

# Balance365 Episode 252 Transcript

ANNIE BREES (INTRO)

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight, and wellness. I'm your host Annie Brees, along with co-founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach 1000s of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental, and emotional well-being with amazing guests. Enjoy.

ANNIE

The year is almost over my friends. How on earth did it fly by so fast? I don't know about you, but 2022 was a year full of memorable moments to say the least. The highs, the lows, the goods and the bads. And to be fully transparent and honest with you, this is not the episode that Jen and I thought we were going to end 2022 with but here we are, and I don't think you're going to be disappointed. In this episode, both Jen and I give a personal reflection on the past year, we share our highs and our lows. And it is, in my opinion, deeply moving, I think you're really going to enjoy it. But before you go, listen, don't forget to reserve your spot on our coaching waitlist for Balance365 coaching. Our coaching program only opens its doors a few times a year. And spoiler alert, we're opening our doors to the waitlist only very, very soon in January. So do not wait you have to be on the waitlist. To get the news of when the doors open, hop on over to the show notes or visit [balance365.com/waitlist](https://balance365.com/waitlist) to join us and kick off the new year on the right foot. Alright, let's get into this episode. Enjoy, my friends.

ANNIE

Should we tell everyone the truth about what we had planned for this episode and how this is just kicking it off with some honest reflection of what our intention was and what we're doing instead?

JEN CAMPBELL

Sure.

ANNIE

Okay. So I think people listen to our podcast, and they hear the finished product. And when you see just the finished product, you might not understand or remember that there's a lot of work that goes in behind the scenes to each episode outlines and prep work, and recording and such. And what we had planned on doing was doing a little recap of our top podcast moments from 2022. And truth be told we ran out of time, didn't we? [Laughs]

JEN

We did. Yes. [Laughs]

ANNIE

So I think it's nice to hear sometimes when you maybe just see the finished final product to hear that like, oh, yeah, people that have this nice finished final product also make mistakes. They run out of time. They aren't always organized. So instead, what we decided to do was share our personal highs and lows.

JEN

Yes. And there's no outline to this episode.

ANNIE

No. So this is going to be very raw and honest, and maybe a little less refined. But -

JEN

Yeah, that's okay.

ANNIE

Yeah, but still very authentic and true.

JEN

Yeah. Did you, did you write anything out beforehand?

ANNIE

I gave, I've been stewing on this for a few days. And you know, there's a lot. There's a lot to say about the year. I'm sure you feel the same way. Did you write anything out?

JEN

No. I've also been thinking about it for a few days. And I thought about writing something out. But then I thought, "Gosh, where do I even begin?"

ANNIE

I will tell you that in reflecting over the last year, which I think is good to do, there's been...It's been very emotional. Both like kind of disappointment and heartache, frustration, and also a sense of accomplishment. Like pride, compassion, you know, I guess bittersweet, you can say.

JEN

Yeah, yeah.

ANNIE

Yeah. And so I was thinking, though, that we should start off with the lows. Because what I anticipate happening is we have this like beautiful podcast recording, where we kick it off with the highs, and it's like, awesome, and then we just like, throw the lows in at the end. And it's like, kind of ends on like a, "Wah wah." [Laughs]

JEN

Sure. I thought we would start with one of us go...

ANNIE

Oh, do both?

JEN

Yeah, go low, high, and then shift gears.

ANNIE

Remember when we said this was going to be, we had no outline? Like here it is. [Laughs] Here's us organizing on the fly. Okay, well, would you like to go first? Or do you want me to go first?

JEN

You go first.

ANNIE

Okay.

JEN

Can you tell us about your lows? Or, your top three lows? First of all?

