

MAKE MORE MONEY AS A DIETITIAN

EP.137: Becoming Your Own Guru

Intro

[00:00:00] Welcome to the Make More Money as a dietitian Podcast, where we talk about all things, money, mindset, and marketing. So your nutrition business can thrive and you can make a bigger impact in the marketplace. I am your host, Christine Dyan, registered dietitian and money mindset expert. Let's get started with today's episode.

Episode start

[00:00:28] **Christine:** Hey there, dietitian friends. Welcome back to another episode of make more money as a dietitian. This is episode number 137, where we're gonna be talking about becoming your own guru. Now, before we get to the meat of the episode, I have a little bit of a, I don't know if I would call it a rant, but. I had a little bit of reflection time on Monday, this past Monday, which was Valentine's day.

[00:01:02] And I wanna share this with you because I literally did nothing on Valentine's day, but stay in bed and watch episodes of season two. Love is blind.

[00:01:22] But that's not what I wanna share with you. I don't wanna rant on about that, but what I wanna share is what happened before I did my binge of Netflix that day, which was, I had a bit of meditation time. On the morning of Valentine's day. And it came to mind for me. And I don't know if any of you have ever thought about this, but I was just like, who is Valentine?

[00:01:57] Why are we celebrating this Saint Valentine? Where did he originate? And why are we celebrating this every single year? I feel like the majority of us have not really been educated on why we celebrate this day of love and where this day of love came from the only thing that I can personally remember is all of my years of being in grade school from kindergarten all the way through sixth grade where we would always have the opportunity to either make Valentine cards for our friends, or we would buy them back in the day they came. I don't know if they come like this anymore, but back in the day, Would

be able to buy a box of them and they would come, where you can, you know, they were perforated and you can tear them off and you can write your friend's name on and you put it in a little envelope and when you get to class, you get to give it out to all your friends and maybe even your teacher or some classmates will bring cookies and cupcakes and you have this day and you have the little red Kool-Aid and all the things, right. . And you'd be able to celebrate Valentine's day together as friends in your classroom at school.

[00:03:22] But that's all I remember. Like, and then we've just been celebrating this day ever since then. Not really knowing where it originated from and what really struck me as somewhat odd is that I feel like a lot of these holidays are like that. Like we celebrate certain things just because this is how we've been conditioned as the, as a human race maybe, or even just as a society to celebrate certain things.

[00:03:59] Not really knowing why we do it. And we just adopt these things just because, and most recently, I personally have decided that I get to decide what I wanna do and how I wanna celebrate certain things. And do I wanna continue celebrating certain holidays that really feel a little constructed for lack of a better term?

[00:04:37] Or do I wanna. Construct my own. And, um, I'm not gonna get into like what I learned about Valentine. I did get on the Google and try to learn a little bit about this. Saint, was he a real Saint? Was he some fictional character? And all of the things I will leave that up to you, you get to decide whether or not you wanna go down that rabbit hole

[00:05:06] But what I learned from that little bit of time was that I'm no longer really what can I. I'm I'm no longer interested, I guess, in celebrating certain things that feel like it's just part of the mainstream or the norm of what we do, just because that's what we do. Like for me, in order for me to celebrate something, it has to have true meaning to me and my life and how I wanna move forward and even who I wanna celebrate it with.

[00:05:52] And so that's part of where this particular episode comes from, because what I'm also seeing out there in the online world is a lot of us just doing what others are doing, just because that is what's on trend. So this is not good in my opinion.

[00:06:19] Now, keep in mind y'all. Everything that I talk about on this podcast are my opinions and you always get to take what feels relevant to you and leave the rest. But in my opinion, This is not good y'all. This is not good. It is wow. It's kind of interesting to witness on the outside as someone like myself who doesn't really do a lot of what everyone's doing in the online world. You won't see me making reels. You definitely won't see me making TikTok. I don't even have a TikTok account. I think I created one just so that I could go on and, and look at videos, but I never posted anything. You won't definitely have me in your DMS trying to sell you on my services on the sly. Like I'm just not that person.

