

MAKE MORE MONEY AS A DIETITIAN EP.173: Your Biggest Asset

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 Diane, registered dietitian and money mindset expert. Let's get started with today's.

Episode start

Christine: Hey there, my friends. Before we get to this episode, I wanted to let you know that the audio on this one was a little me. For some reason, my microphone, even though I had it completely turned on and ready to roll, the microphone was not on, on whatever. Oh my god. You know what? Text sucks sometimes, but we just roll with it.

So instead of me re-recording this, I'm just giving you a heads up that the audio on this recording coming up is not the best quality, even though it's not the worst quality. So that's it. That's all I wanted to share with you. Let's listen in while I talk to you about your brain being. Your greatest asset.

It's such a good one. Let's go. Hey there, my dietitian friends. Welcome back to another episode of Make More Money as a dietitian. All right, so here we are with today's episode and I've been sitting here prior to hitting record, really trying to figure out what I wanted to talk to you about today because.

Sometimes I have no idea what I want to talk to you about, and I just kind of get quiet and just allow some mental space to clear so that I can receive whatever it is meant for me to say to you to, today or whatever day it is, I'm doing this . So, Today I came up with two ideas that crossed my mind, but I think I'm gonna go with investing in your brain.

Investing in your brain. So the reason why I wanna talk to you about this is because a lot of times we are told that time is our biggest asset. Resource, or maybe money is our biggest resource. , whatever you have been taught. I feel

like most of us have not been taught that our brain is our biggest and our best resource and asset, and

That's what I wanna talk to you about today. Okay? Now I do believe that time is our, time is important to y'all. Time is more important than money because you can always make more money, but you can't get more time. So I'll talk to you about that another day. But today I wanna really encourage. This is gonna be just a chit chat type of episode, if you don't mind.

So there's not gonna be like three steps to this and 12 tips for that. No. It's just you and me here chatting about why, , your brain is your biggest. So one of the things that I know to be true about myself and has been true since I was a little girl is that I have always loved learning so much so that when I was in grade school, I never took a day off from school and we moved all the time, like literally almost every year or every other year we had to.

and it didn't matter to me that we moved, I still went to school every day, even if it was just to be amongst my peers. I just wanted to be in this environment, of being around other people my age and just being in community with. and I loved learning. I loved learning new things. And I realized that even back then, it felt awkward to some people that I love learning.

I remember my mother kind of teasing me. And if any of you out there kind of had this relationship with your mom that was kind of like a love hate relationship. That was the kind of relationship I had with my mother too. But she teased me because I had, I think I was either 11 or 12, I think I was 12 years old when I caught the chicken pox.

And I couldn't go to school because I literally had like one of the worst cases, my entire body was covered with chickenpox. , and she told me, literally, you look like a monster

And, you know, at this stage in my life, I can laugh about it because it's just like, wow, you know, you were not one for what with, , good, good with words, mother. You were not good with words. But I'm, I'm here to laugh about it now. So she says, You know, you look like a monster and there's no way you can go to school now.

Kind of chuckling it, you know, And so she covered me with calamine lotion and. I feel like I remember sitting in this bath, maybe I had to take a bath first, and then she covered me in the Kali. It was just horrible. It was horrible. And that was the one and only time that I can remember that with intention.

I did not attend school for, you know, some string of days, but I've always loved learning up to now even, and as of the recording of this podcast episode, I have. I'm completing, , this week I'll be taking the exam for my certification as a life coach through the life coach school and, , I'm super excited about that.

My mentor, Brooke, Cast Castillo is a role model. Keep on role modeling. You know, she's just, to me, amazing in so many different ways as a woman business owner and, you know, someone who makes millions of dollars a year and just continues to up level her personal life. And I mean, just on and on.

This woman is showing up and showing out, and. This Life Coach certification was not cheap. Okay. I remember when I had shared this life coach certification with a colleague. I don't even remember her name, but it was just kind of like virtual passing in one of our RD Facebook groups. And, I think the person, someone posted about Life coach certifications and programs for like coaching, specifically coaching, but not life coach, But someone was like asking about.

Coach certification programs and which ones are recommended. And I put down a life coach school and someone in the common thread asked, How much was it? And I told them how much it was, and they were just like, Holy macro. That's the cost of a master's degree. Well, yes, and let me tell you, I feel like. I could get more out of my life coach certification than I would if I would've spent the same amount or more on getting a master's.