BOTH

[Laugh]

ANNIE

You know what? I'm happy you asked the question that way, because I, like everyone listening to this podcast, had some lows. And there's a couple reasons I hesitate in sharing what those lows were. First of all, some of my lows include people that aren't willingly disclosing this information on the podcast and out of respect for that, like I wouldn't want to share on their behalf. And then there's also there's some hesitation with that. And then there's also the hesitation of, and I think we all do this thing, like this comparison of our low or pain or roadblocks or struggles like, "Oh, come on, they aren't really that bad." And I have a strong aversion to complaining. So there's a lot of self-talk. It's like, "Hey, sharing your lows, your thorns," we call it, we do rose and...Rose and thorn or something? Whatever my kids call it, you know, like, the highs and the lows. Sharing your lows, over the course of the year isn't complaining, it's just sharing. So that's my self-talk. And I would say that my, probably my most prevalent low or ongoing struggle in the last year was some ongoing conversations with my children. And like I said, a little bit ago, I don't want to get into too much detail, because someday they're gonna maybe revisit these podcasts and hear their mother talking crap about them. [Laughs] And I don't want to do that to them. Because I think a lot of what we, the struggles we face are probably par for the course. But it was just, it was a tough parenting year.

JEN  
Yeah.

ANNIE  
And there were some surprises in developments. There were some behavior issues, like revisiting what I thought were the foundations of respect and kindness. And it was just really like, it's just hard. You know?

JEN  
Yeah, it's funny, because you and I, we have similar, our children are similar ages. And when they're little, you think, This is going to be the hardest. This is the hardest part." And as they get older, you're like, "Oh, can I go back to that? That little kid stage please? That toddler stage?"

ANNIE  
Yeah, I remember thinking when they were toddlers, like, "Oh, my God, I have to baby-proof everything and they aren't sleeping. And I have to like do everything for them. And they throw tantrums." And now it's like, "I would love to just be able to pick you up and put you on a pack-and-play where you cannot get into anything." [Laughs] But yeah, it's just it's, we're hopefully coming out of the woods of some of it. But it was a good reminder of the evolution of the development of kids and the development of a relationship. I'm sure, somewhere in the next decade, we'll be in the woods, again, with something else. But I think honestly, it was a low for me personally, because I have a hunch that over the past three, four years, I had become a little disconnected or negligent, almost of spending time with them, talking with them, listening to them. And I just was focused on other things. And it's the classic like, you aren't going to find time, you have to make time. And I kept thinking, "Oh, I'll just like, when we get through this, when I get done with this, when this is over, then we can have you know, kid date nights, or then I can do one on one time with each of them," and that like just never came for years and years. And so this year was definitely been a calling to return back to like, "Oh, no, you're still a parent and a mom and there's responsibilities and you've got to do your job."

JEN  
Got three littles that are...Yeah. Yeah, it's funny that you say that. Can I talk about behavior change for a moment and what you're going through?

ANNIE  
Yes, please do.

JEN  
Love this because, as we know and as we talk about, as all of our members know, behavior change can be really, really challenging. If you're new to us, we say nutrition is simple, behavior change is the hard part. So keep nutrition simple. We can focus on behavior change. But what I'm hearing when you're talking, I'm hearing that, you know, anyone with behavior change, it's like, it's easy to convince yourself that you can do it later, later, later. And then sometimes we bump up against something in life that forces us to do that change.

ANNIE

Yeah, or even just the irritation that can come with acknowledging you need to make a change.

JEN

Yeah.

ANNIE

Like, can't this be easier like, can't this just happen effortlessly? Do I have to give it more time and attention and - and I realize I'm talking about my kids here. So I'm not a perfect mom. Don't judge. But it was just like, I think I had worked other areas of my life so hard that I had resistance to spending more energy on something else in addition to it.

JEN

Yeah.