[00:07:31] And so I wanted to share with you something that I feel is very important about creating a business that is uniquely you, that will attract the clients that you are truly meant to serve, because when you are out there doing all of the things that everyone else is doing, you're blending in.

[00:07:57] You're not standing out when you're blending in, when you're doing what someone else is doing when you're doing what is on trend. Now, there was a time when doing what was on trend was. A good thing because it was new. So for example, when Instagram was fairly new and some of the larger accounts really caught, caught on to how to grow on Instagram, for example and then they shared that with all the rest of us and some of the early adopters of that went ahead and did what they said to do. Then they grow their, they grew their accounts and that was a good thing. What worked then doesn't work now.

[00:08:50] And so now that Instagram has become highly saturated, it's a lot, more competitive to get engagement. Even a lot more competitive to gain more followers and doing, even doing what is on trend, which is reels and all of the things is still not helping. And so blending in is not necessarily, like I said, going to help you to stand out. But what I feel helps you to stand out is becoming your own guru. Like being your own influencer. If you wanna use the word influencer, you can. I don't necessarily like that term. I don't use that term, but I tend to use the word guru because guru simply is a, it's a Hindu word actually. And guru simply means spiritual teacher or a person who has reached a high level of consciousness, that's all guru really means.

[00:10:06] So that means that you can become your own spiritual teacher. You can reach a high level of consciousness through listening to your own inner wisdom and doing some of the other things that I'm gonna share with you

today. This, in my opinion is how you stand out. When you come up with your own unique content and your own ways of sharing and doing things, this is how you stand out. My friends, you don't stand out by blending. Sorry. Y'all had to take a sip. Oh my God. My mouth is so dry.

[00:10:53] So this is so important because there is just way too much happening on the internet and you can fall into the black hole and never be seen again. And so let's talk about first and foremost. the importance of trusting your own inner wisdom.

[00:11:22] Okay. The importance of trusting your own inner wisdom. Now I believe that we all have our own inner wisdom or you can even call it intuition, right? It is that still that small, still voice that speaks to you, or maybe even you can feel it and you know what it means. It's like either you hear the voice or you have this inner knowing, it's like a feeling of vibration in your body.

[00:11:58] We all have it. And it's so important that you listen to it and you trust it because when you don't, that is when things tend to go in the opposite direction of what you desire. And so one of the steps that you can take to start to trust your own inner wisdom is to cut back on the distractions. Cut back on the distractions in your life.

[00:12:40] That means that you wanna have time or you want to create time and space where there are few distractions from others, few distractions from other people's opinions and their voices. And maybe even visual distractions. So I want you to think about how can you cut back on the distractions in your life so that you can hear your own inner wisdom and allow it to lead you in the direction that you are meant to go in your career as a dietitian.

[00:13:31] What distractions are showing up for you that you can cut back on. So for me, I have been cutting back on who I listen to and how much time I spend consuming content. So that is in the form of podcasts that is in the form of social media. And limiting my scrolling and watching YouTube videos on certain things, just limiting the amount of consuming and also constraining down who I get my information from not getting my information from all of the people.

[00:14:26] I have a select few people that I listen to, that I watch maybe on YouTube and I don't spend a lot of time doing those things. So what do I spend a lot of time doing? One of the things that I have committed to spending more

time doing is reading for both pleasure and personal growth. Okay. So I read for pleasure and personal growth.

[00:15:01] Now there was a time when I would spend a ton of my time reading and consuming information for personal growth only, but now I have decided to dedicate some of my reading for personal, I mean, excuse me, for pleasure as well. But let's talk about the personal growth. Okay. If you are an entrepreneur or you have the desire to become an entrepreneur, that is a personal growth journey all by itself.

[00:15:44] That's not exactly what I'm talking about, but what I wanna share with you is. A lot of times when you are on this entrepreneurial journey, you will take information from other people who have gone before you, and then you will do what they say and expect to get the same results or very at least very similar results.

[00:16:15] And I wanna encourage you. To create your own path. Okay. By reading and educating yourself on the same or similar things that your I don't know if you wanna call them maybe your coaches or your mentors or people that you admire, what did they. Learn. And who did they learn from? What books did they read?

