

MAKE MORE MONEY AS A DIETITIAN

EP.155: Being Ready

[00:00:00] **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

Christine: Hey there, dietitian friends. Welcome back to another episode of Make More Money as a dietitian. This is episode 155, where I'm gonna talk to you about being ready and I'm gonna consider this a quickie episode. I really want this to be a quickie episode. I don't want it to be long and drawn out. Because there is a little bit to say about this that can have a profound impact on how you move forward.

[00:01:07] So I don't think it's necessary for us to go for like, 30 to 45 minutes. Maybe not even 20 minutes, I really feel like we can talk about this or I can talk to you about this topic in a way that will give you a different perspective on achieving your goals and working towards the things that you really want for yourself in your career and your overall life.

[00:01:41] And this is the thing I'm just first and foremost, gonna let you know that if there is something that you want for yourself and you maybe want in your career as a dietitian, if you're waiting to be ready, that is never gonna happen. Okay. We are never ready for things. A lot of times we don't even know what that means but we think we, we do, or maybe we are aware that we don't know what it will mean to be ready, but ready will just show up and that's just not how it works, my friends.

[00:02:25] So this is something that I have had show up for me in my own journey. And I wanna share this with you. So most recently, if you follow me on Instagram or Facebook, you may know that I purchased a new car and I've had this car. I don't literally have a vision board, my friends, but I have photoshop myself standing next to a stock photo of this car and placed it on my computer. And I've done other things with photos, excuse me, photo stock images of this particular car and placed it places, not necessarily where I would see it every day like they say, you you're supposed to do and all the things, but I knew what I wanted and I had the vision of it in my mind. And it's an Audi TT Roadster sports car, like a little, it almost looks like.

[00:03:28] I wanna say it almost looks like a Volkswagen beetle, but better sleeker, I should say. And in my mind I had this image of it being a white exterior with a tan interior and drop

top convertible, like just beautiful and a couple of weeks ago I decided that I was just going to test drive the car because at one point in my life journey, I wanted a Mercedes and when I went to test drive it. I realized I didn't even like how the car drove. So I'm like, well, let me go and test drive this car just to see if I even like how it drives, like what if I don't even like the car I'm like having all kinds of visions for it and all of the things, and I may not even like the dog on car.

[00:04:29] So I had no intention of purchasing the car because I didn't think I was ready. I didn't think I was ready to buy the car and I didn't even have like a target idea of what ready would look like? How would I know that I was ready? I didn't know. I just convinced myself that I wasn't ready yet. And that I was just going to test drive it as the first step towards making sure that I actually wanted this vehicle.

[00:05:03] So I showed up at the dealership. Well, before I even showed up at the dealership, I said, well, let me make sure that they have the Audi TT Roadster, so I can make sure I'm test driving this car. They didn't have the Roadster, but they did have an Audi TT. And I was like, oh, this is cute. It's in the right price range because I had no idea even, well, I kind of had an idea of what the car would cost, but you know, this one was a used, certified use and it was even less than what I thought.

[00:05:30] And I was like, oh, cool. So I get there and like, literally not thinking I was gonna buy the car and the salesperson was like, well, the car that you saw online it's actually sold. And I said, oh, okay. And then he says something about me test driving a different model and I was like, okay, whatever.

[00:05:58] And he also explained to me that the TT Roadster was gonna be phased out because of supply chain issues and some other things. And I said, oh, well, mm. You know, I was kind of like, in my mind, like, dang, you mean, I'll never get the TT Roadster. And he says, but I want you to know. That we have one Audi T T coop on the lot that I would love to show you to see if you actually like this. He's like, it doesn't have a convertible top. It doesn't have a sunroof, but it is very nice. And I said, okay, you know, in my mind, I'm like, it's not the Roadster. I don't think I want it, but I was still in the, in curiosity, just like, oh, let me just see.

[00:06:50] So he never really even got the opportunity to show me the car that I, he picked for me to test drive initially, because when I saw the Audi T T coop, I had this visceral reaction and when he saw me, he says, oh my God, you win best reaction of the day and I was like, oh my God, this car is so amazing. It's black, black on black. It is just sleek. It was just everything. It was the cutest thing, but my friends, I didn't think I was ready for it. I, I still was like, oh, this is amazing, but I'm not quite ready yet. You know? In my mind. I didn't think I was ready on so many different levels.

[00:07:38] So I had thoughts about me really, truly being able to own this car. Like it's fun and it's cute when it's on the computer and when it's in my mind and I'm envisioning my

future self driving, it it's like a fun, little exercise to do, but I'm not that woman yet. I convinced myself.

[00:08:02] So he invited me to test drive the TT coop. I got in it and I fell in love. I was just like, oh my goodness, this is so amazing. And he started to talk to me about how much it costs, how many miles it had on it already and he also told me that he would give me a ridiculous amount of money for my trade-in, which is a 2016 Toyota Prius.

[00:08:45] And excuse me. And I was just like, what is happening right now? I could not believe that everything was lining up so perfectly for me to get the car that day. And I thought that I wasn't even ready. So I wanna ask you my friends. Is there something that you are waiting to happen or waiting to manifest? and you're waiting on it because you don't quite think you're ready yet.