ANNIE

So that was probably my number one low. But you know, another low that really like, just to, seems to be a frequent. It's not hugely distracting, but I have had knee pain for a couple of years now. I have done the PT, I've avoided the exercises and the movements and the activities that make it worse, and it's just not getting better. And it's been so frustrating, because it's keeping me from doing the things that I want to do. And as I've told you, as I've shared privately, I've come to the realization with that as well, that, okay, maybe you need to go revisit surgery, and I'm not sure what that entails yet. But it's just like, you know, I wrote a grown-ass woman email about avoiding, like, avoiding our tendency to just avoid our problems and hope they go away. And I haven't been completely avoiding my knee because like I said, I have been going to PT and avoiding certain exercises, but I have been avoiding the reality that like -

JEN

The big scary conversation of, do I need surgery on this knee? Yeah.

ANNIE

You need to go to a surgeon and get it evaluated. And that's, and that's scary to me. Because then it's like, if I do have to have surgery, what's the recovery like? And now, and then am I going to be out of activities or in bed or off my feet or whatnot? So that's also evolving, but, you know, in the grand scheme of things, I managed it, it's fine.

JEN

You've managed it. Good work.

ANNIE

Yeah, yeah. Yes. Thank you.

JEN

All right. What were your highs of the year?

ANNIE

Okay, my highs. This is very, very, very high level. But I have shared a couple different places. I'm not sure if I've said this on the podcast. But in the beginning of 2022, we talked about resolutions, you know, and I shared that I don't usually pick a resolution necessarily, but I pick a word that seems like an area of growth for me. And the word that I picked for 2022 was to soften. And what I mean by soften is my impulse. And I'm sure it has to do with my upbringing, athletic background, is to armor up and go to battle. And like head down, let's just do it kind of, like almost militant style of getting through things. And while that can be helpful, and that certainly served me in a lot of ways, I also think it keeps me from really truly connecting on a deeper level with people. I think it keeps me from learning and growth. And how it showed up in 2022 was, I mean, just from the beginning to the end, I've noticed that I'm quicker to apologize, which to me feels like softening. That's like that's a softening to me. Like, I don't have to dig my heels in the ground and battle with you. I can just own my mistakes or own where I should have done better. And apologize, right? Or soften in just a simple statement. Like, "I actually don't know about that. Can you tell me? Can you explain that to me?" Or like, "What do you mean?" Instead of just assuming and like, oh, yeah, like I know everything, like, I'll figure it out.

JEN

I have this image of you just kind of laying that armor down.

ANNIE

Yes, yes. And you know, the reason like, I spent a lot of time, probably too, maybe too much time thinking about why I do the things that I do and why other people do the things they do with me. That's why I'm a coach. But I think a reason I had for so long chosen to armor up and be this like kind of tough, like rigid type of person, unemotional, is because it was really just protection. It was keeping me from feeling vulnerable from feeling like, I wasn't sure, I didn't know, I'm not secure, I'm not certain, and those things are kind of scary to admit. Or like, I'm wrong, I'm not perfect. I get it wrong sometimes. And so, I will say, as uncomfortable as the softening has been, I mean, still, even that word just makes me kind of like, shiver, like, ugh. [Laughs] Soften. It really has been really influential in my personal relationships and my relationships with work, like even just to say things like, "I can't do it all. I like, I can't answer that right now. I like, I'm tired." You know, a couple of weeks ago, I think I told you like, I'm sick. Like, I'm like, I'm really sick. Like that to me is the level of like, that was something that I don't think I would have even have shared a year ago, I would have been like, "This isn't helpful information, you still have a job to do. Keep your mouth shut, like just keep going," you know? So all of that to say is like, I feel a lot more comfortable and like my whole humanity, and have taken the pressure off of, not completely, but some of the pressure off to get it right, to be right. To do more. To like, have it all together, to know it all. And that feels really good. Even like taking it back to my low with my kids to just say like, "You're right. We should spend more time together, or..."

JEN

Annie that's beautiful.

ANNIE

Yeah, "I'm sorry I yelled at you."

JEN

I'm so proud of you.

ANNIE

Yeah, thanks. Thanks. It feels good. It feels good. What about you?

BOTH

[Laugh]

ANNIE

Well, I have a hunch. I have a hunch.

