

Nichole: This is a good one. Well, I relaxed because truth be told, I didn't really do much of that as a kid. I was a very stressed out child, obviously. And I basically raised my little brother on my own. I usually had three or four jobs at a time. I kept myself really busy to kind of avoid home, I realized now. I was a stress case, I really was and I grew up super fast. So, I didn't really know what relaxing was. Truly I was never trained on how to relax. My parents were very stressed out. And so, relaxing and having a veg day, or a veg day where you just kick off your feet and like watch friends all day. You know, like doing that. Reading, having a nice relaxed sitting Saturday afternoon. Tuning into myself and journaling and taking bad, things like that, it's totally wildly alive because it's pure self love. And being with my husband who is a total adrenalin junkie, he makes me do and I would say make, but he really lovingly kicks me and pushes me to do things that I don't think I ever would have done it, if it wasn't for him. I never did any real [inaudible 00:23:13] ever. I was a personal trainer, but I was only personal trainer for those who wanted to lose weight, so I was in the gym all the time. But getting out in nature and hiking fourteeners and skiing and just things that I never thought I would do like, I just took a trip to Africa, which I had always really been a dream of mine. But I never had the courage to actually take action on this volunteer trip that was in the back of my mind. And it was just doing stuff like that. Things that you dream of that you always like hope that you want to do, I started doing. Like I always had the dream to move to the mountains. I never really thought I would move to the mountains, truthfully, but I always had a dream about it. And now, I lived here for four years and it's amazing. Like it's really just acting out those dreams that you want, as scary as they may seem. It's not like you take a huge leap, you can take little baby steps on your way there. That's to me wildly alive is, again, coming back to like, "How do you want to live your life and live it."

Rachel: So, did you take baby steps? Do you have any clients that took baby steps that you could explain for people there like, "Oh, my gosh! I can't move to the mountains, right now," But something that they can do.

Nichole. Yeah, when it comes to your career. I'm sure we all have ideas of how we would like our career to be a little better. And so, writing those down and getting it really clear. And then, breaking it down. You can kind of like reverse engineer it and say, "Okay." So, here's an example, I really suck at cleaning. And I really do. I really suck at cleaning, it's not that I just hate it, I really do hate it. I suck at it and I hate cooking. And so, I really in my ideal life, I want somebody that cleans and cooks for me. Not because I'm a brat, just because it doesn't make me super happy, it's not something I really enjoy. And I understand as adults, we have to do some things that we don't like, I understand that. But I would rather focus my energy on things that I'm really good at, like coaching and spend my time there. And then, hand-off things like cleaning and cooking to someone else who does get more joy from it and who can do it better than I can. And so, anyway, right now, in this stage of our life just starting a family that's not really in the budget. And so, I want to start moving towards that, and I was talking to Zack about it, "Look, here's my vision. Here's what I would love. We don't have to like go zero to all, but can we start taking a step? So, maybe we will start looking for cleaning ladies and maybe she'll start coming over once a month." And then, as I can start proving to him really that it's worth it, she's worth it, she's worth that time. It's more valuable for us to spend time together and as a family than to spend that three hours cleaning the house, you know, it's worth paying her. And so, then we will start moving into that. It's just about taking those little baby steps towards that ideal life. So, maybe even doing an ideal day exercise where you are right at your entire ideal day. And then, just taking... like grabbing little micro-steps of like, "How can I make this happen?" If we want to buy a house eventually, obviously that means we are going to have to start saving money. And that's a little micro-step as saving automatically withdrawn from my account is little micro-step. Just break it down, reverse engineer it.

Rachel: Absolutely. There's a couple of things that I thought we're really phenomenal about what you said. Number one, obviously just breaking it down into practical action steps. I think that's super helpful, so thank you for giving an example. And then, also, just about how you gave yourself permission to not cooking and cleaning. Right?

Nichole: Yeah.

Rachel: I think, so many people are just like, "I should want this. I shouldn't want this and I do it too of course and that saying it in a way where I'm better. Yeah, having a permission to really feel how you feel that and then a lot of things are figured out of it if you don't like them.

