

MAKE SOME NOISE

with Andrea Owen

Finding Your Motivation and Momentum (in Life) Transcripts

Introduction

Hello there! I am Andrea Owen, your host and hype woman. I salute you. Pod people. You come here to this podcast to better yourself. You come here to learn. You come here to change the things that are no longer serving you and that is an uncomfortable thing to do.

I wanted to make this series to get back to what I'm great at— being your hype woman; as well as give this to you.

First, thank you for being here. Every week I feel your energy and know that I am surrounded by greatness. Whether you've been with me for years or if you're new here. I always feel surrounded by your beautiful growth and I can feel you stepping outside of your comfort zone towards your greatness.

There are 3 episodes in this series for you. The first is for people who don't feel ready to change or consistently self-sabotage. This may be you on any given day. I see you.

The second is for those of you who are inconsistent in your work. Maybe you feel gung ho about a certain tool or book you're reading, only to let it fall by the wayside in a few days.

The third episode is for people who are feeling like they're mostly or totally winning at life and just want to stay consistent.

Listen, these three episodes are for everyone. Part of the human experience is that it's non-linear. But, I wanted you to have options based on how you're feeling at any given moment.

My hope is that you listen to these multiple times. That you have them at your fingertips when you need them and keep going back. It's like having me in your back pocket coaching you and cheering you on.

Lastly, my third book, *Make Some Noise*, is coming out August 31, 2021, and you can order it at andreaowen.com/noise and please get your free bonuses!

Okay, are you ready? Let's get started...

Episode 1: For people who don't feel ready or consistently self-sabotage

If you need an ally for your motivation, I'm here.

First, You did it! You made it here to this audio. Maybe someone who cares about you sent this to you or maybe you came here on your own. Whichever it is, you made it, despite all the excuses you could have made.

Maybe you, dear listener, are going through a hard time. Or, maybe it's in your past, but still feels like it's weighing on you-- like a heavy blanket you just can't seem to shrug off. You wake up every day and you hope today is the day you feel like your challenges are truly in the rearview mirror, but there it is, still lurking.

Maybe you're down on yourself, seeing other people with their lives together, in relationships, making their financial goals happen, having big breakthroughs in their personal lives, but not you. It's unfair, you're wondering when it will be your time.

If this is you, I want you to consider this... what if this is just how your journey looks? What if at the end of your life when you take inventory, this is exactly how it was supposed to go in order for your highest good? The stopping and the starting.

The struggles and uphill battles. That it's your perseverance that will build your courage and confidence muscle? That all of these experiences are meant to be your best life lessons?

You might reject this, and that's OK. But what if that perspective feels like love? What if this is about surrender and acceptance? You have a flow. You have seasons. And this season right now is the heavier season. You are hurting, but soon it will turn around and be a brighter season.

Your now is not your forever. Whatever it is that has been holding you back, whatever it is that broke your heart, whatever it is that's weighing on you, it will get better.

Take a moment to look around. The learning is in the journey, and the process.

If you've been running away from your problems, your feelings, people that love you, and the people that want to help. You don't need to run away anymore. If you've been running away from your opportunities because you're afraid to fail, or afraid to succeed, or worried what people will think. If you've been running away because you're afraid people will say you're too good for them, or too big for your britches. If you're afraid to take up space in this world because of the reaction some people have when a woman takes up space in this world...I see you.

I see you in your worry. I see you in your fear. I see you in your old trauma that sometimes feels like it's new, fresh trauma. I see you hiding from your life.

And you keep hearing things like how necessary it is to "come out to play". You keep getting excited for a minute and see glimpses of what it could be like. You see a snapshot of what your life could be like if you said, "Yes," when you wanted to and, "No," when you didn't want to. You see snapshots of putting yourself out there and the opportunities it might evoke when it all works out. Snapshots of you leaning into joy and staying there. Snapshots of your biggest, most kick ass life. Woman, I want you to make a mental collage of those snapshots. I want those snapshots to come to life and all those parts of you to dance in the sun that is your shininess.

Are you holding yourself back from your own greatness? That might be a question you can't answer right now, but I want you to simmer in it. Let me ask you again...are you holding yourself back from your own greatness? Perhaps not; perhaps you do have wounds that need to heal, hurts that need to process. But, I want you to think about that question and hold yourself in the highest form of self compassion here. Some of the greatest people find themselves holding back from their own greatness. You're in fantastic company there, let me assure you.

Sometimes the trick is to make your life feel bigger than your fear. To envision or perhaps just think about what's possible for you and make those possibilities bigger than what you're afraid of. None of it has happened yet, so you have the opportunity right now to decide what you're going to let feel bigger. Your life, your possibilities, your growth... or your fear?