[00:09:31] Right. Is it that you don't think you're ready to start a business? Is it that you don't think you're ready to raise your rates? Is it that you don't think that you are ready for the next level in your business? What is it that you are waiting on because you're not ready yet. I wanna tell you that you will never be ready and sometimes we are ready and we don't even know it because when it came to this Audi T T coop, there is no way someone could have told me that I was ready before I went to that car lot. I would've came up with all of the reasons why I wasn't ready. Okay. And sometimes you just need to take the first step up. You don't have to know all of the things in order to determine whether or not you're ready.

[00:10:55] dietitian, friends. There's so many of us that are perfectionist. There's so many of us that feel like everything it needs to line up perfectly before we make a decision. And while that might have worked when we were in our dietitian training, while we were in our internships, while we were in school, undergrad, graduate, I'm just here to tell you that that doesn't necessarily work all of the time in real life situations.

[00:11:39] It really doesn't. If you want to grow yourself and grow your career, there are moments when you just need to trust. And there are moments when you need to just take one step towards the thing that you want, and I'll share with you that for me, every single time that I have created something big in my life. It was because I took the first step with just being curious. So when it comes to this car, I was just curious. I was like, oh, I wonder what would, what would happen if I just test drove it like? Like, I may not even like the car, like, let me just at least see if I like. I had no intention. No, absolutely. No thoughts about buying the car that day. Okay. Because once again, I did not think that I was ready.

[00:12:57] There was a time when, and I recorded a podcast episode on this when I created a food product, a muffin, a health muffin, and I'm not gonna go into what the health muffin was and all the things. But I did record a podcast episode on that. It's called the energy muffin and I almost landed the food muffin or the food muffin. Oh my God. The health muffin in whole foods market in their bakery depart. And I actually set up an interview or

not an interview, but I sent an email to the bakery buyer here in the local whole foods market here in the Chicago area, just because I was curious.

[00:13:55] I was curious to see if someone would even respond to my email and I really did not think that anyone would, and when she did it blew my mind. I also was a guest on the Oprah Winfrey show, many moons ago with my ex-husband and. That too was me just being curious and the common thread in all of these situations, the card, the energy Muff and the Oprah Winfrey show two things, two common threads.

[00:14:39] **Conclusion**

[00:14:40] Number one, being curious. Number two, detachment from any specific outcome. Now my friends, my dietitian friends. I love you. But a lot of y'all think that you need to know what the outcome is going to be before you take action. And this is what is holding you up. This is what is messing you up my friend, because you will never be able to predict an outcome for a future event. Never very rarely do we know exactly how something is going to result? I mean, it is rare.

[00:15:46] You will not have the exact blueprint for an outcome. And that is why curiosity really leads you towards the thing that you want and the thing that you deserve. And I, if I had a had have, oh, I can't even get my brain to say the right words. If I had stuck to a specific outcome with the Audi, TT Roadster, the white car with the tan interior and a drop top, I wouldn't have a car right now. I would've looked at that black on black without a drop top or some roof and said, you know what? No, I'm not taking that because it's not white with the tan interior and I need a drop top, sorry, friend. I, that would've been kind of cray wouldn't you think I would've missed out on my blessing.

[00:16:42] So just think about how many blessings you will miss out on if you are attached to a specific outcome, a specific outcome can also look like a specific timeframe. Oh, I wanna make a hundred thousand dollars in 12 months. What happens if you don't? You will be discouraged. You will feel like you wanna quit, you will compare yourself to others and feel like something is wrong with you and what do they have that I don't have. You're gonna think all of those thoughts, you can make as much money as you want, but your journey is different from everyone else's what if you made a hundred thousand dollars in nine months? What if it took you 18 months? What if it took you three years, would you still work towards it or would you wanna give up?

[00:17:44] Because the online world wants you to believe that achieving a certain level of success in your career is a flash in a pan. And it isn't. It took me years to hit the \$100,000 mark. Years. And I can sit here and I can beat myself up about it, or I can say, you know what, this is my journey. And I own it.

[00:18:13] I own it. It took me a lot of blood, sweat, and tears to, to get where I am today. And I'm owning every bit of it. I'm not here to compare myself to what someone else is

doing because I don't even know their behind the scenes story. So for you, you don't need to be ready in order to get the thing that you want.

[00:18:42] All you need to do is take consistent and persistent action towards your goals. But be curious, be curious about what if I did this first? And have no attachment to a specific outcome, my friends, because what you could dream up for yourself, I promise you that God, the universe spirit has something better for you than what you could dream up yourself. And that my friends you should really feel good about.

[00:19:29] All right. That's what I have for you today on this episode of make more money as a dietitian, you'll never be ready, my friends, but you can take the first step with curiosity and detachment from the outcome. And if you wanna learn how to stay in that energy, if you feel like you need more support in staying in the energy of being curious and just being held accountable, to taking steps, moving forward and eliminating a lot of your mind drama along the way.

[00:20:02] I wanna invite you to check out my signature private coaching program @manipuracenter.co/privatecoaching, all one word. And I'd love to see your name on my calendar for a consult coming up because we still have six more months to achieve whatever it is. Your heart desires. Have a great rest of the week and the weekend ahead. And I'll see you on the next episode of make more money as a dietitian. Buy my friends.

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[00:20:37] Hey there. Do you wanna make more money as a dietitian 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.

[00:20:54] 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 dietitian.