

# MAKE MORE MONEY AS A DIETITIAN

## EP.139: Validating Thoughts

### Intro

[00:00:00] Welcome to the Make More Money as a Dietician 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 dietician and money mindset expert. Let's get started with today's episode.

### Episode start

[00:00:28] **Christine:** Hey there, dietician friends. Welcome back to another episode of Make More Money as a Dietician. So glad to have you back this week for another episode and shout out to all of you. Who've been hanging in here with me for the past couple of years. I started this podcast back in 2019 with the sole intention of just inspiring you and empowering you to be able to do a better job of not only making money, but to really do a better job of becoming more aware of your mindset and really understanding why you have the results that you have right now in your career as a dietician. So if you are not making the money that you really want to be making, whether you're in business for yourself or not, I can guarantee you that there's an episode on this podcast that will show you exactly why you do not have what you really desire at this moment.

[00:01:39] And I just wanna say something really quick about me. Okay. So at the time of this recording, we're at the end of February in 2022. And I just wanna tell you all. February for me was just a cluster F of all of the things. I mean, my emotions were a hot mess express. There were a lot of days when I was going, when I was in the bed, could not get myself together. I just could not gather myself up to do work other than the bare minimum of serving clients and recording my podcast and writing my blog, like your day to day stuff, but to do additional like posting on social media and any other marketing kind of stuff. I just couldn't get myself together y'all and I just wanna say, and I shared this on Instagram, so if you don't follow me on Instagram, I wanna invite you to do so. I'm not like one of those people, who's going to show up on Instagram or Facebook every single day. I don't do reels and all that stuff. But when I do share, I feel like it's really relevant and it's really important.

[00:03:09] Okay. But I shared recently a, a couple of photos of myself sitting outside on the park bench, near my apartment building. It's my little spot. Okay. And it's where I actually sit to get some sun because I've learned that for me, sunlight hitting my face just really shifts my whole entire day. So I recently shared myself out there sitting on the bench, but I was a hot mess. I mean, I, I shared a one photo of me with tears. Another photo of me just looking like I was angry, the Grinch. And that is just how I was feeling that day. And the

reason why I shared that publicly, which I really resisted in the beginning. I was like, oh, this is not what I, you know, usually do, but I've shared it for a reason.

[00:04:14] I shared it for you guys to see that even those of us who have perceivably, achieved all of the success and we perceivably have all of our business together. We are human. Okay. We are very much human and we have emotions and we experience all of the human emotions, just like all of the rest. And I think it's really important for more of us to share our vulnerable moments, because you know, for lack of a better term, things are just getting a little bit outta control on this internet.

[00:04:59] Okay. getting no, probably just it already is a bit outta control. Right? So I shared that. And I really wanna invite you to go take a look at what I had to say specifically on that post. So if you're not following, following me on Instagram, my handle is money dot mindset dot dietician. Okay. And it's just really important for us to humani, humanize ourselves and just normalize, being a human.

[00:05:32] Okay, because all of us at the end of the day are human and we all have our bad days and we all have our good days. And I'm just saying February was a hot mess. I am like literally looking forward to the days ahead, but even more so. And I wanna invite you to do the same. I'm even more so being more committed to not even looking into the future, but really just being more present in each and every moment. Okay. Let us all practice being more present in our lives and not really being so consistent with being so focused on the future and what we want to create for ourselves. 12 months from now, or three years from now. Like, yes, it's really great to have those goals, but at the same time, once you have the goal set, it's time to come back to the present moment and enjoy your life right here right now, because that's all we ever have is now. Yesterday? All you had was now, today, all you have is now in the future. When it arrives, all you will have is that present moment of now. Okay.

[00:07:01] All right. So that leads me into what I wanna talk to you about today, actually. And I wanna talk to you about validating thoughts because when we are on the path of creating a successful business, not just for the money part of it, even though that is amazing.

[00:07:22] Okay. But to create a business that is successful, that helps and heals other people's lives and really creates true change. When we are on that path, it is. Very easy for us, especially women to feel like we need our ideas and our thoughts and our feelings validated by others before we move forward. And I noticed this so much, especially in the Facebook groups that I'm in with other dieticians and because our profession is predominantly women, I'm really speaking more to the women right now in this particular episode, because I know beyond the shadow of a doubt that most men do not have this issue.

[00:08:17] Most men decide that they want something and they go for it. Whereas women, we have to crowdsource, we have to get other people's opinions. What do you think? And I

used to be so horrible with this. Like, it was really so bad. I needed every thought in my head validated I needed someone to give me their opinion on what they thought my thought was.