Perhaps right now, today, you can focus on what's working. Even if what's working is that you're taking the time to listen to this podcast today and that you woke up and chose you. That you chose your life, your growth, and your opportunities.

What else is working? There are good things happening to you, whether you immediately think of them or not, whether you have a long list of things that *aren't* working or not. Focus, just for today, on what's working. What's good. What's possible. And tomorrow, try again.

Let me ask you another question...what do you need to let in your life? Is it love? Do you need to let people love you? Have you been pushing someone or someones away? Do you tell people you're fine when you're not? Who's taking care of you? Who are you letting or not letting take care of you? Do you need to let in healing? Whatever happened to your heart, open it up and let that healing in. You deserve to have that wound be mended, to have your heart be cradled with love and healing.

I want you to know that it's possible that your pain can become your power. It's possible that your pain can become your highest teacher. Your biggest source of motivation. You can't undo your pain, or your past. You can only heal from it, get space between you and it, and choose what you'll use it for.

Because the thing is, you've lived all these years gathering information. Gathering wisdom from all of your life's experiences... What do you want to do with all of that? Push it aside and let your inner-critic, your doubts, your fears win? Or do you want to embrace your hard-earned wisdom and honor that?

Could it be that maybe you're not so much afraid of your failure, but afraid of your power? Afraid of your magnificence? Afraid of the phenomenal woman that is already inside of you – your highest self?

How would you be if you didn't have a choice to live your life like you were meant to? How would you live your life if your back was up against the wall? If the decision was the most important one you ever had to make? How would you live your life then? You don't need to wait until it's a dire situation, until your back is up against a wall. You can decide now to create small, turtle steps towards the life you want to live.

Could it be worse? It sure could. But it could also be a whole lot better. Because every day you're given two choices when you wake up. Wake up and evolve, or wake up and repeat the day before. Choose what is in service to you and your highest self.

Honor the divine inside of you. Honor your process. Honor and accept this is how you work. Your time will come. Your time will come, I promise.

And if nothing else, there is always the option of standing still right now, wherever you are. What if today, or even this week, this month, and this year, you weren't supposed to be one bit smarter, more evolved, more present, more courageous, better or faster at anything? That is the absolute best thing for you, is to be absolutely still.

Your *best* life is out there. Don't worry, that life will wait for you. And all of your trips, falls, wrong turns, and days where you stand still are part of what you'll need to get there, eventually.

Episode 2: For people who are inconsistent

My hope is that you walk away from this with a little pep in your step, bounce in your booty, and love in your life.

And if you're wondering if I'm talking to you - I am. If this episode doesn't make you think, be slightly afraid, or get excited, you're not really listening (and that's okay!), just come back to this tomorrow.

I heard you might be in the struggle sometimes. Some days you're on fire, some days just getting out of bed seems like too much.

So, let's start with the basics: What's important about the way you live your life? I assume it's growth, courage, perhaps love, and that you didn't come here for mediocrity. You didn't come to this audio, to this day, to this life to just live an "okay" life. A "fine" life. So, let me ask you again, what's important about the way you live your life?

What is life but a series of choices we make, every day. Those days turn into months, which turn into years. What if *today* was your day? What if today was the day you decided to go for it, even though not doing it feels like the easier way out. But that today is the day you say YES to you, to your goals, your dreams, your best self. You don't need to decide on tomorrow, you'll think about it then, but TODAY, TODAY, you say yes.

What would happen if you stepped into your power? This isn't just a feel-good platitudes type of question. I'm asking you an actual question.

What would happen if you stepped into your power? Would you have that hard conversation? Would you leave that relationship? Would you start dating again? Would you be vulnerable because you know it's the key to having healthy relationships? Would you start that business you've been thinking about? Would you ask for the raise or pitch that company your services?

Answer the question without thinking, before you have time to list all of the ways you can't, won't, or shouldn't.

I want you to make it a habit where you say to yourself, "around here, we slay our demons. Around here, we look our fear in the face and say no. Around here, we do what's best for us."

I want you to answer the door when discomfort knocks. Don't pretend like you're not home, don't hide under the blanket and cringe when you hear the knock again. ANSWER THE DAMN DOOR. Discomfort is your signal that one of two things are happening. One, that something is butting up against your values. So, do you need to speak up? Do you need to make a change? Do you need to just take notice and get curious? Or, two, that discomfort means you are being challenged to grow. You're being challenged to change. You're being challenged to leave an old part of you behind to embrace a new, better version of yourself.

