

MAKE MORE MONEY AS A DIETITIAN EP. 164 The Byproduct of Your Decisions

Intro

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.

Christine: Hey there, dietician friends. Welcome back to another episode of The Make More Money as a dietician podcast. Of course, I am super excited to be back here. This is my favorite thing to do in my business. Do you have a favorite thing that you do in your day to day? I, If you don't, I invite you to find it. I invite you to find something that you really enjoy about the work that you do, whether you are employed by someone else or you're self-employed.

I believe it's so super fun and in my opinion, it's essential to find the one thing that you really enjoy doing the most. And for me it's podcasting. For some reason it just feels supernatural for me to speak into this microphone opposed to, writing on a blog or, showing up on video. Even though I kind of do like the video thing too, Like I think that's fun.

I think that the only thing that holds me back from doing video is. the editing part, like every time I think about the editing part, I'm like, Eh, I'm not gonna do it . So I end up not doing it, but I'm really trying to push myself to get out there and do more videos, whether that's on Instagram or YouTube.

And I'm really leaning towards YouTube and I wanna tell you guys why, because this might help you. YouTube is really good. Search engine platform, it's, it's a place where people actually search for content most of the time. Not too many people are on Instagram searching for content, in my opinion, like that's not their first place to go.

And even if a person isn't. On YouTube searching. If they're on Google searching for a topic, YouTube videos will show up in Google. You don't see Instagram

reels showing up on Google. So with that said, I'm really trying to, Not push myself, but like to ease my way into creating a YouTube channel.

I have a channel, but it either needs to be revived or rebranded and started over. So this platform of podcasting is my favorite thing to do in my business right now. And I wanna invite you to find your favorite thing, because when you do, it makes life a whole. Better and a lot easier, and it'll make your career as a dietician feel a little more fulfilling as well, because we all have things that we don't necessarily like to do and we still have to do them.

But even when we are doing the things that we don't like to do, it kind of is a 50 50 kind of thing. It helps us to feel. in the fact that we also get to do things that we really enjoy doing. So that is my spiel for today. And. I wanna just send a welcome to you. If you're new to the podcast. I thank you for listening.

If you're an OG listener, thanks for coming back and once again, I would love for you to share this podcast with one or two of your most favorite colleagues. It will help to get this work out into the community of dieticians that really need it. And I want to thank you in advance for sharing your most favorite episode.

Whether it's this one or one in the past, you can share your favorite episode by going to our website @maniracenter.co and finding. Episode and we have share buttons right on each episode. Whether you wanna share via social or you wanna share in an email to a colleague of yours, we have you covered, you can also share on the podcast platform that you're listening to by copying and pasting the link to the episode in an email or a text.

So once again, I thank you in advance for sharing so that we can get our podcast listener. Up and get this info out there because I don't know too many dieticians who don't wanna make more money . And if they do, good for them, good for them. But for those of us who really wanna make more money and understand that our mindset is really the barrier to that.

We need this work. You know, Let's get it out there. So thanks in advance, my friends. Let's talk now about this episode, which is all about the byproduct. Of your decisions And did you guys listen to my, , episode last week? Because I was explaining to you how dry I am. like literally my mouth is like paced, so in between sentences and things like that, I will be pausing.

I have no idea why this is happening, but I will tell you it's annoying. So just one moment

and yes, I'm. . I drink lots of water. Don't be out there trying to evaluate my hydration status. I am not dehydrated . I drink lots of water, but for some reason I'm still dry. So anyway, the byproduct of your decisions, my friends, did you know that your life is the byproduct of all the decisions that you've made up until this?

If you really think about it, that is how you have gotten to where you are right now, where you've gotten to. right now in your career as a dietician, where you have gotten to in your personal life with all of the elements that are in our personal life, the health, the health and wellbeing of our bodies, our relationships, our social life, all of it are financial wellbeing, all of that.

Is a result of all of the decisions that you have made up until this point. So if you are unhappy with any part of your life, it's time to take a look at what decisions you have made up until this point now. Let me just simply define what a decision is, okay? Because sometimes we get it all twisted up in our mind and make it mean something more than what it is.

