

Rachel: Hello. Welcome to this episode, which happens to be podcast episode number 100. I know, 100 episodes already. I'm blown away. I can't believe that it's gone so fast. And I just want to first say, thank you so much for being a part of this. Thank you for listening to my shows. Thank you for all engagement. If you've shouted out on Twitter, Facebook, e-mailed to me. Even any kind of anything with this show, listening, I'm so grateful for. This podcast has been such a great source of fulfillment for me in terms of feeling like I'm able to put something positive out into the world and talking to such great guests and making all kinds of relationships and sharing different things. This has been so much fun and I can't believe 100 episodes already.

I remember last year brainstorming about what I even wanted to make this podcast about, thinking about the taglines and all the different things and here we are, 100 episodes. It's been such a great journey and I just can't be grateful enough for everybody and for you to listen and be a part of it, as I said.

So today's show, we're actually going to switch things up. I have a really great friend, Kit Murray Maloney, who you may remember from another podcast, "[Celebrating Women's Sexual Pleasure](#)." She's actually going to interview me today. So Kit is somebody who . . . I had been asking some friends "What should I do to celebrate number 100?" I wanted to do something special. And a couple of people brought up the idea of having somebody interview me. And as soon as that idea came to fruition, I immediately thought that the person I would want to have interview me is Kit, because she just asks such great questions. I know she listens to every podcast. She's just so good at life; I can't say enough phenomenal things about her.

And so when we were talking about it, she had actually asked me, we talk every Friday. And we were talking about someone interviewing me and she said, "Do you have any idea of who you'd like to interview you?" and I was like "Yeah, you!" She was so happy. It was perfect for her. She said it felt like an honor for her, so it was just great. It's such an honor for me to have her interview me.

And so today, we talk about all kinds of different things. We talk about really, some of the questions that I ask guests, but she just turned the table around and asked me about how I choose a better life, different things that are going on in my life. Sometimes, when things are tough. So I gave very vulnerable, transparent shares about things that frustrate me in my life and how I'm able to get over it. Different ways I've put up

boundaries in life. She asked different questions about things that happened in my life in terms of generosity. So where I'm able to be generous and then where I have boundaries, so we talk about that. We talk about all the different types of things. So she asked some really insightful questions and I think it came out really, really well. So let's get into it. So we'll just go ahead and get into it and thank you, again, so much, for being a part of A Better Life.

Kit: All right-y. Hi, Rachel.

Rachel: Hello. Thank you so much for being here. I am so excited that it's you. As I've been telling you over and over and over.

Kit: Well, I am just thrilled. I have been such a fan of your podcast since even before it launched. And so this is such an amazing milestone and to be able to celebrate it with you is such an honor. Thank you so much.

Rachel: I have such a big, cheesy grin right now.

Kit: As do I. And so in true honoring of A Better Life and the spirit of no matter what your situation, there's always a life that you can make yourself proud of. Of course, I want to start with asking you for your brags and your celebrations.

Rachel: Thank you. It's so funny; I didn't even think you'd be asking me. I didn't even think about this. I should have expected it, but I didn't. So some brags? I guess I'll give you a couple super recent brags and then, I guess, bigger brags. But super recent? I actually just got back from shopping because I had a couple of really awesome sales months in a row. I just had a campaign that I was launching, I was affiliate for and it did so freaking well, I'm so excited about it. So I'm just rocking it business-wise lately and things are going amazingly with Don in our relationship.

And as you know, we had a bit of a rough patch and I feel like we've made such great strides to get it feeling awesome again, so I'm super proud of that. And just from a bigger context, I'd say what I'm proud of is just a life that's designed to have freedom as a core value. So I can live wherever I want, travel whenever I want. I've set up some really amazing sisterhood friendships and great relationships and I just feel so resourced in terms of amazing people that I surround myself with and it feels awesome.

Kit: That is so exciting, Rachel. I love all of that and I'm so impressed and in such celebration of you. I just want to brag on your behalf that this is 100 episodes of your amazing podcast and . . . tack that on to the list.

Rachel: Thank you.