JEN

Yes.

ANNIE

Some of the things you might talk about, you want to kick us off with your low?

JEN

Sure. I didn't even put, I did not put mascara on this morning, just in case. As many of our listeners may be aware, my husband got really sick this year. And I think we will call 2022 one of the worst years of our lives. Yeah. So that was really hard. And it came out of left field. And it changed our whole lives in an instant. And here we are, at the end of the year, still dealing with the illness. And as you know, I had to take my husband to emergency two days ago. And he's now readmitted back to the hospital. And it is given me a new perspective, I guess, of people who are there day to day as dealing with long-term illness. Yeah.

ANNIE

I am certain, I can think of many things that made it difficult. But what in particular do you think made it like really stuck out for you that you struggled with at that time?

JEN

Well, I think that as much as I hate to admit this, and don't even admit it to myself most days is, I struggle with needing a sense of control in my life. And when something like this happens, you realize you have no control. Like, bring me to my knees. I have no control. And not really, you know, not really. [Laughs]

ANNIE

What do you, what do you mean, not really?

JEN

I think, you know, we can be doing our best and still get lobbed a curveball.

ANNIE

Yeah.

JEN

You know? And I think a lot of what I do and what I'm driven by is to take care of my family and keep them safe. You know, to get to the heart of it. If I were to unpack all the layers of everything I do in a day and how I plan my life, it's to take care of my family and keep them safe. And so, this was one of those curveballs where you realize you can do absolutely everything and you're still not in control of that.

ANNIE

Mm-hm.

JEN

Yeah.

ANNIE

It's, I'm sure, very humbling.

JEN

Yes, extremely humbling. That's the perfect word for it. And so we've, we've just muddled through, we've just, since August 4, we've been just getting through it. Also, you know, we talk about in Balance365, we have these kind of some Balance365 lingo that our members would be aware of. And we talked about, you know, going through a red zone would be common language in our program. And, you know, it's like, "Okay, I'm in, like, I'm in a red zone, like, my life is on fire, and I need to, you know, rethink my habits or my plans or my goals." And for me, I have redefined what a red zone is. So what I once considered a red zone, I would no longer call that a red zone. And I think I even remember saying to you a few months ago, "I just want my old problems back."

ANNIE

Yeah, this is exactly what I meant at the beginning, when I was like, this comparative suffering that we do. It's like, "No, I'm not, I'm not calling Jen and talking to her about my knee issue."

JEN

[Laughs]

ANNIE

"Like...no, she's gonna laugh in my face." [Laughs]

JEN

Yeah, no, I wouldn't but I appreciate your ability to discern what I am able to hold space for this season of my life. Yeah.

ANNIE

As unfortunate as life events like this, it does seem that like people who come out the other side often have that perspective of, like, the stuff that I was consumed by or worried by actually, really aren't -

JEN

Perspective. Right?

ANNIE

- worth my time.

JEN

Yeah. You know, so much has been put into perspective for me. And I'm afraid of, I'm afraid of losing this lesson, you know, so, I think about it, and hope in 2023, you know, what are my goals for 2023? I hope to keep this perspective close. Because I do think it would be, I can see it, you know, I can just see very clearly that in many ways, I'm at a fork in the road of my life, after going through this. And as my husband recovers, which thank goodness, you know, we are in a place where I can say, "Hey, I think he's going to recover." And that wasn't always the case, as you know, we're at a fork in the road, where we could easily slip back to who we were easily, you know, or we can keep this experience very close, and allow it to change us in the way I think that I need to change. And also, you know, obviously, the universe is knocking, shaking, shaking me and wanting me to change. And I can feel myself, I can feel a version of me dying right now. And a version of me waking up. And I, if I don't, if I'm not very careful, the version of me that's dying, I will be running to save her. And the version of me that's waking up, if I don't nurture that, she will just go back to sleep. And so I want to just tread very carefully over the next year, in which version of me I choose to spend time with, and I think it's this new version of me.