Whatever it, it really is. , right? Now we're talking about decisions, right? It is a decision and sometimes we make a big deal. We are making a decision. Something bigger than we need to, and a decision is just the act of making up one's mind. That is via the dictionary app on my phone, my friend's decision, the act.

Of, or the need for making up one's mind. So in order to make a decision, my friends, you just have to make up your mind on one thing or another, right? And a lot of times the problem comes about when we think that one decision is better than the other. Like one decision. One option is. A right option and one the other option is the wrong option.

We think one is right and one is wrong, and a lot of times we will overthink it, go into all of the what ifs. But I wanna help you today because you don't even have to go through all that In your mind, what if you were to just believe that both decisions. Or both options are okay and you just need to choose one because really, guess what?

That is it. Both of them are okay. You just need to choose one. Neither one of them, especially if we're staying in the lane of business, neither one of them is going to harm you in any way. So for example, if you have an option, you have to make a decision, let's say, about whether or not you want to hire someone to help you in your business.

Oftentimes, this feels like a very big decision, and I have seen people come to me who really overthink this. They really overthink. Sometimes they think about the money and whether they're going into debt or whether it's an investment and this and that and the other. But this is how you can easily decide what you were, if you knew that by staying in your current situation and hiring someone to help you.

The dietitian career that you ultimately want. If you knew that both of those options would work out perfectly fine, which one would you choose? If you knew that staying in your current situation would work out perfectly fine. And if you hired someone that would work out perfectly fine. Which decision would you choose?

Which option would you choose? I should say? Sometimes it's just a matter of neutralizing both options. Neutralize them both, and then decide, because when you go into overthinking, it is wasted energy. Not only is it wasted energy, but it is wasted. time is the one resource that none of us get back, and I'm a huge advocate of conserving time.

I will conserve time before I conserve money because I know that I can make more money if I need to. , but I can't get more time back. And so when you are doing things, my friends, that waste your precious time when you literally can just decide and course correct when necessary, just imagine how further you would be along towards achieving the things that you truly want for yourself than if you were to just stay stuck in indecision.

Now, once again, are you in a place where you would like to be in your dietitian career currently? If you are, congratulations. But I will tell you that even myself, I'm not necessarily where I want to be. I would desire to be doing other things, bigger and greater things. I don't think any of us are actually where we want to be.

So I also want to neutralize the glorification of entrepreneurship. Let's just neutralize that for a moment, because even the biggest influencers have. Goals that they're working on achieving. Even your most successful mentors have goals that they are working towards achieving. So even though you may not be where you would like to be, it doesn't mean that you're less than in.

I'm here to encourage you to make decisions. in a way that will get you moving forward instead of having you stay stagnant in a position that you don't want to be in. There are so many of you out there that are not making decisions and you're really just holding yourself back. And it is truly a disservice not only to

your own life, but to the lives of so many people that you could be working with and helping.

You can be helping so many more people if you would just decide to do more things instead of talking yourself out of it in your mind, which a lot of us tend to do. We tend to tell ourselves why, all the reasons why it won't work. Now, that is normal, by the way. We all do this. It is the normal way that our brains, as humans work, Our human brain likes to stay in the, Okie doke.

What is the usual way of doing things? The brain is set up for efficiency. So once we become efficient with our regular day to day routine and our regular way of doing things, veering off course feels a little crazy, and it is okay for it to feel that way. Did you know that you have emotions, that you have, feelings that you are meant to experience, the good ones and the not so good one.

So it is normal for you to feel scared when you decide to hire a mentor. It is normal for you to feel a bit of apprehension when you are going outside of the box of your regular day to day. Have you ever been on a road trip and there's a det. And you're thinking, Oh my God , this is me, you guys. I can't believe there's a detour.

Now what? Now, listen, we know we're gonna get to the destination. We just don't know where this detour is taking us, but there are signs along the way. The arrows are pointing us in different directions. so that we can get back on course. And that's the same thing with everything in life and in business.