Kit: It's such an incredible achievement, as are all the other things that you just mentioned that I would love to dive into a little bit more, so that the listeners know. I have been privy to some of the behind the scenes of the podcast in that I was able to be brainstorming with Rachel as she was thinking about putting the podcast together. So I thought on this mark of celebration of 100 episodes, it might be really fun to let your listeners into some of the reasons why you started the podcast and why the tagline is what it is and really sort of showcase that belief structure and intention that you set everything up with. And also for listeners to know, Rachel is a very dear and important person to me and it almost feels crazy making to me that I only had the privilege of meeting her about a year and a half ago. But I just want to thank you, Rachel, for just being such an amazing presence in the world and presence to me as a friend and support. So thank you.

We have been part of this great mastermind in sisterhood of women and I've had the privilege of connecting with Rachel on a weekly basis. I realized, Rach, on a weekly basis for over 18 months, we talk every Friday. And it's just been completely life-changing for me. And so with that said, I thought that in reviewing what, maybe, the listeners might have got some real insights from you from, is this issue around choosing a better life and this issue of no matter what your situation is, there's always a way to make a life that you're proud of. I love that so much and wanted to ask you to explain a little bit further about how you came to that.

Rachel: Yeah, such a great question. It first started where I just wanted to do something . . . like put something out in the world that would feel really good to me in helping people. And I think at the time, I was still not really 100% sure that I was feeling purpose and loving what I was doing and I just knew that I had so much that I wanted to give to the world.

And I started thinking; I have a bunch of random comments in a row of people telling me they liked my voice. Which normally, I'm just like, "Great, it's a nice compliment," but I just kind of started putting it

together and thinking, "Well, maybe I should do a podcast." I was just looking at some signs.

So when I started the podcast, I really didn't have any objective. I know a lot of people will say, "Once you start a podcast, are you doing it for sales? Are you doing it for this? Are you doing it for that?" And for me, it was pure . . . I just want to put good into the world. I just know that I have more to give and that was kind of what I was thinking behind it.

And then with the tagline, we were, as you know, in a mastermind and going through the tagline; it was with a group of people. We had a bunch of taglines going through and I just really wanted something like, "If you have a choice, choose a better life." The reason I chose that is because it felt really authentic to me. Because I just feel like it's naive to say that everybody has a choice. I know there's so many blanket statements that say all these things that are just not true for everybody. If you're being sex trafficked, you don't really have a choice. Of course you can be as positive as you can be in that situation, but you don't really have that much choice. It just didn't feel right to completely alienate. I wanted to make a statement that was as truthful as possible.

Kit: Yeah, I love that and I so respect you for being so thoughtful in everything you do down to that point of wanting it to be clear that you're being really respectful of people who might be in such circumstances that by insinuating that they have a choice might actually be really disrespectful.

Rachel: Yeah, yeah, thank you.

Kit: Yeah. And I really think that that's a representation of your thoughtfulness in going forward and what you're creating. And I do want to highlight, though, that something that I find so inspiring about you and so inspired by all of the people that you've interviewed as part of this podcast, is this really interesting trickiness around choice. Because although we have those extremes of course that is so great to be respectful of and really, more than great, just incredibly important, there's also a feeling, sometimes, I think, that I don't have a choice when I actually do. I've seen you and I've heard your stories about these moments in time that you really could have decided that you didn't have a choice.

I thought it might be useful for your listeners to hear about some of those moments and to highlight them because they're so powerful. So I

wanted to ask you about times that you might have felt in your life, like, "You know what? Everything is stacked up against me. And I have no choice but to be unhappy or to do it this way because this is where everyone around me is doing it." And wondered if certain things, in particular, popped into your mind that you could share to really showcase those moments where sometimes, we really think we don't have a choice and then there's this amazing little thread of light that comes through and there's that honoring of the actual existence of it.

Rachel: Yeah. The first one that jumps to my mind that you've heard me complain about is weight. Oh, my Lord. So my weight has been such a source of frustration for me, as you know because I got this PCOs, I've mentioned it on other podcasts, where basically, I've been gaining weight like it's my job. And I had this period of five or six weeks where every single day, I was eating roasted chicken, smoothies with no sugar, no sugary fruits, salads. Super-clean everything and my weight did not budge. Nothing, not even an ounce. Demoralizing. It drives me crazy.

And so I have been tracking everything that I was eating to make sure that I wasn't mindlessly doing anything. And while I definitely could have decided to just be a victim and decide that I'm screwed and just keep gaining another 20 pounds every year, I have just been fighting and I'm trying so many different things. So now, I've signed up with a regular doctor - I guess a western doctor. I've been trying to do things holistically for such a long time and I was so against going on medication or anything like that. But I'm realizing that what I'm doing is not working. And so just trying something else and just not allowing the weight gain to be my existence. Do you know what I mean?