Nichole: Yep.

Rachel: And so, how did Zack respond, like when you told him about wanting to do the once a month?

Nichole: Right. So, I really had to be gentle with it because I'm not totally stereotype here. He's an Engineer and he is a little... He holds on to his cash and so, I knew that it would be a longer conversation. At first he was like, "Yeah, yeah, that's sounds great, that's sounds great." But then when it originally came down to like, "Let's start looking for cleaning ladies," He started to backup, "Do we really need to do this?" And I challenged him and I talked to him and like, "Look, this is the vision that I have for us." And if there's something that totally bugs me down and I could be using that time to spend time with our family, I could see why investing in that 40-50 whatever dollar amount is, how that's more valuable. That hour is more valuable to pay for than to give up an hour to my family." So, if you put it in that perspective, not like I'm a brat, I don't want to clean. I just want to sit on a couch. That's not what it is about. It's like, there's something else that I can do way more efficiently than me and they can have way more fun doing it than I can. So, I might as well do it and so he got on-board for sure. It took a little more talking through out the process, but I really do believe you create your own lives and this whole thing all came up I read this book first from this woman who had just had a baby, which we're talking about starting a family, and she was saying...she liked basically writing out, how her day looks with baby in the house. And at the end of the post she said, "You can see that I don't do things like shop, cook or clean because I want to spend the time that I do have with my family." And my immediate reaction was like, "Oh, my gosh! She just totally discourage her..." It was like, "Half of her list." Like, "Nobody can afford that, is she crazy?" And then, I had to stop because I was like, "Whoa Nichole." That was like ego coming up, this as an old belief system coming up. And I was like, "I would love to have something like that. For sure, I would love to have somebody do that for me." And so, I had to challenge myself. And I had to challenge response and say, "You create the life that you want." You create the life that you believe you can have." So, if you believe that you can have all of these things and you can never afford any of those things, you will never afford them. And I kind of just have to give myself a little kick in the pants and say, "You

know what? You can have that." You just have to believe you can have it and just take a little baby step to that direction like a higher somebody for 5 hours a week to do all your cooking, cleaning, and shopping. It's like, "Why don't we start with one hour a month?" And then slowly start building it up. So, it's all about which she said in the post like "I'm thankful that I had my mom model this to me." So, luckily for her, she had her mother model that for her, so it was automatic. She knew it was possible. She knew that she could do that. But for me? No way my parent's can never done that, they are too busy having a crazy time and they weren't worried about any of that. So, that wasn't a model to me, it was a natural innate way of thinking, but we can also shift out of this old belief system and create the life that we want. You just have to be aware of those limiting beliefs that are limiting you from the life that you truly want.

Rachel: Absolutely. You know, I have a friend, one of my best-friends, she hates cooking too. And what she does a lot is barter and so she does a lot of voice coaching. And so, she actually just bartered with her next door neighbor who loves to cook, he's a Italian guy who just adores it. And she was very specific, she's like, "I really like to eat healthy and this are the types of food I like." It's like, "No, problem." So, I think, every Sunday, he'll give her a week worth of food and she'll just give him some voice coaching and they're both absolutely thrilled with the deal. So, absolutely there are so many ways out there. I think, you could barter your weight loss coaching.

Nichole: Totally. I'm sure I could.

Rachel: Yeah, very cool. There's so many different things. Something else I'm curious about is, for you this whole concept of feeling wildly alive, I guess... well, first, do you feel wildly alive like a hundred percent of the time and if not how often do you think that you do? Hello? Okay. If you could just answer that, and that would be awesome. I can ask it again if you want.

Nichole: Oh, no, that's fine.

Rachel: Cool.

