

MAKE MORE MONEY AS A DIETITIAN EP.168: Your Inner Glass Ceiling

Intro

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 Dyne, 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 The Make More Money as dietitian podcast. I'm excited to be here with you again for another week, and I really am excited about this episode. Now, I want to start by letting you know that this is probably, I'm planning that this is gonna be a short episode.

But just because it's gonna be short does not mean that it won't be impactful. So I really want you to be open-minded to listen to this episode in a way that you get exactly what you need from what I'm sharing with you today. So let's talk about your inner glass ceiling. One of the reasons why I wanted to talk about this topic is because first and foremost, hello, I do the mindset work right?

And secondly, I have noticed that some of my clients have been experiencing their own inner glass ceiling, where they are stopping themselves from achieving what they want. And it really is in their mind. And so I said, Well, let me share this on the podcast because I know there are plenty of you out there listening that have dreams and desires for your career as a dietitian, but you're not moving forward because you've created this inner glass ceiling for yourself.

So what is an inner glass ceiling? An inner glass ceiling is when you actually stop yourself from achieving your career goals. Now, you stop yourself, not on the external, but on the internal. So it's nothing outside of you that is actually stopping you from achieving what you want, but it's all the thoughts and beliefs that you have about what is possible for yourself that is stagnating you from moving forward.

Now, if this sounds familiar, I want you to know that you're not alone, that we all do this. And those of us who overcome or work through the inner glass ceiling in our mind, do so by taking one step at a time. Those of us who have navigated beyond the inner glass ceiling, were willing to. Bet on ourselves and believe in the process.

And so that's what I want to encourage you to do as well. If you know beyond a shadow of a doubt that you are the one thing that is holding yourself back from achieving what you really want in your career as a dietitian. This episode is for you first and foremost. What needs to happen is awareness. You have to become aware of the fact that this is actually happening and the way that you become aware that this is happening is just realizing some of the thoughts that are in your mind that are holding you back.

Now when I'm working with my dietitian clients, some of them, there's a lot of y'all out here who do not like to journal, and there's nothing wrong with that. I think that, for a lot of us dietitians, we are left brain thinkers, doers, and very practical minded. And journaling just feels really awkward. I get it.

But one of the things that is really important is that you gain awareness by taking the thoughts out of your head and onto paper. So what I would suggest that you do is just to do a big brain dump of all of the thoughts. That is in your mind about the dream that you have for your nutrition career.

Now, when I say dream, I'm not talking about something that's real hocus pocus. Okay? A dream is just something that is in your mind, a desire. Or what have you. Okay, so the dream, the desire that you have for your dietitian career, I want you to write them all on paper. This is not about writing, a story or some fancy has to be grammatically correct.

Paragraph thoughts are just sentences. In your mind, thoughts are just words strung together to form a sentence. So really all you need to do is freestyle it, my friend, write these thoughts down on paper about what you believe is possible. So if I were to ask you, what do you believe? It's possible for your career as a dietitian.

I want you to write all of the things that come to mind and don't censor it. Don't try to make it sound legitimate or politically correct. Just write everything that comes to mind, the negative and the positive. Okay? This is your first step to creating awareness. You have to be able to not only have these thoughts swimming around in your mind, but put them on paper so you can legit see them.

What is your brain coming up with? What are some of these thoughts that are actually holding you back and causing the inner glass ceiling? When you identify what they are, that is when you can start working with them. I have this process that I take some clients through called Dialoguing with Fear, and it is a meditation, a visualization, more so that helps the client not feel like they have to overcome fear, but to actually befriend the fear so that you can know exactly.

How your fears are there to support you. In my opinion, there is no such thing as overcoming fear because fear is an emotion and you will always be afraid of one thing or another. Also, you don't wanna overcome fear. Because fear is good for you. It's almost like we have cortisol in our body and a certain amount of cortisol is good for us.

Can I get amen on this? I'm, I'm just trying to give you an analogy. You, you know what I'm saying? So, and then an analogy that you can possibly relate. So you know that a certain level of cortisol is good for you, but an overabundance of it is not. And it's the same thing with fear. A certain level of fear is good for you.