Kit: I do. I do. And there is something in what you were saying just now that made me think that part of this choice; part of it is really grounded in an honesty. You're so honest, it's so beautiful that you're sharing this thing that's been, really, a challenge and it's quite vulnerable with this wide audience. You've been vulnerable with your dear friends and even that takes a lot of courage. And I just was realizing, "Wow, I'm learning from Rachel that choice really starts with an honesty and inquisition into help." Whether that's through friends or through doctors that you might have thought you weren't going to seek help from, but then really wanted answers that you weren't getting. So it was just this continual curiosity into asking for that help and getting those answers.

Rachel: Thank you.

Kit: Yeah. That's so wonderful. Okay, another thing in being excited to talk with you about this today is this realization that you've made these choices for a better life in a really conscientious way. But also, you choose to be present and repeat them. I think that that is something that connects me to you and I imagine for others as well, is that it's this ongoing journey and I know that it's been so beautiful with your vulnerability throughout the different episodes here about your childhood and then making that choice for a better life there. And then a moment in being unhappy in a job and choosing again.

And I just wanted to highlight that pattern of this repetition. Like, you don't only choose once and I wanted to know your thoughts on that and if that resonated. And if you could share how you continue to honor this as the path, not just as a singular thing.

Rachel: Oh, yeah. I guess we're always growing, right? Like, if you're not growing, you're dying. And I just feel like pushing against things, if they're not feeling good, is just going to lead to misery, right? And so we have such a short lifespan. I don't know what people's beliefs are about other lives and stuff, but even for just this life, it's not that long. So we might as well just . . . I don't know. I guess I just find when there's periods of discomfort or things just aren't going well, it's just easier to apply a little bit of courage and move through them versus just stewing in the misery.

Kit: Yeah, stewing in the misery is just not a good way forward. And yet, it can be compelling, actually, in some ways. I know I've shared with you; you've helped me get out of those moments of misery where it sometimes just feels like safer to stew. So I'm wondering if you have . . . do you have go-to ways of getting out of that?

Rachel: Yeah. I think one of my biggest ones is you. People like you that calls every Friday, talking with my friends and Don and just verbal vomiting when I'm upset about things. Because I think the first thing that's so helpful is just to be understood and validated, so I can just have a voice for it. Because if it's just sitting around in my head, it just gets worse and worse and worse, but once I actually get it out, I can then . . . that's kind of phase one. And then I can start to think about, "Well, what am I going to do about it?" So that's definitely the first thing.

And then I guess I always look for tangible things that I can do. That's why I'm so big on it. I feel like I always say "tangible" and "practical" [inaudible 00:17:20]. Because that's really, at least for me, the way to get

things moving. So if I want to improve something, I'm just going to look at . . . so I guess the question I ask is, "How can I make it so that I feel better about X?" Or "How do I make it inevitable that X situation gets better?" And then I start planning out practical things to do so that I actually have a pathway to make it happen. Does that make sense? If there's an example you're thinking of or I can think of one, I'm happy to get a little more concrete.

Kit: No, it makes so much sense and it's such a "Rachel" answer because it's this unbelievable balance of this emotion and practicality. And that, I find so inspiring of you. I want to share that you have taught me so much about venting and releasing. I remember before I met you, you wrote this unbelievably beautiful vent before our first retreat to Costa Rica and it was a couple of days before and you were going through this launch and so much stuff was happening. And it was just this like, "Guys, I'm just going to let it all out." And I was like, "This woman is amazing." I connected with all of it and I had been so nervous about going to meet these people and I just was like . . . I remember being in near tears of feeling like, "Oh, my goodness. I'm about to go connect with people who are just so honest and so open." That's what I needed in my life and so inspired by that.

Then sort of on the follow-up to that, I remember talking to you about a particular point that you vented about where somebody had really hurt you. And I said, "Where are you with that?" And you were like, "Oh, yeah, I'm good. I released it. I shifted it. I've moved on." I was like, "Whoa! I need to learn more." And that's where I really think I've learned so much of this balance of: you had felt the emotions, you had shared them, you had asked for the witnessing of them and then put some practical things in place that were going to make you feel better, which we're going to allow you to truly release it. From you, I've learned a lot about the importance of a vent and a release. Whereas I used to think, for me, venting used to actually not be a very good thing because it would turn into stewing and I've learned a lot from you and from some of our other members of our sisterhood, is that it's . . . when it's really in the spirit of releasing, it can be incredibly helpful. And it's these pieces that you put together and focus on with the practical aspect of it that I find to allow for the release instead of that stewing. And I don't know if that makes sense.