And those of you who have a master's, I've seen so many people, so many dietitians talk about how their master's degree did not change. In any way, the amount of money they make, and I can confidently say that this Life Coach certification, the things that I have learned inside of this certification program, can help me to grow my business exponentially because I will.

Be able to provide even more value in the way that I coach my clients than I did before , taking this training. And I feel like I was already a pretty good coach because I've been coaching for the past 18 years, but just the skills and the resources and all of the things in between. Will have much more value than if I had gone and gotten a master's in entrepreneurship, for example.

So, there's that. So I'm completing, as of this week, I'll be taking the exam. I really should be taking the exam right now while I'm recording this, but we won't talk about that. So as of this week, I'll be completing that exam and. Officially be a certified life coach. And then on top of that, my friends, I, , what day was it?

I think it was last Thursday, I started my integrative and functional medicine training program with Dr. Aviva Rome. So if any of you are out there who are integrative in functional medicine dietitians, you likely know Dr. Aviva Rome. She's amazing. Actually, to be very honest and transparent, I had no idea who this woman was and how amazing her background is.

, like when we had our orientation call, people were just fangirling her and I'm like, What? What is happening? I felt like a crazy person. I was the only one in the room who really didn't know her background. And then after that orientation, I realized she's a big deal and she's the most humble woman ever.

She's like, Please don't call me Doctor, just call me Aveva and all of the things. This woman started her college career at the age of 15. She said that she used to be called Doogie Houser before he even came on the scene. So she kind of jokes about that. So why am I sharing all this with you?

I've shared 10 minutes of a little bit of storytelling. But the reason why I'm sharing this with you is because I want you to understand that investing in your brain and investing in ways that you can, increase your capacity to be of service is one of the best investments that you'll ever have.

So for those of you out there who have, invested in. Multiple trainings or courses or even coaching that maybe you have access to training inside the coaching, resources inside of the coaching program or. What have you. I want to give you permission to be okay with that, knowing that all of these resources that you have invested in over the years, as long as the, well, not as long as, but especially if these resources are still available to you, they are.

Tremendous assets to your personal and your professional growth, and because of that, you have so much to offer your clients. This is one of the reasons why when you invest in resources to grow your capacity as a human, to expand your own knowledge. This is one of the reasons why you can increase your rates if you choose to do so, because you're bringing so much more to the table for your clients.

Now, over the past 18 years, I have invested so much in myself and I have a plethora, and if there was a word that I could use that is even beyond plethora, I would use that. I have a plethora of resources. In my Dropbox and in my Google Drive, just ridiculous amounts of training and resources that I have access to.

This is why I continue to grow because some of the resources that I. Were meant to be there for me during that time, and some of them I have, I still utilize to this

day. So it is definitely okay for you to have invested in something and it was meant for you at that time. And you have moved forward to continue your growth journey along the.

Don't feel bad when you have invested in something and you find a few years later that it's no longer of use to you. It could be that it's no longer of use to you because you have grown past that stage and now it's time for something new now. Conversation or this, Is this a conversation y'all? Because like you, you can't, you know, talk back to me, but I'm just gonna say it's a conversation.

It's not a monologue. Okay. Because that's not what we're doing. However, what I'm sharing with you today, I'm sharing because I feel it is so important. For us individually and collectively to get used to investing in ourselves. I hear too many conversations and I'm a witness to too many conversations where my colleagues dietitians specifically.

Are very apprehensive and not wanting to invest in themselves for a variety of reasons. Some of the reasons are money related, Some of the reasons are because, some of you are not trusting the facilitator or the coach or the whomever, the business owner, whatever, whatever. Some of us have a variety of reasons, right?

and I just want to encourage you to explore the reasons why you are being resistant to growing yourself, because in this profession we have to have continuing education anyway, right? Like we have to have 75 continuing education credits, whatever they're calling them these days. And there's a reason for.

We need to stay abreast in the field, right? And so that's one of the reasons why, even though I'm no longer practicing at this time, I am still staying abreast in the field of nutrition by taking Dr. Avo, Aviva ROMs. Okay. This training is one of the best. It is super extensive. It goes from the end of September until June of next year.