You need to have fear when someone is chasing you down the street. Or when a coyote, like I have coyotes in my neighborhood, sometimes if a coyote comes out, and is walking my way, I'm not gonna just walk up to it and say, Hey buddy, no. I'm going to turn in the opposite direction because I'm a little afraid, right, of what they can do.

But then if I have an abundance of fear, that means that I'm afraid. in an irrational, illogical way of certain things that I don't need to be afraid of, then my life becomes stagnant. Right? So the same thing. With the cortisol that's running through our bodies, we don't want a lot of it because it can cause issues, right?

So when it comes to dialoguing and befriending fear, you actually, through the visualization process, you actually can have this conversation with the fears that are holding you back. That identifies like, what is it that fear is really wanting to say to me? How is fear actually trying to support me instead of hold me back?

Why is fear showing up? When you know how our brains work, you know that number one, it is there to create efficiency in all of the things that we do in our lives. Even if it becomes efficient with things that we say that we don't want, at that point in time, that's when we need to learn how to manage our.

Another way that our brain is functioning is to avoid pain and seek pleasure. Now we avoid what we think is painful, and sometimes what we think is painful is not actually as painful as we think. And also, What is considered pleasure is not always good for us. This my friends, is why it is so important for you to manage your brain.

It is so important for you to manage your mind because if you don't, it will go off and run, doing ridiculous things. Saying ridiculous things that are not serving you or your future goals. So going back to your brain dump, once you have this level of awareness of the thoughts that are in your mind, in your brain, that you're thinking about, About your biggest dream and desire.

You get to choose one of those negative thoughts and really identify it and work through it.

Inside my group program, we provide our clients with a mindset workbook that they get to download every single month. To work on their mindset and work through their thoughts and beliefs and create new ones for themselves. This is not something that most people work on, but when you do, it changes everything.

And that is why affirmations and journaling and some of the surface level mindset suggestions and tips and strategies don't work for the long term because you really need to go deeper than that. So my friends. What is your inner glass ceiling? What is the main thought or belief that is preventing you from moving forward and achieving your career goals?

Is it that you don't trust yourself enough to follow through? Is it that you don't believe? That it's possible to make more money as a dietitian. Is it that you are afraid to invest in your business goals because you're not sure that you're gonna get a return on your investment? Is it that you don't believe that you have time?

I just want you to know that. All of the beliefs or the thoughts that I've just stated here, all of them are false. None of them are true that you can't achieve or overcome. So bright them out. All of the thoughts in your brain about your biggest career, dream, desire, see what's holding you back, and then work through it.

The easiest way to work through it is to find evidence of it being true outside of you. There is some sort of social proof out there in our profession specifically that can prove your thought or your belief to be untrue. Excuse me. I said prove it to be true. Find evidence that your. Though your belief is false because

someone out there is actually doing exactly what you want to do, and if they're doing it, they are just proving to you that it's possible for you too.

Conclusion

It is your job to believe that what is for them is also for. It's not gonna look exactly the same because you will have your unique imprint in creating your unique brand and message and all of the things. But you're in this profession and you've worked hard to become a dietitian for a reason. You are meant to be doing this work.

And it's time for you to overcome your own inner glass ceiling because I'm sure you're tired of looking through that glass at everyone else succeeding, wondering if it's possible for you too. I'm here to tell you that it is possible. You have to do the inner work that's holding you back. Otherwise, you will continue to look through that inner glass, believing that you will always be on the opposite side of the room.

All right, my friends, that's what I have for you today. Do the work, do the inner work. I tell you, it is the inner work that actually takes us further and farther than we could even believe for ourselves. If you need help with that inner work, you know where to find me. Manipura center.co. Check out the private coaching program.

It's a yearlong private coaching program because that is what it takes for. Us to succeed. I have been proven time and time again with every single person that I've worked with. It usually takes between nine to 12 months to really navigate the waters of entrepreneurship and create something that's sustainable over time.

Have a great rest of your day and the weekend ahead, and I'll see you on the next episode of Make More Money as a dietitian by my friends.

Outro

Hey there, do you wanna make more money as a dietitian? Then head on over to our website@manipuracenter.com. 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.