Rachel: No, it totally does. I'm laughing to myself because I remember that crazy vent.

Kit: [inaudible 00:20:20].

Rachel: So basically, for everyone listening, we had just joined the mastermind and we were going, as Kit said, to Costa Rica. And so in this time span, there were so many things going on in my life. Don had a paid mastermind in New York City, so he had a bunch of people come and we were renting out this penthouse and he was having a live event and I was helping him coordinate that. And then we had the moving and the weight gain has been something that's up for me for a while, driving me crazy. And so I had read about Costa Rica, how . . . because we had to go on the main plane and then some small puddle-jumper plane. And there were scales and I was afraid that they were going to weigh me and be like, "Forget about it. You're too heavy."

There was all these worries. I had read that people said they got turned back or something. I don't remember exactly.

Kit: You [inaudible 00:21:13] clearly all the things that you're not meant to find.

Rachel: Oh, my gosh. I was just, "Oh, I have to talk to all these people and I have to be on for all these people and I have to hold this event and I'm going to be turned back when I go to Costa Rica, because I've gained too much weight anyway and I have to wear a bathing suit," and blah, blah, blah, blah. I didn't even know everybody. But it was so helpful to do that. Because A, I felt so much closer to everybody when I got to Costa Rica. So many people had said that they got that. But then also, people were helping with like, "Hey, that scale thing is not really true. It's not really going to happen." All that stuff. So just practically, I was able to calm my mind and realize that wasn't very likely.

Kit: Right. Practically, the support was there and then also in your openness and your vulnerability, the connections happened even more quickly and all this beautiful stuff transpired in a more rapid way. That was just so, so excellent. Oh, yeah. Okay. Where were we?

So you do so much and one thing that I want to share with everyone is that in the spirit of what we've just been talking about and really sort of owning that tension and when things aren't going well . . . I have this amazing opportunity of connecting with you on Fridays and even on the weeks where things feel really, potentially overwhelming or dark, and there's lots of stuff that needs to be shifted and worked through. Oftentimes, it feels like the vast majority, if not always, you then are like,

"But," and then ramble off a list of incredible achievements from that week. "But," including even last summer, "But I did launch the podcast and it is top of the charts." It's like, "That's how Rachel Rofe rolls." You find such amazingly good energy and accomplishments, even in the times where there's a lot of struggle and tension. I'm just wondering if you can reflect a little bit on that and on how and you've answered a bit of this already. But I'm wondering for your thoughts on that.

Rachel: Yeah. So like how to find the good when things are feeling crazy?

Kit: Yeah, because I think that it's sometimes hard with you and with the people you interview to really remember how crazy their lives are as well.

Rachel: Yeah, totally. That's a great question. I'm trying to think of where to approach it from. If crappy things are happening, I definitely want to pay attention to that and speak it, so that I can work it out. But also, I don't know. I find that at least in my life, sometimes, it's like everything feels like it's crappy. But usually, there's a couple of shiny . . . it's not usually everything is up in the air at once. It just feels good to be grateful for that, too. Just for a more well balance. Because otherwise, it's so easy to go into that downward spiral and then once you start the downward spiral, it's just so easy to go down, down, down. So I feel like expressing what's bothering me is really helpful for getting to process it through. But then not being married to it, I want to also look at the other things that are going on, so that I can have perspective.

Kit: And do you have a gratitude practice of sorts?

Rachel: I don't. I have had a gratitude practice at different points in my life. Sometimes there's an app called [Five Minute Journal](#) that [inaudible 00:25:06] was telling you about. I'll use that sometimes, which is awesome. I think 7 a.m. every morning and then 7 p.m. at night. One of those times you talk about what you're grateful for, for the day and the other time it's like . . . I think that's the nighttime. And then in the morning, you talk about what would make today great and everything, which is nice. I really like that.

But no. I think that I'm naturally . . . I've been so conscious of being grateful, that I naturally now start to seek those things out. I feel like I've put it into me.