You will come up against detours, speed bumps, slow down, but you will still get to your destination. You'll still get to your goal. You may need to course correct along the. But if you don't even decide to give it a try, you're gonna be in the same place you've been year after year, after year after year.

Now, if that is okay with you, I'm not talking to you, then I'm talking to the ones of you who want something different. Maybe you're working in a clinical job in the basement, pushing the paperwork for joint commission, yada, yada, yada. Maybe you're doing that and you don't wanna do that anymore. What do you wanna do?

Decide that you wanna take action towards that thing, Whatever the first step is for you. Maybe the first step is not hiring someone. Maybe the first step is going to apply for your llc, for your business name, and then maybe the next step is going to get that business bank account. Like just feeling like you are legit.

I have a legit business. I may not have clients yet, but I have my business, I have my llc, I have my bus. , before you can even get a business bank account, you have to have your llc, you have to have your EIN number. Then you go get your business.

Then you're feeling like, Oh yeah, I gotta, I have a legit business now. The next thing is you have to get out there and start talking about your business to people. Telling them, telling everybody you know, who you are, what you do, and how you can help. Doesn't mean you're gonna like getting clients right away, but can you start talking about it?

Can you start putting energy into your business? These are like so easy, Like these decisions are so easy. Why are you holding yourself back? The little decisions we make, a mountain out of a molehill, it is not hard. But it is hard. It feels challenging and difficult when you are sitting in the same place year after year, thinking about it, dreaming about it, wishing for it, and then you log onto your Instagram account or maybe YouTube, or Facebook, whatever you use, LinkedIn.

And you see all the people doing all the things and you feel even worse about yourself and you're feeling worse about yourself because why? It's nothing outside of you, my friends, I promise. It is just that you haven't built that muscle of making better decisions. Remember, all you need to do is neutralize both options.

What if they both work? Which one would I choose?

Which one would you choose? It's really that easy. Being indecisive causes so many negative emotions. Just really love to indulge in. For some reason, we'd love to indulge in overwhelm. We'd love to dis, , indulge in worrying, worrying about what will happen, what won't happen. For some reason, it feels indulgent, and then at the same time, it brings upon.

Other negative emotions like shame and guilt and frustration, it is a spiral downward. So instead of indulging in negative emotion, why not pull yourself up and start to make better decisions? So the byproduct of your life is something that you truly, truly love. It is not hard, my friends, because making a decision simply means just making up your mind about something.

Okay, So that is what I have for you today. What are you gonna make your mind up about this week if you've been craving? Starting your own nutrition business, what one decision can you make before we start a new week next week? I really

just wanna encourage you to make up your mind about one thing. Like I said, it can be getting your LLC applying for your EIN number, getting your business bank account.

Connecting with other dietitians in dietitian specific Facebook groups and asking questions about what the next steps are. You don't have to hire someone to start your business. All you have to do is decide that you want the business and take the steps necessary to get it going. Now you can have your business bank account and all the things, and you can be in the Facebook groups and talking to all the people, getting tips on how to get started.

But if you're not putting yourself out there telling people what you do and how you can help them, then it's all for nothing. So sometimes the biggest and most challenging thing is to talk about what you. And maybe next week I will share with you some tips on how you can talk about what you do without feeling like you're trying to sell someone something.

Okay. So until then, let's just get you started in making some decisions. What's the one decision that you need to make before next week starts to get something going in your dietitian career or even in your personal life? I personally believe that there is no difference. There is an intertwining of your personal life and your RD career.

That's for a whole different podcast . There's no difference. But what one decision can you make? Just go ahead and choose just. And keep moving forward. All right, my friends. All right. Have a great rest of your week and the weekend ahead. Have a wonderful weekend ahead and I'll see you on our next episode here at Make More Money as a Dietitian. Bye-bye.

Outro

Hey there. Do you wanna make more money as a dietitian? Then head on over to our website [@manipuracenter.co](https://manipuracenter.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 waitlist 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 dietitian.