[00:16:53] Educate yourself on topics of interests that are similar to those who have gone before you, and then you get to take away what is meant for you to take away. And then you get to create your own path. Okay. Instead of learning from their takeaways and then creating your own path from their takeaways, why not educate yourself on those same topics, create your own takeaways and move forward in the way that you're meant to move forward.

[00:17:40] Now, what this means. My friends is that you have to trust your own inner wisdom to know that what you take away is meant for you. Now, you, you can start out trusting your own wisdom, your own inner wisdom by practicing. With things that are just small things. Okay. Where making a decision won't have a huge impact. Okay. I want you to trust just like maybe even test out your intuition with something that won't make a big impact in your life. Okay. It could be something in the realm of your personal life. And it could be just a matter of making a decision about what to make for dinner. Can you trust yourself to listen to your inner wisdom about what to make for dinner, or maybe trusting your inner wisdom about what to put on in the morning? I'll tell you. That I use my inner wisdom on a daily basis. Sometimes I

would just be like, okay, God, what should I wear today? And then I'll stand there in the closet and wait for the answer.

[00:19:25] Sometimes I let God dress me. in the mornings, cuz I don't know what to put on what I feel like wearing. do I wanna be casual? Do I wanna be a little more dressy? Do I wanna wear earrings? Should there be long hoops, big hoops, or should they be short hoops? Should they be studs today? Should I put on makeup?

[00:19:46] Sometimes I just let my intuition dress me, make me up, make all the decisions because there are times when I just don't feel like making decisions and it feels good. To have something on the outside of me make decisions for me and for me to be able to trust that it, it takes away a certain level of burden.

[00:20:16] And so what would that feel like? Even if you kick it up a notch, when it comes to your business, trusting. Your inner wisdom, trusting your intuition about the decisions that you need to make instead of asking for other people's opinions on it. Okay. What would that feel like? Maybe it'll feel a little scary in the beginning maybe you'll be like, holy macro. I don't know if this is gonna. but the truth of the matter is you're gonna have a little bit of uncertainty, even if you are asking for someone else's opinion and then trying to implement it yourself in your own business or in your life, just because someone gives you an opinion on what works worked for them. That doesn't mean that it's gonna work for you in the same way. It doesn't mean that if you go out there and you say, how much should I charge for X, Y, Z, and you decide to charge what someone else tells you to charge. That doesn't mean that you're gonna get the same results. You're gonna get a whole bunch of yeses or what have you.

[00:21:38] That doesn't mean that, so there's still uncertainty, whether you are taking on the opinions of others or you're trusting your own inner guidance. And I do wanna tell you that by trusting your own inner guidance, you actually have a much better chance at getting the outcome that you are meant to receive I will say. So I actually just shared with you two out of five of the things that I feel you can start to implement to become your own guru. Okay. And the first is to educate yourself. On topics of interest and then take from those things that you have educated yourself on and implement them in the way that you are meant to implement them for you.

[00:22:46] Okay. So if you want to focus on a certain area of expertise, then I would say, you need to educate yourself on that and then have your own unique takeaways and implement that in your business. If you need to learn how to market, I say that it's still a good idea to hire a coach, but what is important is that you actually.

[00:23:24] Take what is relevant and feels true for you and how you wanna market your business and leave the rest. When I'm working with my clients, I always say, Hey, you don't have to do anything that I tell you to do. And I'm not saying this in the passive aggressive way. Like you literally get to decide. But I also know that the best coaches are the coaches that know how to ask the right questions that lead you to making your own decisions, coming up with your own answer.

[00:24:07] And that's how I coach for the most part. Now I do have resources and I have materials and all of that stuff. But I also, in the part of the, in the coaching process, I coach my clients on coming up with their own answers so that they can make the best decision for them. And I always tell them that you get to decide, you never have to do anything that I tell you to do and they all know that it's very rare that I will tell them what to do. Okay, so educate yourself and then trust your own inner wisdom. Make sure that you are creating time and space to be able to listen to your inner guidance. You can test out your inner guidance with small things before you start to trust it with bigger things and I always say that the inner knowing. Is the guidance that you will want to listen to the most because it will lead you in the direction of your desires, your true desires. Now, the third thing that I feel is really important when it comes to becoming your own inner guru and remember guru is just a Hindu word that means a spiritual teacher or a person who has reached a higher level of consciousness. And I think it's really important that we all grow and evolve and strive to have a higher level of consciousness as we grow ourselves. And so the third thing is to trust the universe, trust God or the universe along the way.