[00:08:53] I mean, it was just really bad. You guys, it was so bad and that's why I know the work that I do on mindset is the work that I'm supposed to be doing because this stuff is not something that I'm just talking about. In regards to theory, I have lived this. Okay. So. I noticed that in women, predominantly women led groups, organizations, professions, including ours. We have these conversations and we always have to get someone else's opinion. So what do you think? Or do you get what I'm saying? You know, like, I, I have a friend, I don't know. You probably have a friend like this too, or, you know, someone like this, or maybe it's you, maybe it's you where every time you say something you say, I hope you understand, or do you understand what I mean?

[00:09:51] Or, you know, it's just like always needing to get validated every time you have something to say, now this is the problem. Okay. Validation itself is not a problem. It is a very normal behavior, but the need to be validated before you move forward with something becomes a problem. It becomes a problem because you are stuck.

[00:10:25] First of all before you get the hand claps from all the people like you don't move forward and do anything because you lack that confidence, or maybe as a dietician, you don't wanna do it air quotes wrong before you move forward. And that is a problem. That is a problem because I'm here to bust your bubble, my friend, and let you know that you will not always get it right.

[00:10:51] You will not always have the right answer. You will not always make the right decision. Okay. And that is just the truth of the matter, because it is a part of being human. And I feel like we need to congratulate ourselves every time we get something wrong, because it's an opportunity to learn. It is, we don't learn from our things that we already know. We don't learn from the things that we are consistently doing well all the time. We learn by failing. We learn by making mistakes. We tweak those mistakes and turn 'em into something different. This is the human experience. This is it. This is what we got. Y'all this is all you got. You can fail your way, all the way to success, but you have to be okay with that process.

[00:11:50] Now, I recently told my son who is like, I, I wanna say he's working on building a business for himself. And the reason why I hesitate on saying that is because he is constantly trying to get it right and make excuses. And I told him, I'm like, dude, you may not be cut out to be a business owner. If you feel like you have to get it right all the time. If you have to if you get upset because you know, the way you start out, you realize that wasn't the right way and you have to tweak it. You get upset about that, but that is just the process. So my friends. It's time for us, especially women to stop needing or requiring validation from others before we move on with an idea.

[00:12:53] Okay. Before we move on with an idea, or before we change something up in our business, before we decide on our pricing structure, like. You're the business owner. So why do you need this validation?

[00:13:11] Well, I wanna talk to you a little bit about why women specifically need to be validated. It's a historical thing. Why we need outside validation. I found four reasons that really felt right, it felt true. And I want to interject this, these four reasons here, because I also want you to know that the reason why we do this is not just because we're flawed. It is systemic. It is societal. It is cultural. And we have the ability to shift that.

[00:13:56] Now, when we have a certain level of awareness and we start to evolve ourselves as a human, we can change. We can change individually and we can change collectively. Okay. So one of the broader reasons why we are always seeking outside validation is because all of these years it's been a man's world, not merely on paper, but for real, like with board rooms and.

[00:14:46] Man being at the top tier in large numbers, it's really been a man's world. Okay. And a lot of workplaces have been designed to not be so welcoming to us women. So now we're in a whole different world. We're in the new millennium, knee, deep in it now. And things, while things are changing, I don't think we, as women are changing at the pace that the world is changing.

[00:15:31] Okay. Or maybe it's the opposite. It really depends on the individual. I believe. Okay. So more women are in the workforce. More women are building businesses, but they're, I don't feel like our mindset and our brains are caught up with those metrics. Okay. And so it is really important that we do our mindset work.

[00:16:05] I don't know about you guys, but nobody can convince me that mindset trumps marketing. Mindset trumps marketing all day, all day, every day, all day. Nobody can convince me of that. Okay, so you can go out there and do all the fancy pants marketing that you want but if your mind isn't right. If you're not confident, if you're, if you're not in belief of what is possible for you, if you don't have a strong self concept of concept, then your, your marketing is not gonna be as good.

[00:16:52] If it were. It's gonna kind of fall flat a little bit. You might be okay in the beginning, you know, like when you are running that marathon and you kinda get out of the gate real quick and you catch on, but then once you get in towards the middle or the end of it, Ooh, it's a slow down period. Unless your mindset is strong, you won't make it to the end.

