

# MAKE MORE MONEY AS A DIETIAN

## EP.153: Remembering Who You Are

### 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 the, Make More Money as a dietitian podcast. So pumped to be here with you today. Did I say pumped y'all? I must be excited cause I don't think that word has ever come out of my mouth in that context. Maybe when I was breastfeeding, but other than that, no. So I'm super excited to be here with you this week, because I'm talking about a topic that is near and dear to my heart.

[00:00:59] Oh my goodness. Remembering who you are, this episode is, uh, wow. This topic I should say is something that just is so important. And up until now, I have just really only kept this topic of conversation within the inner circle and also. Within my private coaching clients sessions, but it's so important that I thought I would bring it to the podcast because the greater collective of you need to hear this.

[00:01:42] I'm sensing, I'm sensing that there's so many of you that have forgotten who you are at the. Of your, of your being, like you are possibly out there doing things that you feel like you should be doing instead of what you really want to do. And, um, I hear that a lot. I hear it a lot in many different contexts.

[00:02:09] It's like, you know how you can say one thing. There are multiple ways to say it. And so this is what I want to share with you today. The importance of remembering who you are, let's get to it because I don't want to make this episode a lengthy one, but I really wanted to get on here and talk to you about this.

[00:02:34] So, first and foremost, as I mentioned last week, I really believe that we are all inherently gifted with unique talents and gifts that no one else really has. And these unique ways of doing things are. As unique as our thumb prints. I 1000% believe that. And oftentimes when we get out here and the busy-ness of the world, and often times more often than, than what I'm sharing right now about the busy-ness of the world, more often, we are conditioned through our culture and through society.

[00:03:34] We're conditioned to believe that we're supposed to be a way that is different than who we truly are. Have you experienced this? My friends. Have you ever had anyone telling you what you should be doing instead of them allowing you to do what you inherently know as right for you? Have you ever experienced people telling you how you should dress at a certain age, or maybe how you should be showing up in your business, whether or not you should be taking solo vacations, even though you are married with children. All of these things are a boatload of crap. In my humble opinion and when it comes to business and when it comes to creating something that is going to be of service to the greater good, I think it's really important that we remember who we are and tap into our own inner wisdom to guide us along the way.

[00:04:56] It is when we are disconnected from our own inner wisdom. That sense of discernment. It is when we are disconnected that we end up in places that we don't want to be in. Have you experienced it? I know I have. Whether it be in relationships that. Whew. You're just like, how did I end up with you? Like, oh, or maybe it is jobs. How did I end up in this position? Maybe it's in your physical environment. Maybe you're living in a place that you're not 100% happy with, but whatever it is. Oftentimes we end up in these places and spaces and relationships that we don't want to be in because we forgot who we, who we truly are. And my God, that's not fun.

[00:06:13] And I just want to invite you today to think about who you truly are. Who are you at the core? What are your values? What do you really want for your career as a dietitian? Why did you become a dietitian in the first place is what you're doing right now in alignment with why you became a dietitian in the first.

[00:06:51] Because if it isn't, there's some work to do in the work is remembering who you are. What are your unique gifts and talents? What is it that you're so good at? As I mentioned on last week's episode, what is it that

you're so good at that you don't even think you should get paid for it, but hello, you should sign up.

[00:07:21] Remember who you are. Remembering who you are means that you're coming home to yourself. Remembering who you are should feel like a warm hug that you give yourself. Remembering who you are, will always lead you in the direction that you are meant to go. Remembering who you are will never lead you astray because it is your guidance.

[00:08:01] And we get off track. and that is okay. But when you come back and you get on track and you recalibrate, and you say, oh my gosh, I was, I forgot who I forgot who I am, but now I'm here. And now that I remember I'm going in this direction, instead of that, when you do that, your life journey feels so much better.

[00:08:42] Too many of you, and I can say this with confidence because I witness it so often in the social media spaces. Too many of you have been complaining that you're just not happy in this career, that you are really frustrated and you're overwhelmed. And you're tired of not being valued for what you offer, but I just want to tell you that when you know who you are, it doesn't matter what other people think.

