

[00:00:00] Jade Stoner: Hello and welcome back to the Soul Growth Podcast. How are you? It's been a bit longer than I planned since my last episode, and so even though it's February before I jump in, happy New Year. Hi. I know it seems like forever ago since we crossed over into chapter 2023, but this is my first opportunity to say it to you, and technically it is still the new year.

[00:00:24] So, I had great intentions of recording you a special New Year message, and I had episodes for all of January planned out, but my body and the universe had other intentions. So after a truly great Christmas, I got sick, which dragged out into the first week of the new year and a bit longer actually. Then I was in my focus zone plotting and planning for this year.

[00:00:49] I celebrated my birthday and then before I knew it, January was done. And here we are. It's February, and I really wanted to record an episode for you, and I've been having a think about what I wanted to share with you today, how to kick off this year's. Episodes, and I guess what's coming through me over and over again is that it is still a new year, and perhaps you are in a vibe, or you've been in a vibe of, this is my year, you know, this is the year that I make all of my dreams happen.

[00:01:29] I'm ready for more. I am open for more and I'm gonna get what's mine? And first of all, that's amazing. You know, there are so many people out there that have barely even thought about what it is that they want to create this year in their lives. If they even realize that they have any say over it. You know, a lot of people go through life not realizing, not believing, not knowing that.

[00:01:57] They have this power to create their lives. You know, it's not just a case of, well, life just happens and you just deal with it. You do have some, some say in it. And so I celebrate you for thinking about those things, and I also really, really want you to achieve those things. And so I feel like it's really important to reflect on my experiences personally and the experiences that I've seen others have, and really put some things into perspective to help you really start this year strong and to really.

[00:02:37] Make some movements this year to really gain some traction and move you a step closer to the life that you've been dreaming of. You know, this is your time and it is possible for you. So one of the first things that I wanna share is what I shared with you way back in the, in the lowdown episode, which is that, The definition of insanity is doing the same thing over and over again and expecting a different result.

[00:03:06] So if you've stepped into 2023 with these goals, these dreams, these plans, these intentions, and you are still being the same person that you were last year, as in, you have the same habits, you have the same routines, you have the same way of thinking, you have the same way of being. Then unfortunately, The truth is you are just gonna end up creating results that are not too dissimilar to last year.

[00:03:36] So for things outside of you to change in your physical world, whether that's your career or a relationship, or anything that you want to create, something inside of you has to change first. And what I mean by that is that. You are at the center of everything in your life. You are the common denominator.

[00:04:04] You know, relationships, job, work, business, money, friendships, relationships, you know, all of the things at the center of all of those, there is you and it is very easy to get caught up in the. In the mentality and the mindset of the masses, which is that you have no control over the things. You know, similar to what I was saying earlier about not e people, not even knowing to set goals.

[00:04:31] So it's about understanding that you are at the center of that and owning that, and it's not in a way to beat yourself up. It's a way to take back your power and for you to realize. You have that power and therefore you can make the changes that are needed to be changed. You don't need to rely on the people and the things outside of yourself because actually it starts inside of you.

[00:04:58] So it is about getting really, really clear and really, really honest and truthful of yourself. What are your weaknesses? Where do you know you are tripping yourself up? You know, do you have a bad habit of saying you're gonna get up an hour earlier? Every day so that you can have that time to cultivate your inner game and create that inner success inside of yourself through meditation, through journaling, through exercising, through whatever it is that you want to do.

[00:05:31] But then when the alarm goes off in the morning and you are feeling tired and like, is it morning already? And all of that kind of stuff. So you hit the snooze button and then before you know it, You get an up late and you're just rushing into your day and there's no time for the meditation and the journaling and the things that are gonna help elevate your vibration and make you feel good and set you up right for the day.

[00:05:57] And you tell yourself, I'm gonna do it tomorrow. I'm gonna get up tomorrow, and then tomorrow rolls around and you do it again. You know? Is it that you say you're gonna read a book a month and actually it's. Rolls around to the 15th, 16th of the month, whatever. And you haven't even started, you know, where are the places that you're tripping yourself up?

[00:06:20] And the thing is, when you ask yourself these questions and really sit with them, you will get the answers, because the, the answers are there inside of you. They're waiting to come out. It's about are you listening and are you willing to own the answers? And once again, this isn't about beating yourself up.

[00:06:41] This is just taking a really honest evaluation and saying, okay, yeah, I know I need to work on this. And then it's looking at your goals and then asking yourself, is the way that I'm showing up, are these habits going to help me to achieve these goals? You know, it could be. Some thoughts that are tripping you up.

[00:07:06] You know, I know for me over the years where I would trip myself up is that I would have very positive and high vibe thoughts. You know, I'm gonna do this, this is my year, I'm gonna make it, you know, all of that kind of high vibe stuff. And then as soon as something wasn't happening as quickly as I thought it should, or I wanted it to, or something looked like it was going wrong, That's when all the negative thoughts would enter.

[00:07:35] So I realized that my thoughts were very up and down. You know, they were like a rollercoaster and I recognized that I had to get a handle on that so that I wasn't taking myself

out of the game when things weren't looking like how I thought they should be. And it's when we get really honest with ourselves in these ways that we're able to make the changes.

[00:07:57] You know, everything that you want in your life is available for you, but you have to become the person who is able to create those things and not only create it, but also hold it. Right. I think I've shared this with you before, but I, two really great examples of this are lottery winners and also people that are losing weight, you know?