It is no joke. Okay, . And so I will likely have gotten all of my continued education credit hours just from that training for the whole entire five year cycle. So what do you. Willing to stay abreast on? Is it only gonna be nutrition or would you like to expand your personal and professional growth path to other areas that could relate to the work that you really want to do going forward?

it is totally up to you, but I just wanna encourage you to be more willing to invest in your brain. Your brain is your greatest asset. Your brain will come up

with all of the ideas that you need to have to grow and expand your career. But you have to continue to feed your brain the things that it needs.

So it can be on a growth journey. We will stay stagnant and become fixed in our mindset when we think this is all there is. And I'm here to tell you, my friends, this is not all there is. But it is your, It is your responsibility to give your brain what it needs, continue to be open to growing and expanding yourself personally and professionally, and life will be so much more joyful and fulfilling.

And that is, in my opinion, my friends, that is. What life is meant to be. It is not meant to be suffering and struggling and striving all of the time. There are times when you will suffer. You will struggle. You will feel like you're going on an uphill climb, that there's time for that, but it is not meant to be 100% of that.

and if it's feeling like that for you more times than not, then it's time for you to evaluate. The reason why, and I will challenge you by saying that the reason why is not 100% outside of. Because even though we cannot control certain circumstances, we have full control. Do you hear me? Full control on how we respond to the circumstances that arise in our lives.

Full control. My friends, full . I cannot ex, I cannot say it. . We have full control. We have full control over what we feed our brains. If you are continuously frustrated and thinking about how this profession isn't what you thought it was gonna be, guess what? Your brain is going to search for all of the reasons.

You're not gonna know that it's searching, but you'll find all of the reasons why this career that you chose is not what you thought it would be. You're gonna come across articles online. Someone's gonna share something to you through a text store and email. Oh, here it is again. One more thing, one more thing this, one more thing that I like for all of the reasons.

are going to show up because this is the declaration that you have made and your brain wants to seek it out to validate that. But listen up Buttercup. You get to decide. Do you want to continue to think like this and then create evidence for it being true? Or do you wanna decide that you're gonna do something?

That the circumstance may present itself as such, but you are going to decide to do something totally different. Like, Okay, this is happening, but how can I dot, dot, dot? How can I make my career more fulfilling? How can I get my name out there so more people know who I am and what I do and how I can. How is a better question for you, for your brain to answer than any other one?

Okay. How is an action generating question that I wanna encourage you to use more often? Start your sentences with why, or excuse me, instead of why? Why aren't they doing this for us? Why am I going to this job where no one values me? I mean, you can ask those questions, but just make sure that you answer them and answer them truthfully and honestly with your personal responsibility intact in the answer.

But I wanna encourage. If you wanna move forward to ask how, how can you do certain things to get the result that you want in your career? So that is what I have for you, my friends. Taking a deep breath here because I can get fired up around this stuff. It's important. It is important. I feel like some days it's more important to me than it is.

To y'all ? I don't know, and there's nothing wrong with that actually. There actually is nothing at all wrong with that. I'm more than happy and just honored, and I feel blessed to be able to lead this charge. This work is important, this mindset. Is the work that will get you to the next level in your life.

Not just your career, but your life. Everything changes. When your mindset changes. Everything changes when you change the way you see things, the way you feel about things, the way you take action. upon certain things, everything changes then do you understand what I'm saying? And none of that can happen when you don't expand your brain's capacity to do and think differently.

Conclusion

So if you want to stay where you are and continue to reap the same results you've been, those are not the results that you have been wanting. I don't, Hey, maybe this episode is not for you . If you wanna continue to get the things that you've been getting all along, then maybe this episode isn't for you.

But if you are seeking something more for your life, for your career, maybe even for your family, For generations to come. If you are at all interested in that, then I wanna encourage you to start investing in your growth going forward because of the way that you grow yourself. and evolve in your life and in your career is going to ripple out and affect everyone who becomes in, in, , communication with you or just in your energy field, for lack of a better term right now,

So it affects you, it affects everyone that you come in contact with when you change. So my friends, your brain is your greatest asset. Be open to expanding

its capacity and watch how everything changes for you as a result. That's what I have for you today. Have a great rest of your day and the weekend ahead now.

See you on the next episode of Make More Money as a dietitian.

Outro

Hey there. Do you wanna make more money as a dietitian? Then head on over to our website [@manipuracenter.co](http://manipuracenter.co). Again, that's Manipura, Centre.co, where you'll find free resources to get you started. And if you are so. Get your name on the waitlist for our 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.