[00:25:59] It is so important that you have a, that you understand that there is a source outside of you. That is co-creating everything along with you, but you are the one who ultimately, as a human gets to decide, you have free will to make decisions in your life. Your humanity is up to you. But when you decide that you want to have God or the universe along with you on your human path, then trust that guidance of that source as well, because it is a heavy burden to bear.

[00:26:42] When you feel like you're the one out there doing it all. You're the one out there who has to make all the decisions. You're the one out there who's making it all happen. That's a heavy burden to bear. And I actually believe that that is part of the reason why a lot of people do feel heavy burden. They really have this heavy mental burden because they think that they are grinding and hustling and this and that, and that feels really hard, right. But when you know that you're not in it in a Ugh, when you're not in it alone, that begins to lift the burden a bit. So whether you believe in the God or believe in God or the universe or source, whatever it is, spirit, I want you to think of how you can. Begin to co-create what it is that you want for your career as a dietitian, along with that energy.

[00:27:50] All right. All right. So the fourth thing that is recommended to becoming your own spiritual teacher and creating a higher level of consciousness for yourself is to listen to your intuition. and I feel like listening to your intuition and your inner guidance is a very similar thing, right? So there's a slight distinction and I feel like intuition, tuition goes along with discernment.

[00:28:35] Discernment is all about wisdom and knowing, okay. When do you listen to that? Knowing that is inside of you, that intuition, that nudge the thing that tells you what to do that sometimes you just, you know, you don't listen to. Do you listen? sometimes as humans, we tend to think we know what's best and we don't listen to our intuition.

[00:29:17] And in those moments when we should have, we will often say something told me something. Told me and I know we've all done it because I know I have, and I'm not alone. I'm a human just like you. And I want you to think of ways that you can begin to make a commitment to listen to your intuition, more intuition, inner wisdom.

[00:29:56] They go hand in hand, but I feel like intuition. Like I said is a form of discernment. It's a wisdom it's, there, it is just that deep knowing, which leads me to the next thing, which is trusting your body, trusting your body. Your body is constantly guiding you through the sensations of tension and angst or.

[00:30:29] On the other hand, ease and presence and little hint when there's ease and presence. That usually means this is direct. This is the direction we need to go. Okay. So trust your body. I wanna say that intuition is fun. And it can give you information, but the first line of wisdom is your body and the

sensations that you can feel in your body will come before that intuition, or maybe it comes along with it.

[00:31:18] Sometimes the, the sensations in your body is your intuition. and so I want you to listen and trust. I know for me personally, my intuition is twofold. A lot of times that intuition comes in the form of, a voice. I hear a voice, an inner voice. And sometimes if I'm just seeking a yes or no answer, then it is a sensation in my body that I feel.

[00:32:02] And I know which one means. Yes. And I know which one means no. And so when you get to that level, or even if, if you are at that level, This can be so helpful to you when it comes to making decisions in your business, it could be about making a decision about hiring someone to help you. You know, you wanna have the practical things in place when it comes to hiring someone like you want to investigate and research in this and that and the other the person before you hire them. I'm not talking about investigating like legally, technically investigative person, but you know what I mean? Like you wanna do a little background research on a person, a coach, or a mentor, or even someone that you're gonna hire to help you in your business, like a virtual assistant or an executive assistant.

[00:33:10] Maybe you're at the level of hiring an online business manager. Whatever it is. You wanna have the practical parts in place and you also want to engage your intuition and your body. All of it together will serve you well. Okay. But if you are just relying on outside resources to tell you what to do, You are doing yourself a huge disservice, and you're setting yourself up for huge disappointment in the end, because what you could be doing is creating your business off of a version of someone else's opinions and what they have done that worked for them.