[00:08:20] You see people that lose a lot of weight and then months later they've put it back on. Why is that? It's because they changed the, the outward action. It's because they changed the thing outside of themselves, as in what they're eating and what they're doing, as in exercising more, but they didn't get to the root of it, which is changing their thinking.

[00:08:51] The person that's doing the eating, that's doing the exercise, if you track it back, it goes back to thoughts and energy. And remember that I've shared with you before that your thoughts create your beliefs and those create and determine how you feel, which then dictates your actions and the results you get.

[00:09:13] And around and around it goes. It's a cycle. So if you go in at the action point, you are missing all of the steps before. So you have to go in at the root. You have to go in at the thought level and the belief level. That's why really getting to know yourself and being honest with yourself and changing those things, that's why it's so, so important because you don't just wanna lose weight for a couple of months, you know?

[00:09:41] You want it to be sustainable. And the other example is with lottery winners. You see them go from not a lot of money to suddenly millions and millions, and they're not used to it, and they unconsciously rid themselves of it through bad spending habits because they haven't changed who they are inside.

[00:10:03] They haven't reconciled their thoughts about money. You know, they've grown up hearing things like money is the root of all evil. Um, You can't be a good person and have money. You know, all of those things are still running inside of them, and so then it becomes like a tug of war, right? You've got these thoughts going on, and often it's very subconsciously, and remember, your subconscious is responsible for 95% of your life, so you've got all these thoughts running and they're on the inside, and then you've got this newfound wealth that comes in, and they're a mismatch.

[00:10:40] So, And so your subconscious is gonna work to make your outer reality match what it's got programmed into it, what? It's what's in the storehouse of your subconscious. Because the subconscious will always win, not just because it's responsible for the majority of your life experiences, but also because it's the most powerful part of your mind.

[00:11:04] So you have to get it in alignment. So that's why I share that for things outside of you to change something inside of you has to change first. So what is that for you? What is it you, you know, that you've been doing that's not been working? You know, there's a lot of talk about self-love out in the world right now.

[00:11:24] I talk a lot about self-love because it's at the core of so much, but self-love isn't just about bubble bath and buying yourself nice things and. Pampering yourself. It's also

about getting really real and honest with yourself and taking a good look at yourself. If you don't take this inventory now and take the steps to change and take the SH steps to become a match for the things that you want on a subconscious and a conscious level, then before you know it, it's gonna be another year that's passed.

[00:12:00] And another set of of goals and and dreams that didn't fully manifest. Maybe they did manifest, but they weren't quite what you wanted. Or like with the weight loss example, maybe it happened but you weren't able to hold onto it. This inner game stuff is real and it can't be ignored on this journey. It's not always comfortable.

[00:12:25] It's not always nice, but. It will get you the results that you want in the end. So what is that stuff for you? This is a year of whatever it is that you want it to be. You can have it all. You just have to do the work. Not just the physical work, like the doing actions, but also the work on the inside. And actually that's where it matters most.

[00:13:03] When you get the inside, right? Then the action that you need to take will come through you and from you. It will be inspired, it will be aligned, it will feel good. It won't even feel like work, and that's where you want to be. So today's episode is really short and sweet. It's just something that was really, it felt really important to come out and to put all of that stuff into perspective.

[00:13:32] And I've touched on different elements of this throughout different episodes, but it was about really pulling it all together and making a really clear message. Because again, I want you, I want you to slay your goals this year. I want you to be able to look back on 2023 and say, that is the year that changed everything for me, and I'm right there with you.

[00:13:55] I have recently. Really got stuck into what it is that I wanna create this year and what it is that needs to shift. I have gone back to my morning routines. Um, remember as I shared with you in my comeback episode that my morning routines have completely gone to shit and now they're back and I have a plan and I've joined.

[00:14:23] So, A business membership to really get my business focus on this year and surround myself with the right people, which is something that I'm gonna get into deeper in the next episode. And it feels really, really good. And I know what I need to do. I know what needs to change because I'm able to see what hasn't worked for so many years and.

[00:14:46] I really feel like this year is going to be magic, and I look forward to sharing that journey with you, and I'm really excited about sharing my breakthroughs with you and my wins and me real life in my goals and dreams and intentions, because I'm not just here telling you all of this really great stuff.

[00:15:09] I'm here in the trenches doing the work myself, albeit on different things and in different ways. So if you haven't already, sit down, take some time and actually write down your goals. There's something really powerful about putting pen to paper. You know, digital is great and it's convenient, but there's something about just putting that pen to paper and just let in whatever wants to come out of you, come out of you.

[00:15:39] Don't judge it. Just go with it and see where it takes you and, and from those goals, from those things that you wanna create this year. Then look at, right, what do I need

to shift? What do I need to change? And a really great question is, where do I need support? Because here's the thing, you're not meant to do this sole growth journey alone.

[00:16:02] That's why you're listening to this podcast now. That's why I plug myself into different resources. And surround myself with certain types of people, and this is certain types of things. It's why I do courses and programs and have worked with coaches and whatnot because you're not meant to do it alone.

[00:16:22] To get the support that you need to create the best year of your life. So that is all for today's episode. Share your favorite and your biggest takeaways with me on social at I am Jade Stoner, and use the hashtag Soul Growth podcast, and I will be back next week with some great content that I'm working on for you.

[00:16:48] So until next time, I'm out. Big love. Mm.