[00:09:25] It doesn't matter what other people are doing. It doesn't matter if they don't value you. You remember who you are, you know who you are. And when it's time to move on, you do that. When you know who you are, you understand the value of what you provide and not in an arrogant way, but you truly understand the value that you are giving, whether it is in your nutrition business or the value is at work.

[00:10:09] When you know who you are, you get that. And you not only get that, but you actually speak up and let other people know that. You take action in ways that will let your confidence shine through and allow your confidence to speak for you. Sometimes our actions will speak louder than words. You don't have to say all of the things when you're showing up in a way that speaks volumes, this is what happens when you know who you are, and there's no need for you to want to leave their profession because of all of the things that aren't working out right for you. And I say this because sometimes we think that someone owes us something because we've earned a credential and that we should just show up in our profession and everyone should see us and

value us. And I'm here to tell the hard truth after having lived on this planet for almost 53 years. I'm here to tell you that that's not how it works my friends.

[00:11:39] I love every single one of you and you bring something very unique to the table, but I'm wanting to tell you that your career is your own and no one owes you anything. You owe yourself enough to make the best out of this doggone career that you ever could make it. It is your responsibility to build something that is amazing, that will stand out from the crowd, that will speak volumes for you because you know who you are and you know what you bring to the table and you know who you want to serve and you know who will be exactly the best fit. And you know, you are worth it.

[00:12:49] My friends, are you ready to just do this work and come home to yourself. Remember who you are, stop waiting on someone to give you the handout that will never arrive.

[00:13:12] And instead do the work that you're meant to do. Untangle all of the cultural and societal conditioning and come back home to yourself so that you can create something amazing. I believe that every single one of us should want to have a legacy that we leave behind. Whether that legacy is for our family or for our community. And you can do that in so many ways. So this might sound a little morbid, but I'm going to put it out here anyway. What would you want people to say about you when you're gone? What do you want them to say about you? What kind of legacy do you want to leave behind? What is it that you would love for them to say?

[00:14:29] Not only about you as a person, but about your contribution to others? I am so sure that you do not want them to say how you really wished that you could build something great, but you just didn't. Maybe you didn't have time or you felt like you didn't have enough money or whatever it was. You don't want to leave that legacy behind, but what do you want people to say about you when you're gone?

[00:15:08] I will share. What I would love for people to remember me by. I want people to remember me as the cheerleader for everyone in our profession. I want every one in our profession to remember me as the one who helped you to believe hard about your potential and the possibilities that you could create for yourself.

[00:15:49] I also want everyone in our profession to remember me as the one who helped the profession move forward in making more money. Why not? And helping us all collectively. To be recognized as experts in a very compassionate way. That's what I want. I want to be remembered as the one who led the way for us to be able to become more recognized and to untangle our minds around our potential, whether it's our potential in our personal lives or maybe potential in earning more money, whatever it is.

## Conclusion

[00:16:43] I'm hoping that every day that I wake up, I'm doing that, that I'm helping each and every one of you to realize your dreams, even if we never worked together, this podcast is meant to help you realize your dream. And it starts with you remembering who you are by coming home to yourself and stop playing the games that society wants you to play.

[00:17:19] And instead do it your way. You have to believe that your way is just as good. So come home to yourself. My friend. Take some time to really jot down what it is that you want for this career of yours. You build your career off of the unique gifts and talents that are innately inside of you. And it's time for all of us to stop doing the things that we think we should be doing and do the things that we are uniquely meant to be doing by remembering who we are and showing up confidently as.

[00:18:19] All right. My friends. That's what I have for you this week. I hope this episode has inspired you to come home to yourself. Remember who you are and start building a career that you absolutely love, and that serves so many people in the way that only you can have a great rest of your week and the weekend ahead.

[00:18:44] And I'll see you next week. On another episode of make more money as a dietitian.

## Outro

[00:18:53] Hey there. Do you want to make more money as a dietitian then head on over to our website [@manipuracentre.co](https://manipuracentre.co) again, that's Manipura Centre.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.

[00:19:18] I hope to see your name on the list so that I can help you get started making more money as a dietitian. .