Nichole: Okay. I can't really give you... I'll tell you that in the past, I was not wildly alive, for sure. And I feel like it's a muscle that you work that could strength it. It's a way of thinking, it's a way of living, that's what it is. And in the past it was total calorieville. I just focus on calories in, calories out. At the gym, totally obsessed with my body and trying to look pretty I wasn't. And then, my obsession moved in to my business and I started getting really obsessed with being successful in my

business. And it just felt very restricting, it's so very obsessive and stressful. And so, I know that I'm feeling wildly alive more than ever because I can tell when I'm not. Like, I can sense when it becomes too monotonous. Even when Zack and I are kind of getting in a slump and it's just starting to feel like we're doing the same thing everyday and I just had a conversation with him recently, is like, "I just feel like we are starting to just falling to this habit where, we come home, we turn on the TV and then that's it." It just feels very disconnecting. It doesn't feel exciting. It's not what I want. So we kind of talk about screens and turning off and really disconnecting our Apple TV for a few months because it's so easy. I feel like TV is such a huge trap for this. It's so easy to just get sucked in. And people though they didn't even like people, I think fall into their ego or gain weight is because they're bored, they are not challenged. And you have to push yourself. You have to try new things. And so, I think, even as a couple we're going to have to continue to create some sort of adventure in our lives forever. If it's planning for a trip in three years to another country, or if it's like being spontaneous for the moment we can trip to Utah, a few hours away. You always have to keep switching things up and fuel yourself. Let say, I mean, nourish yourself with life. If it's having going out to dinner with a girlfriend that makes you laugh. If it's having great sex with your partner. You have to constantly be nourishing yourself with life. And it's when you fall in to those and people get bored that they don't feel alive and they get really down and depressed. You have to make it happen because it's so easy to fall in to those.

Rachel: It is. Do you find that most of the people who come to you are feeling numb and disconnected?

Nichole: Totally. And I do believe that like Facebook and TV do play a big role. I mean, it's just so easy to get like, "You get like in a trance state." It's crazy. It is crazy.

Rachel: You know, Nichole, it's so interesting because I've been off Facebook since September 4th, so it's been like four months now, a little over four months.

Nichole: Whoa.

Rachel: And at first, it was really hard and I just... it was like I find myself typing in the browser bar like constantly to try to get there. What I've noticed now is, I have such a place of expansion in my life and I've been making way more time to call friends and go out with friends. And my friendships are a lot stronger and more

nourished because it's very true to just went to behind that screen and just like typing once and many. It's easy to make feel like connection.

Nichole: Great, great. Totally.

Rachel: Absolutely. And totally in screen. I find that too even in cellphone games and stuff. Every ones in a while it's fun, and they can get super addicting and just numb out for sure.

Nichole: Great. I think it's hard for the human race in general to practice moderation. And especially when you aren't taught how to process your emotions because that's totally numbing mechanism. When you're around Facebook, for no good reason and you're just like stuck there forever. You're either bored, you're depressed and you don't want to feel it. There's all these emotions going on. Just like trying to sit still with yourself and be okay with the feelings that come up and what's going on in your body. Because it's when we start to feel those, we start to get uncomfortable and we reach for ourself. So, smart phone, food, drug, alcohol, work you name it, it's just a vice. And so, I don't think that Facebook is a problem. I don't think food is a problem. I don't think alcohol in moderation is a problem. I think that we just have to learn how to moderate it. And the way to moderate it is not to use it as a tool to emotionally numb.

Rachel: That's a great plan. Yeah. You've made a lot of phenomenal points. I think, this is going to be an episode that people is just going to absolutely adore and keep telling me on Twitter all about how great it was.

Nichole: Okay.

Rachel: Can you let people know where they can go to learn even more about you?

Nichole: Yeah, in my website [WildlyAliveWeightloss.com](http://WildlyAliveWeightloss.com) is where you can find everything. And also, I have a free challenge going on right now. It's called, "The 21 day get moving challenge," which you could just go to [21DayGetMovingChallenge.com](http://21DayGetMovingChallenge.com). And if you want to start channeling, it's geared towards women, sorry guys. But if you want to start channeling your inner wildly alive women, you not only get movement goals or challenges, but you will also get wildly alive challenges to get you out, living your lives, feeling more love, and having more fun, that's what it's all about.

Rachel: Awesome. Nichole, thank you so much for being here.

Nichole: Yeah, thanks for having me, it was fun.

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I really appreciate you.

With love,  
Rachel Rofé