Kit: That's so impressive and amazing and inspiring. I love it. It's so perfect because I really wanted to talk to you about generosity and I feel like that's another thing that you just embody and just exudes from you naturally. And so I wanted to ask you more about your thinking around generosity and how you come up with your ideas to do things like give fresh, clean water to people and to support so many people in your life.

Rachel: Yeah. That stuff just lights me up so much. I am just as blessed to do it as whoever I give anything to. So for one, I think that I just . . . I feel so alive whenever I do anything like that. It's just so motivating to keep wanting to do more. And then I'll usually just like . . . I'll really just listen to my intuition and do what feels right.

Like the other day, Don and I went to a casino. We never . . . it's been, I don't know, maybe nine months since we've been to the casino. It's just not something we do, even though we live in Vegas. And I had won I think \$150 or something and I just immediately . . . awesome, right? Yeah. It's a lot funner when you're winning. So I don't know. I just had this feeling like I just really wanted to give that to somebody. I don't know. It was just like it came in my mind and it kept coming up. I really wanted to make sure that I did something for somebody else. It just didn't feel like my money, which is totally intuition-based.

And so the next morning, I was driving to Barnes & Noble. I thought it opened at 9:00 and it ended up actually opening at 10:00 and so I had an hour to kill. And I was just driving around and I just felt inspired to go into a Walmart, actually and buy a \$100 gift card and hand it to a stranger. And then it was just like totally . . . I don't know. I didn't consciously . . . like, it just came to my mind and I just did it and I acted on faith, I found the person on faith.

I mean, in the case of the water, it was just . . . I was walking around and Vegas was wildly hot and I know for me, it's like I'll walk around and I feel like my soul is getting sucked out of my body if I'm outside in that Vegas heat for even just a little bit of time. And so seeing all these homeless people just sitting there all day and it's like 120-plus is just maddening. So I bought water at the . . . there's like a Walgreens or something at the corner and I bought a couple, because I had seen some homeless people. And I ended up just by giving those out and then I went to go buy more and maybe I bought two or three the first time, then I bought more and I kept giving my water out plus the extras. I'm like, "There's not enough water for me to give out. I can't hold it."

This is obviously a need; people were very grateful when they were taking it.

Then it was just like, well, here's something that feels really overwhelming and bad. It's not a good situation. So then it's, "Well, what can I practically do to get it so that these people have water?" So then it was asking myself the right questions and working out goals from there.

So from there, I was then thinking, "There has to be somebody or people who live in Vegas who are used to the heat and who could maybe come out for a couple times a day, take a cooler with them and just hand out water. And maybe I could just pay those people to hand out the water," and it ended up being for \$400 a month or . . . I don't even remember . . . \$400 . . . maybe it was a month. I don't remember anymore. I had talked to a bunch of people who said that they could do it and it ended up not panning out the way that I had wanted it to. But that was the thought process originally. Just hire people that I use to get it done. Get these people water.

Kit: Well, I love that because you saw the problem at first and did it in the most obvious, in that moment way of, "These are thirsty people. I'm going to run out and get water." But then, it kept niggling at you enough to think about other strategies to make it more of an ongoing experience to have other people giving out water. And even if didn't work out exactly like you had imagined, it's just such a great reminder of that almost . . . I mean this in the most complimentary way, but almost that little kid energy of, "I'm going to sell lemonade," and that entrepreneurial energy of just, "I just want to start doing something and see where it leads," rather than get so bogged down into, "Well, this is a major city and I'm never going to be able to get everybody water." And so many of us go way to that negative conclusion before even engaging in those initial steps that can be so powerful.

Rachel: Thank you. Yeah, I guess it's a good distinction as far as . . . just any time there's like feeling like a victim or feeling powerless is usually a good time to stop and look at, "What can I do to take control back of this?" And I realize we don't have control of everything. But even if it's just like changing the mindset or something. Just so that we feel like we have some healthy relationship to it is, I think, really healthy.

Kit: Yeah, it is. It is. It's so inspiring. I love that that person . . . I had seen on Facebook that you had given that Walmart gift card, but I hadn't realized that . . . I hadn't made the connection that that was the winnings

from the casino, which is really fun. It's certainly a fun balance; that's so great.

