

Episode 3

**UNEARTHING YOUR DAMN PURPOSE WITH
JEFF BREKKEN**

SKELETONS

from the Closet



Be present every day. Look people in the eye and literally just be present

JEFF BREKKEN

Well, shit. Ever felt like you're on the wrong train, and it ain't gonna be a fun destination like Vegas? That's where Jeff Brekken, the entrepreneur we all secretly (or not-so-secretly) envy, found himself. Trudging someone else's muddy path and wondering why his shoes felt so dang heavy.

Some of us just slap on a new pair of shoes and hope no one notices the muck. But not Jeff. He hosed that crap down and strutted his stuff on his own freaking runway. So, if you're ankle-deep in someone else's crap, sit tight, 'cause Jeff's about to teach us how to buy better shoes.

Episode Highlights, Y'all!

1. **When the Going Gets Tough, the Tough Ask... WTF?** It's all rainbows and butterflies until a crisis hits like a midlife puberty breakout. Who the hell am I? Jeff bares the highs, the oh-shit lows, and the "I-can't-believe-I-just-did-that" moments.
2. **Finding Your Tribe (Or How to Stop Fitting Square Pegs in Round Holes):** Expand your noggin! Surround yourself with folks you reckon are out of your league. Spoiler: They're not.
3. **Bye, Felicia! The Art of Ghosting Energy Vampires:** Jeff dumped friends, close ones. Why? 'Cause sometimes self-love means cutting off those that drain your spirit.
4. **Trust Issues Much? The "Choose You" Revolution:** Ever felt like the universe's doormat? Yeah, Jeff's been there. Wipe your feet on me, why don't ya? But here's the clincher: The moment you choose YOU, life starts throwing parties in your honor.
5. **Oh, and P.S. - You're Not Alone, Darling!** Jeff's mantra? Show up, be present, and understand your worth.



Ballsy Action Steps to Strut Your Purpose:



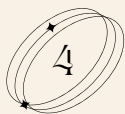
Mirror, Mirror on the Wall: Have a heart-to-heart with that reflection. What's your purpose? No BS. Where do you excel at serving others?



Tribe Hunt: List down five folks you think are too cool for school (or you). Now, find a way to befriend 'em. Seriously... you have nothing to lose except a new friend who may be just as thirsty as you for connection.



Trash or Treasure: Jot down five peeps in your life. Are they anchors or jetpacks? You know what to do.



Trust Falls: Remember those? Today, your trust fall is with yourself. Write one promise you'll keep to yourself this week.



Lonely? Call Bullshit: You've got peeps. List three you can lean on. Now, lean.

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