ANNIE

That's really beautiful.

JEN

Thank you.

ANNIE

It reminds me of I think it's a like an Indigenous folklore story of the two wolves. Have you heard that before?

JEN

No.

ANNIE

Oh, it's like there are two wolves inside of you. And they're fighting to be in charge of who you are and what you do and what you say, and how you live. And I think, the story is told, this grandfather is telling his grandson this story, and the son is like, "Who wins? Which wolf wins?" And he said, "The one you feed."

JEN

That's exactly it. That's exactly it. Yeah. You know, I'm not saying I'm a terrible person or anything, it's that, for much of my life, I have been largely driven by fear. And, you know, I've been unpacking that for years. So, you know, you look at one area of your life, and then another, and then another, and maybe mine started with, you know, body image and diet culture, maybe that's where I started years ago, but now I'm seeing that it is kind of everywhere. And you have a saying that you said to me not long ago, where you are in one place, you are everywhere?

ANNIE

Oh, it was...Well, it wasn't my saying, but how you do one thing is how you do everything.

JEN

Yeah. And that's really stuck with me. And so I see that I, that fear just exists in every area of my life. And, the version of me who's passing, she needs to take that fear with her. And the version of me that's waking up is just a calmer, more humble, less fearful version of me.

ANNIE

Or I would imagine, even, you know, the word courageous is coming to mind, like this experience of just because you're afraid doesn't mean you shouldn't do something. Whereas maybe old you would have shied away or said no. Like, what does Brene Brown, like...It's not courage or fear. It's courage and fear.

JEN

Yeah.

ANNIE

Like, being afraid. And still...

JEN

Yes, I guess -

ANNIE

Doing it anyways.

JEN

Yes, I can't be, my life can't be driven by fear anymore. And so I'm excited. You know, I'm excited to get to know this new version of me. And I already saw her kind of waking up during

different points of our journey with my husband's illness. There were very dark times, very scary times, you know, and I guess the fear was there. And when I felt this new version of me waking up, it's when I, I guess, was able to be with that fear in and just be with it, and surrender to it. There was so much surrendering that has happened for me since August 4. And as we say, often to our members, and we do it anyways, right?

ANNIE

Mm-hm, mm-hm.

JEN

Yeah, and the biggest question I kept asking myself through all of this was, who am I in this? Right? Like, who am I in this? And I really got to know myself during this.

ANNIE

I hope you don't mind me sharing this. But just as someone who watched, observed you go through this and continue to go through this. First of all, I thought you've handled it beautifully. And I don't mean that as in like, unaffected. I mean, that as like, you seem to do what you needed to do to take care of yourself and others and accepted help, even when that made you uncomfortable. [Laughs]

JEN

Very uncomfortable. Yeah. [Laughs]

ANNIE

And you let go, you know, just thinking of work capacity, you put your faith and me in the team and like, surrendered to that, that not having that control. But multiple times you had that you mentioned that, like how hard and difficult this was and still a desire to get through it in a way that you felt like honored who you want it to be.

JEN

Yeah.

ANNIE

Even in the moments where you wanted to just lay down. [Laughs]

JEN

Yes, yeah, yeah. And I still feel that way and emergencies pass and you do have to return to your life in some ways. You know, people go through these things all the time. And that's the other thing I've learned and seeing, and you know, got to know so many people in the hospital shared. When you're in the ICU, oh my gosh, my husband was in the ICU for over a month, and the families you get to know. And, you know, sharing a hug in a stairwell was somebody who was losing her dad. I don't even know her name. But we, you know, we just kept seeing each other, you know. And then we ran into each other in a stairwell one day and you know, how are you? How are you? And then we hugged, and she just broke down. It's, there's so many people

going through such hard things. And I hope this new version of me is able to see that more clearly. Just when I'm out in the world, you know?