So in terms of your generosity, I was wondering if you could talk a little bit and you've done such a great job interviewing people around all sorts of different boundaries. Particularly boundaries around time. But I think that there's also a boundary around generosity and I was wondering if you had thoughts and shares around that? Because it's like anything else, it can feel so good. But if it's out of balance, it can go into feeling of taking advantage of and not knowing if you're really supporting people in the best way.

Rachel: Yeah, that's a really, really good point and for a while, I think I was a chronic over-giver. So I think for me, it's like when it feels good for me to give and I feel really alive by it, then it's great. And if I feel like it's an obligation, then it's not so great. So what I've been doing is making much firmer boundaries with people in my life, especially with my family. I had paid for part of schooling for both my siblings. I gave my sister a car. I was always . . . whenever they had problems, totally open to listen to everything all the time and just take all the . . . just listen to all the drama and I'm such an energy-sensitive person. I love my family, but every single time I'd go home, I'd gain 5 to 10 pounds, I think, just from the stress and having to put extra padding to handle all the energy. It's just crazy.

And so I actually told my mom and then I told my sister and brother that I just can't handle the negativity. There are so many people that I guess just say, "That's it. I can't handle my family. I've just got to cut them off." And I didn't want to do that. For some people, that's definitely what you need to do. But I love them; there are so many times when I have really good times with them, too, but I just couldn't keep taking that on anymore.

So I just told them, "A, I need to keep the negativity down and also with the money stuff. Please, I can't hear about your money problems anymore." Because the thing is, when I know about them, it's like I naturally . . . my mom has a second job. I felt so bad; she was driving into inner-city Philadelphia and feeling nervous. So I basically paid for her second job so she could quit. So I was paying her monthly and stuff and all this stuff and it would just put me in this spiral of having to save everybody.

So that was my initial thing, going through and just telling them, "I can't do it." But then, even still, every once in a while now, it'll still . . . and they've been very respectful, but still, every once in a while, something will come up. And instead of going into immediately, "How can I try and save them?" I just think, "Everyone has . . ." what's that quote? "Nobody has more than they could handle." And I'll think to myself, "These are strong, smart people that can handle whatever is going on. Who am I to think that I'm there to save them?" It's actually kind of selfish to not let them figure out their stuff.

So I just repeat that and then when it feels good to give them something or do something, then I'll do it. But I really go on what feels good, not when I feel obligated.

Kit: That's a huge distinction. And it's so helpful to hear your thoughts on that. I'm wondering what it was like to first create that boundary, if it had been years of that boundary not existing. And how did you find the strength or did it just feel obvious? But what were those initial conversations like and were they ever tested?

Rachel: Yeah, yeah. It was years and years and years. It was probably last year when I said something and I think, actually at that point, I had been . . . there were other things going on, too and I was just having a really rough time and I was just like . . . they say sometimes, you need to . . . what is it? Have a breakdown for the breakthrough? And I was already having a breakdown and so many other things. And so I guess it was easier, because I was already feeling so all over the place. I just went and told my mom all the things that's going on. I'm like, "On top of that, please just stop it with the negativity. I can't handle anymore. I can't take it." And so it was really perfect timing in terms of that.

But I've had other rough conversations and it's a lot of mental preparation for me. And so just thinking through what can happen, but also just realizing that I need to give people more credit than I might. There are so many times I hear . . . me and other people will say like, "I can't believe that they're going counseling," or, "They're doing this," or, "Never in a million years would I have thought that," blah, blah, blah. But people change, you know? And so just giving those people credit to do the thing that feels like it would be better for both of you instead of just deciding that they're not going to, I think, is really good, too. So giving people a chance to show up is what I'm trying to say.

Kit: Yeah and I love that. I also really appreciate your honesty about how challenging that can be. Because it's that leap of faith and particularly, if things have been operating for a long time; even years or decades of one norm. And then just knowing that if it's this feeling of depletion or obligation that something has to change and that it has to be saying, "I believe you're more resourced than you think you are, so I'm going to step aside to show you that." That's a scary thing to say, but it can be so powerful.

Rachel: Yeah. And that's like really at the end of the day, like, "Who am I to say that I know any better?" right?

Kit: Yeah.

Rachel: I think back to like . . . it's crazy.

Kit: Well, it's funny because in times in my life where people have come to save me, it actually hasn't felt good. And that's what I often try to remind myself if I'm in that mode on the other side. It's like people want to be helped, but not . . . I've hated the times where I've been really low and I've felt the energy of, "I'm going to swoop in," type thing instead of listening to what's been happening and how can something more sustainable be set up for me?