[00:17:21] And that's what I'm talking about. So even though we started out with the, be in a man's world, now we are in a position where women are stepping up and stepping into positions and the ones that are. More successful in those positions and actually acquire those positions are the ones that have a mindset.

[00:17:44] They have a strong self concept. They know that they can, they can succeed. They have belief beyond belief. And what I'm seeing in our communities of and, and I know like online, this is a very small bubble okay. Of dieticians. It's not the full collective, but what I'm seeing in this small sample, Groups and groups and groups of dieticians online is that we tend to not make decisions or we tend to not seek out and try to create what we want for our careers without getting some sort of validation from our colleagues.

[00:18:34] And I just want you to know that it's okay. Well, I don't know if it's okay. Sometimes it's okay to seek validation from others, but what would happen if you just made a decision to do something and you just, you just did it without saying anything to anybody, you know, maybe along the way you might need some support.

[00:18:58] You might need some help. You might need a tip or two, but to ask someone so what do you think I should do? What would you do if? Like that's not necessary in my humble opinion. Right. So, first thing, the first reason why we act this way is because it's a man's world and it has been for a very long time, but we get to change it.

[00:19:28] If we want to. Are you willing to create the change that you wanna see in your life? You, you can do it now, the second thing, or the second reason why women specifically need this outside validation is because women are biologically programmed to be less of a risk taker. as women are the nurturers and the ones who bear children.

[00:20:05] We are engineered to be more selective and to be more cautious to improve natural selection. Now, the female mind is naturally designed to be less harsh and rash. However, lack of courage my friends to make a decision independently and being afraid of consequences is not biologically specific to us women.

[00:20:37] It's actually the impact of social grilling and get this, it's also the impact of financial dependency. Ooh, come through. Hello? Anybody listening to me like, oh, financial dependence on someone else. Oh, man. That part right there burns my butt and I guess, because I've never had to be financially dependent on anyone. Like I've always just been financially dependent on myself. and I didn't have a lot of help along the way financially when it came to like even going away to college. I paid for every stitch of it through student loans and student loans were so, I mean financial aid and the cost of college was so much cheaper in the eighties than it is now.

[00:21:44] I can remember a one year was \$12,000 crazy. Right? But then you come out and you get married. You have children, maybe you stay at home and you're financially dependent on someone else. Oh my God. I don't think that that is in my opinion, I don't think that's the best way to go these days. You know, your husband might be making all of the dough and that is amazing but to have something for yourself that you can call your own, even if it's part-time, I think's really important for us women, especially in this day and age. It is really important for us to have something that we can call our own when it comes to money.

[00:22:38] So this history of financial dependency is what puts us in a mental position to seek validation and, and seek out someone else's help. It is a mental thing. I wanna read this quote that I came across online. It says a woman who is unsure of offending for herself will always opt to compromise and depend on others. She would need to be in the good books of her father or her brother or her husband or her son to feel secure. Oy not good.

[00:23:34] so I think it's really important that we understand the history of where we came from and how society has set women up to always feel like she has to be dependent on someone else, whether it's for money or for opinions or for the green light to. Okay. All right. So the next thing is minority mindset. As women, we have always had the minority mindset because boardrooms and, you know, big, uh, positions of power have always been held by.

[00:24:20] Male leaders and just male corporate execs. And then as women, we slip into identifying ourselves as a member of the minority, right? So of course, then if you are a member of the minority as a woman, you feel insecure and you feel this need for validation from the majority. Okay. So this once again is just a reason that most of us have fallen preyed to this validation thing of Bob.

[00:25:03] Okay. The need to validate all of our decisions comes from this history. Now you can change this, my friend, but it is not always gonna be the most. Getting outside of your mental, uh, comfort zone is what's gonna do it. It is not something that's just gonna change overnight. It's not something that's gonna change just by listening to this podcast.

[00:25:34] Although I feel like just this level of awareness when listening to this podcast will help you think about other ways that you can start. Do things differently, right? It is really important that we start to create change. We can go from even mentally go from being in a minority mindset to, uh, I don't wanna say a majority mindset, but at least.

[00:26:14] On the same level mindset. Like you can think, even though it may not be right, but you can think, Hey, we, we, the same, we are the same. it doesn't matter. I'm human. You're human. Right. You can always choose how you wanna think about any circumstance in your. You don't have to believe that you're in a minority minority mindset.