[00:34:11] Which is totally different from what it's supposed to be for you. So I really wanna encourage you to employ these things that I've talked to you about today. And the final thing that I wanna share with you is that you must take action. Because even after you've educated yourself on certain topics of interest, and you've learned to trust your own inner wisdom and you've co you've you've co-partner with God or the universe, and you're starting to listen to your gut, your intuition a little more and trusting your body or entrust in your body.

[00:34:53] You gotta take action. You have to take action. My friends. You cannot grow unless you take action. Okay. So many of us get caught up in the learning. So many of us get caught up in consuming other people's content that we don't take action on anything. And if that is the case, then there is mindset work that needs to be done because that is a sign of some level of resistance.

[00:35:40] And resistance is just fear. That is all it is you're resisting because you're afraid. , you're not taking action because you're afraid you're procrastinating because you're afraid you're overthinking because you're afraid. Okay. If you're not taking action and getting the results that you desire, then that's where having someone to support you, someone to coach you, someone to keep you moving forward is essential. So becoming your own guru. What this means is that you get to decide what you want for your business, your career, as a dietitian, and overall what you want for your life. No one has better opinions about your life and what's good for your life. And what's good for your business than you. No one, not even me.

[00:37:00] If you were to hire me as your coach, we would have that understanding right off the. , but what is the benefit of hiring someone? The benefit of having a, a really good coach is that you go further, faster than you would if you were to go it alone. I believe that there's a misconception about what a coach really is because there's so many people who are out there that are not truly trained as coaches. They think that they're supposed to just tell you what to do, and then you do what they say, and then you don't get the results that you thought you were gonna get. And then you're pissed. But a true coach coach helps you come up with your own inner wisdom and the answers that are meant for you.

[00:37:57] A true coach will take you further faster because that person. Is helping you go in the right direction with very few missteps. And when you come across missteps, that person helps to guide you along the way, pivot if necessary, provide certain resources and then you get to your destination further, faster my friends.

Conclusion

[00:38:34] All right. My friends. That's what I have for you today. Becoming your own guru. Can you do it? Is this something that you think that would be beneficial to you this year and going forward? I think it's really important that

we listen to what is already on the inside of us. We need. To listen to what is already there.

[00:39:06] I believe like, the good witch, Glen of the good witch in the wizard of Oz to told Dorothy, she says paraphrasing, because you know, I, I don't know the, the script or anything, but she says you, you always had it inside of you. It was always there. And that is true for you too. My friends. that is so true for you, too.

[00:39:33] Everything you need is on the inside of you. No one knows better what you need more than you and having mentorship and coaching and learning from different courses. And all of that is good. And you get to take away from it. What you are meant to take away from it. And you ultimately get to decide how you're going to utilize that information.

[00:40:05] All right. And I wanna leave you with this. If you feel like you need a coach, someone who can help you guide your, your own guide, you to your own answers and guide you along the way, keep you on the straight and narrow. Keep you from getting drowned in distractions. Keep you from listening to all the noise.

[00:40:42] I want you to check out my private coaching program. Okay. Because ah, This is the year, my friends, if not now, then when, when will you decide to stop listening to what everyone else is doing and really start to take action for yourself, create the career that you want on your own terms. If not now, when, when.

[00:41:21] Okay. So if you're interested in at least learning more about the private coaching program that I offer, you can head on over to manipuracentre.co and remember center is spelled manipuracentre.co/privatecoaching. All one word. Okay. manipuracentre.co/privatecoaching, check it out. And if it resonates, you can set up a consult call and we can discuss your situation and see if private coaching really is a good fit for you.

[00:42:06] All right. My friends it's time for you to become your own guru. I can't wait to see you shine your light because you are unique and your business should reflect that. I'll see you on the next episode of Make More Money as a dietitian until then have a great rest of the week. And weekend ahead. Bye-bye.

Outro

[00:42:26] Hey there. Do you wanna make more money as a dietitian then head on over to our website @manipuracenter.co again, that's manipuracentre.co, where you'll find free resources to get you started. And if you are so inclined, Get your name on the wait list for an upcoming incubator program.

[00:42:51] I hope to see your name on the list so that I can help you get started making more money as a dietitian.