Rachel: Exactly. And that's why I really love the question, "What can I best do for you in this moment? How can I best support you?" Because I'm sure you'll tell people . . . and I know you tell people. You tell people exactly what you need. You tell them exactly what will feel good. I know what you're thinking. Oh man.

Kit: Okay. Well I might as well just say it now, [inaudible 00:38:04] reference this in another podcast, which I caught. Which is that one day, I just asked our group to give me compliments. I just needed compliments. And it was so edgy for me, but it was so clear, too, that that's what I needed because I was feeling just that I was doing a lot that that I couldn't see it and I needed to have it reflected back to me through people that I cherished and believed in. And it just was such an awesome moment for me, because I got to receive all these compliments and then I got to receive all this feedback of one, how much fun it was for them to give me compliments and how impressed they were by me being so specific and so clear about this pretty indulgent ask that actually was really necessary. So therefore, not indulgent.

Rachel: Then it was perfect, right? Because you could have gone in and been like, "Hey, do you need me to go proofread your e-mails or talk to people for you or do this or do that?" But really, all you needed in that moment was some compliments. And, hey, I'm a words of affirmation person, I get it.

Kit: Right, right, exactly.

Rachel: And then the other thing I was going to say about this is just I think back to times in my life where I was so sure that I knew exactly what I should be doing like when I was a raw foodist, when I was a vegan. We all have periods when we're like, "What were we thinking?"

And so I think back in coming from knowing that in a year from now even, I'll look back and be like, "Rachel, you were so wrong about these different things." Who am I to go in and try to save people? You know what I mean? I don't have the [inaudible 00:39:34]. And a year from now, I'll probably feel completely that was the wrong thing.

Kit: Yeah. And it's interesting, that balance as well. Because sometimes, I can get overwhelmed by the knowing that I will shift my opinions. But it doesn't mean that that makes me less convinced of what I believe in now. It's just that awareness that things move and we're here to continually be learning and as we learn, our beliefs change. And I love that you brought that up because it's actually something that I struggle with a lot in that I love to learn and I am so curious and I know that all my blessings have come from that curiosity.

But the way you just phrased it is the way I need to really adopt my thinking towards. Because sometimes, it can feel embarrassing, actually. To think, "Oh, I used to be so convinced that this way of doing it was the right way." And it's really, for me at least, it's been trying to - if I am not convinced, keep that enthusiasm for it in an appropriate container and maybe that's myself or maybe that's talking to other people, but not placing that conviction onto other people unnecessarily or without their permission or without their interest. I don't know if that makes sense.

Rachel: No, it makes total sense. I don't know exactly what the stages are, but I've heard that when you go and learn different things, I think it's either stage one or stage two, you become so convinced that this is the only way that things should be. And then different people stay in there for different times. But it's why like . . . especially with the food, the diets

and stuff, people will get so passionate that this the only thing that you should be doing. And then eventually, they'll do it and they'll realize their body is craving meat if their body is craving meat or whatever it happens to be.

Kit: Right.

Rachel: And then they'll go through and it's just like anything else, really. There are so many things. I know a lot of people who go through Landmark Forum, for example. It's like, "Landmark is the world. Landmark's the only thing." And then they'll go through and they'll start to integrate other stuff.

But it is hard. I mean, it's just, I think, the way that we naturally respond to learning new things. So at least knowing that that exists and giving space for it [inaudible 00:41:56].

Kit: Yes, yeah, yeah. I love that. I think that's a really beautiful way for us to mark the milestone of 100 episodes and I just look so forward to the next 100 and on behalf of all of the listeners in your whole community, Rachel, thank you for the work you put out in the world and for everything that I've learned from your podcast, in particular and from being your friend. That is just an endless list.

Rachel: Thank you so much, Kit. Like I said, I had zero expectations. You asked such great questions. Such awesome questions, I'm blown away and I can't wait until you have your podcast because you are such a good host. You are so good at putting things . . . taking the answers and bringing them seamlessly into the new questions and reflecting back and being present. You're awesome.

Kit: Thank you so much. Well, yes, you've inspired me to do my own podcast. So thank you for that and congratulations, just massive congrats and all love.

Rachel: Thank you so much.

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With love,  
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