[00:26:44] Excuse me. Okay. All right. So that final thing that has gotten us women into this validation thoughts and the validation thought cycle is the desirability dilemma. So. It is a thing. So they say that

[00:27:17] men and women, or I should say women tend to kind of dumb themselves down so that they are not necessarily coming across. As being super desirable in the workplace. So when we, when we dumb ourselves down in that way, it also diminishes our ability to speak up for ourselves to make confident decisions, to just appear and show up with a certain level of confidence.

[00:28:04] Because you don't want to seem like you're overpowering and you don't want to diminish your level of desirability as well. Right? So it is, it is just such a conundrum. It is a cluster F of things. Okay.

[00:28:26] It is really important. That we feel confident no matter what, no matter what, there's no need for a desirability dilemma. When you are showing up in your uniqueness, you are being authentic to who you are and how you were created. It is really important that you not dumb yourself down. So my friends, this is what I wanna share with

[00:29:22] you first and foremost, please practice making decisions without needing someone else's opinion on. and it can be even starting out with just a small decision. Let me also just say this men do not operate in this way. Remember because it has always been a man's world and their brains are just not wired that way.

[00:29:53] They are not wired. The same way we are. If you are married or in a committed relationship, you already know this to be true. so I want you to practice making even the smallest decisions without seeking someone else's opinion on it. Okay. Can you do that for. Can we all collectively like practice, practice, practice until we get it right?

[00:30:29] Because like I mentioned, at the beginning of this podcast episode, I used to have this so terribly bad where I needed to get validated on everything. And I will never forget, like I had the same people, mind you, like they were friends, the same friends and family members and. Ooh, I burned some people out.

[00:30:52] I mean, they just got to a point where they just couldn't even talk to me anymore because it was all about me, you know, saying the same thing over and over again and trying to get someone else's opinion. What should I do? What do you think? Blah, blah, blah, blah, blah, blah. Ooh. I burned the people out. Y'all so.

[00:31:10] It wasn't until I changed my life in certain ways that I won't even get into on here, cuz that's not what this is about specifically. The things that I did, but like I was in a, not so great marriage relationship at that time. My. Confidence was in the trash and it wasn't until I left that relationship, got a divorce and moved on with my life that I was able to really see who I was.

[00:31:41] And that's not to say that you have to do all those things, but you, you definitely want to, um, understand why you. Specifically if this is you, if you are similar to the way that I was, and I, I really want to encourage you to first and foremost, understand where that is coming from for you specifically.

[00:32:11] Like I've given you some reasons, but what are your specific reasons? Why do you lack the confidence to make a decision? and move forward with it. Like, I feel like in our profession specifically, we've been trained to just get it right. To always get it right. To always give the right answer. But when you're in business, there is no right answer.

[00:32:46] **Conclusion**

[00:32:47] There is no right way. There is no right price. There is no right program structure. Should you do a course? Should you do one to one? Should you do a membership? There is no right. Anything. I also wanna tell you that the, how is not gonna be there for you in the beginning. How to do a thing. It's not gonna be fully laid out for you all the time.

[00:33:22] A lot of times how doesn't show up until you've actually done it and succeeded at it. Oh, so that's how that's it. That's how I did it. Oh, okay. But as you're doing it, you're tweaking. You're pivoting. You're evaluating. You're doing all of these things, the, how does not reveal itself until you've actually completed everything all of it. All right. So there is no right anything. And the how doesn't usually show up until the end. My friend, you might have a little blueprint. But that's not the full structure. , it's not the full structure of your business. All right. So validating thoughts. What are the validating thoughts that you have put out there in the world to your colleagues, to your friends, to your family members and how can you validate yourself by making a strong decision, knowing that a decision is just a decision and it's not set in stone. How can you do that this week? Going forward, have you been holding back on a decision? Is there something that you've been wanting to do? And you're just not sure if you should do it. I wanna challenge you to get it done.

[00:34:57] All right. You got this, you got all of the things, you know what to do. Even if it's just the first step, that's all you gotta take. And then the next one and the next one will continue to show up for you going forward. All right. That's what I've got for you. My friends have a great rest of the week and the weekend ahead, and I'll see you next week for another episode of Make More Money as a Dietician.

[00:35:28] **Outro**

[00:35:28] Hey there. Do you wanna make more money as a dietician then head on over to our website@manipuracenter.co again, that's Manipura Centre.co, where you'll find free resources to get you started.

[00:35:45] And if you are so inclined, Get your name on the wait list for an upcoming incubator program. I hope to see your name on the list so that I can help you get started making more money as a dietician.