ANNIE

Okay, well, this is why you didn't wear mascara. [Laughs]

JEN

Yes.

ANNIE

Now that everyone is crying, would you like to talk about your highs?

JEN

Sure, this might make me cry even more.

ANNIE

Oh, great. Can't wait.

BOTH

[Laugh]

JEN

So my highs have emerged from what we've been through. And I think, I have this sense sometimes that I'm alone in the world. And I don't know where that comes from, you know, like you were saying something growing up, what what is it? But I am prone to feeling lonely, even when I'm around, you know, a lot of people, even after having a family, even having a team here, I do, I have friends, but I often am just prone to feeling lonely. And I, my highs of the year, have been just seeing how supported I am. And we moved to this city in 2017. And I moved around a lot as a kid, was in many different schools and then even moved around a lot as an adult, you know, just with you know, even after I got married with my, even after I had kids, we moved around a lot. And I never really, I think like truly understood the power of community. Because I just moved too often to ever really kind of go through something hard and see how a community can come together. And so this is, this community I live in now, it's the longest I've ever lived anywhere. I mean, including as a kid. And this job I have now, running this company is the longest I've ever had any job. And so it is absolutely humbling, how my community and this team came together to support me. And I don't know if I'm prone to loneliness, or I just have this hyper-independent side of me that says, "I am going to do it alone. I have to do it alone." Maybe there's some societal conditioning in there that says, you know, that "pull yourself up by your bootstraps and just dig in and do it." You know, that probably all exists in there somewhere. But as we've gone through this, I am like, "Nobody can do it alone. You certainly can't." And I have had to rely so heavily on my family, my friends, and my community, knowing that I can't give back immediately. There's no give and take here. Down the line, sure, I'll be there for anyone in the future. But it's like, I've really come to have a deep understanding of that full circle of community. And so I've had, you know, you just kind of, I just, I mean, I just dropped it in your

lap, I'm out, and I'm going to be out for a very long time, and I mean how long was I out? Two months?

ANNIE

I blacked out.

BOTH

[Laugh]

JEN

Well, you worked every weekend while I was out.

ANNIE

It was maybe like six weeks. And then you, like you inched your way back as -

JEN

I eased back in. Yeah. But, and also eased back in as an unreliable team member. I declared, I am easing back in. And this is, this is, I know, the team needs me back at some point. But also, I could be gone in a moment's notice and be gone again, because I don't know where this illness is headed. And it was a wonderful thing for me to have, you know, when you're in illness for somebody, like, oh, man, it was, it was a beautiful reprieve for me to have work, to be honest, to come back to. I sensed our members were uncomfortable being coached by me to be honest, because it was like, you know, we had sent out an email to let everyone know what, you know, our members what was happening, and I would be gone. And so then when I was easing back in, it was like, you know, I could tell people were like, "I don't think she should be supporting me right now."

ANNIE

"How can I support you?"

JEN

Yes. [Laughs]

ANNIE

Literally, our members are like -

JEN

"Are you okay?" Yes.

ANNIE

"How are you? Who cares about me?" [Laughs]

JEN

Yeah. So I think you and I did agree at some point that I should maybe stay in, like, behind the scenes more, which was good, too, for me. But yeah, it was... Yeah, it was amazing to see the team just be so supportive, and to see that the company can, the business, the support that we give people like that can carry on without me. And I also, from my community, was just amazing. And just, you know, like, three weeks ago, a woman from my community had organized this, and she dropped by my house with, I don't know, three dozen frozen meals that people had.

ANNIE

Oh, my God.

JEN

Yeah. And my, my deep freeze is full, like they had just planned it, executed, you know, so many people contributed, and I had no idea what was coming. When she had reached out to me to say, "Can I drop something off?" And, yeah, it was just, it's just like people that I just say hello to at pickup, you know, at school pickup, or just like rallying for me and that, I don't know, it's just I don't know, it's so beautiful to realize that I have a community around me. And you know, and it's just something I didn't have growing up. So I'm just so thankful and grateful to everybody that has sent us well, wish us well wishes, sent us Skip the Dishes gift cards, dropped off a meal, you know, text me to check in, it's like, just beautiful. So I have felt so blessed and so fortunate and so supported through all of this, and that is my high of the year to realize I'm not alone, nor can I do it alone.