And when this happens, your inner-critic may go nuts. It may say, "This is too scary. You're too old to change, you can't do it. What will people say? It won't work." But, you carry on. You keep welcoming the discomfort, you keep moving forward. Your inner critic should be giving YOU the finger. All up in its feelings about you changing and bypassing your fear.

Speaking of inner-critics...may I remind you that negative self talk creates more negative self talk. It's a cycle, my friend. Confidence and positive self talk creates more confidence and positive self talk. Plus, it's all contagious. Which do you want to spread?

If you need to, list out your fears. They're there anyway, dancing around in that pretty head of yours, call them out. If they want to be heard so badly, write them out on a piece of paper and examine them. Ask yourself why do you fear this? Is it true? Is it helpful to you? Is it wasted energy? Look at your fears in the face, get intimate with them. You'll always have them, might as well understand and acknowledge them so you can work to let them go.

Stop negotiating with people about your worth. Stop negotiating with people around your boundaries. Stop negotiating with people around your time. Start negotiating pay raises. Start negotiating with your goals to make them stretch you.

I want you to set a place at the dining room table for discomfort. I want you to dirty dance with discomfort because that's where change happens. You can turn this off right now if you won't do that. If you refuse to welcome discomfort. You'll still be scared. Nervous. You'll not wanna.

Call in the energy, the spirit, or the name of someone or something that understands your power. Call it out, or whisper it, or shout it as loud as you need to.

DO IT ANYWAY. YOU ARE NOT FUCKING AROUND ANYMORE. You were not meant for smallness. Your bigness is beautiful, the most gorgeous thing about you. Your power, your wisdom, the love you have for yourself and others. That is your bigness and it is stunning.

Episode 3: **For people who are feeling like SUPERSTARS**

Make this your fight song, your anthem, the voice that helps you hold your head high and your backbone strong.

Other people are looking for shortcuts, not you. You are someone who has made your life bigger than your fear.

Before I continue, you look so good right now! Look at you
Look in the mirror...what?...turn around. Boom, you look amazing!

Woman, if your crown falls off, put it back on, if it's crooked, straighten it. Square your shoulders. You are a queen... you know this. Whether you feel uncomfortable admitting it, or you can confidently say so, YOU ARE A QUEEN. And queens know their worth. They do not debate their bigness. They do not haggle their

relationships. Queens don't settle for crumbs. They only accept the whole damn cake. And this is you.

I want to ask you...How good can it get? How much joy can you take in? How much love can you lather all over yourself, how much happiness can you handle?

YOU are someone who understands your process. You have been through hard circumstances, and built resilience from it. You've taken action when you were afraid, and you've built self-confidence. You understand that life isn't always easy and you look to those times as invitations to show up in your life, not to hide from it. You understand all of this.

Your life is yours and yours alone. Yes, there are people in it, people you love, people you take care of, people you don't like, but ultimately, you know that your life is yours alone. It belongs to you.

The next step for you...what is it? Is it to continue the path you're on? To grow even more, to stay sober, to get stronger physically, emotionally, and mentally? Is it to get that promotion, to have massive success in your business?

Picture yourself there. Close your eyes and picture it. As you picture yourself there, move into that deep belief that you can achieve it. No one else can do this for you. Other people believe in you, yes, they do, but the most important person to do this is you.

You write the story of your life. Some things that happen are out of your control, but YOU decide on your healing, your forward motion, your response. You write the perspective. You have so much power, do you know that? So much power.

The world is full of people who didn't go after it. Who gave up because they were afraid. But that's not you, my friend. You stand up when you feel called to do so, you step forward before you're ready, you take your life by the hand and run towards your dreams, because YOU ARE POWERFUL. You have a hunger for excellence, for betterment, for evolving into your highest self. Remember that hunger and dive into the feast of it.

There will always be doubters, critics, and people who underestimate you. And that may hurt. But you are someone who doesn't let that stop you. You get back up again and again, moving past all those people. Because you know that you hold the power and you honor that.

Closing

Thank you for being with me through these episodes! As I mentioned, my hope is that you listen again and again whenever you need them. I'd love it if you shared these with someone you think might enjoy them. Send them to andreaowen.com/free.

If you feel inspired and would like more support in your life, you can find all three of my books at andreaowen.com/books or anywhere books are sold.

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I also have hundreds of free podcast episodes over the course of 8 years. Look for Make Some Noise with Andrea Owen wherever you listen to your podcasts.

Special thanks to Darlene Victoria for producing this show.



Speaker. Life coach. Author. Hellraiser. Andrea Owen is creating a global impact in women's empowerment with her books being translated into 18 languages and available in 22 countries.

She helps high-achieving women maximize unshakeable confidence, and master resilience. You can learn more about her books, coaching, and book her to speak at andreaowen.com.