ANNIE

You know, as, as you were talking, one of the things that I was thinking about is how you mentioned that like, you can't be that good friend right now. And this belief that I think you and I both have, I see it in the, in our work relationship, that relationships should be 50/50 all the time. And you know, just, in your experience with your community and our experience with our work, it's just becoming more clear to me that it's not always 50/50. Sometimes it's 60/40. Sometimes it's 80/20 and that's okay, like you give when you can give, you take when you need to take and when you surround yourself with good people, you trust that like it's all going to come out in the wash and you don't have to worry about like a debt to repay.

JEN

Yeah, it's just, you know, it's almost like it's the transfer of energy in the universe, and we needed it. We were in need. And people with managing their cups were pouring into mine. And I will remember that. I cherish it. And I cannot lose sight of when my cup has been replenished to pour back into others. It is just one of the most beautiful things I think that we can do is to support our people and our communities.

ANNIE

Well said. Okay, well. [Laughs] What a recap. How do you feel about, how do you feel about moving forward to 2023?

JEN

I'm excited. Gotta be my year. [Laughs]

ANNIE

It's gotta get better. [Laughs]

JEN

Only upwards from here. I'm excited. I'm, I'm, I'm so excited. And I'm so excited to continue to share what you know, I've learned through this experience. I have lots of nuggets that we just don't have time for in the podcast, but I'll be including in Grown Ass Woman emails in the future. But I think if I could leave everybody with one thing from my year, it's like, we've got to stop f\*\*\*ing around. Like your life is happening right now. Like it's happening right now. And I felt that in my own stuff as my husband was sick, like, what if this is it? Like, what if this is it? And I did send out an email earlier on. And the question I asked was, was the question I asked when my husband was at his most sick when we didn't think he was gonna make it. I was wishing I could ask him—I couldn't, but I was wishing I could—is, did we live well? Like, if this is it, did we live well? And I knew that him and I, neither of us could give that a wholehearted yes. There was so much f\*\*\*ing around for lack of a better term. There was indecisiveness, there was ambivalence. There was not being all in on the things that we said were important to us. There was talking the talk and not walking the walk in many areas of our life, and you know, like we're getting, we are getting a second chance, a do-over, to do that. Some people won't and I don't wish what we're going through or have gone through on anyone, but I wish my mindset on them. I wish my change in perspective on them. I wish they could put on my lenses for just a moment. I wish they could have the change without the experience.

ANNIE

Well, I would argue that many, many of us, myself included, have like, watching someone that you care about so much go through something like that. It's like, I wasn't you, but I could feel your pain. And it was very eye-opening. So your perspective of, "Am I living well?" And adjusting accordingly was definitely a gift that you gave to me and many people, I'm sure.

JEN

I'm glad.

ANNIE

Okay, so 2023 is the year.

JEN

It's the year. Blessed and well, full and well.

ANNIE

If you're not living well, it's not too late.

JEN

It's never too late.

ANNIE

You can make the changes that you need to make so you can give that as Jen said, a wholehearted yes.

JEN

Yes.

ANNIE

A hell yes. Okay, thanks for sharing, Jen.

JEN

All right. Thanks, everybody for listening.

ANNIE

I think we did well without the outline.

JEN

We did all right.

ANNIE

Yes. [Laughs] All right. Talk soon.

JEN

Bye.

ANNIE (OUTRO)

Hey, everyone, if your mind has been blown while listening to this podcast, just wait until you work with us. Let us help you level up your health and wellness habits and your life inside Balance365 coaching, head on over to [balance365.co](https://balance365.co) to join coaching.