

Robin LaGrow and Marvin Allen, July 2020

[Marvin] Hi, Robin.

[Robin] Hi. I'm sorry, I'm sitting here messing with my phone real quick. I know we've got this session. Give me like two seconds, one second. Okay, fantastic, sorry about that.

How are you?

[M] Hi, Robin, I'm marvelous. How are you?

[R] I'm okay, I'm okay. I'm, uh—

[M] You—you're okay?

[R] Yeah, I mean, I'm looking forward to this, but at the same time, I, you know, I've got so much on my mind that I'm like even before getting on here I was like, *Where am I even going to start? Where am I going to start?*

[M] Well, I'll tell you, first of all, I am happy to talk to you today. And you for, you know, making time for me to be able to talk with you about certain things. And, and before we get into, um, our coaching session, I want to just make sure, I want to go over with you, you know, I sent you a contract over and I want to make sure if you see if you have any questions, you know, this will be the first of eight sessions. Right? And so, given that, do you have any questions about what coaching is? And how coaching's going to go? Any questions?

[R] I don't think so, I mean, as you know, I've got a pretty good experience with coaching. A lot of coaching. But I'm just putting myself in the kind of vulnerable seat for a minute, you know, and just recognizing that people all day move forward with things that are going on in their lives. But then when it comes to me, you know, I'm like, *Okay, Robin, you just got to face this. You need to be able to sit down with somebody and talk about some things, just iron some things out.* ? [time 1:35] says to me and use all those taglines that I use on everybody else and just turn them around for myself.

So the long answer is that, the short answer is no. I don't have any questions about coaching, I understand how it works.

[M] Well, thank you. I appreciate that and, you know, I knew that you knew but I had to ask the question just to make sure to, to clarify it. So it's, you know, I, in what I sent over to you, you sent me back three potential topic areas. And, uh, you know, we have what they are. But I want to ask you now, as you think about what you've sent me before, what, what topic do you think you want us to cover. Um, that's the most important thing going on in your life right now.

[R] Um, I think, Marvin, where I'm at right now, and like you said, I sent you three things, and I could have sent you about nine things, but—

[M] [laughing]

[R] . . . where I'm at right now is, um, the biggest thing I think is my daughter graduated from high school. Um, and she's my only child. And I've been single for fourteen years now, um, mostly by choice. [laughs] And, uh, it's just been she and I. And so we have a very, very close relationship, and I've really committed, like, her being

my priority. And so, I've, you know, heard so many people talk about, "Oh, just wait until she graduates. You're going to be so glad and you're going to get to make some decisions for yourself."

[M] Right. [laughing]

[R] And there's that. Um, the other thing that I didn't think I was going to bring up but it's on my heart so—I have a best friend who is moving across the country, back home, um—

[M] Okay.

[R] . . . and I knew that she was going to be moving. I knew that was going to happen eventually, but I, I don't, I just don't think that I thought it was going to affect me as deep as it is emotionally. So that's happening literally next week. And there's—

[M] Wow!

[R] Yeah. Um, the other thing that I know, I mentioned to you in the work, that paper that I sent over, is my dad. He's eighty-six. He's in great condition, he really is. Like I drives, he does his own laundry, he does everything. But at the same time, he's eighty-six, lives with me. And so what I, what I, you know, it's interesting because I'm a life coach. I'm credentialed, I'm all this stuff and all those achievements are great. But what it comes down to, Marvin, is I'm living in a house with my eighteen-and-a-half-year-old daughter, my eighty-six-year-old father, and I'm single. And I've got some decisions to make and I am a, I'm at a crossroads with a lot of things. And it's not as easy.

I mean, I don't know why I thought it was going to be easy. I mean, I know change is difficult. But it's mostly the transitions that are getting to me, the emotions that are involved in my dad aging and my daughter aging and me aging and just wanting to see what in the world, what in the world is next for me. You know? What in the world ?? [time 4:26] I had plans, you know, I felt like I had plans. But then, I don't know, something, I don't know, I'm just kind of confused right now.

[M] Well, let me ask you, first, may I take a moment to congratulate you, first of all?

[R] You wa—

[M] I want to congratulate you on this great milestone. That you've got a, as a single mom, you've been able to see through and get your daughter to a point of graduation. And that's an awesome thing, and so, if I may, just, just being able to celebrate for a moment with a congratulations to you on making it through that. Because, you know, that's not easy and it's not promised from everyone. But you're able now to kind of look back and see where you've come from in going through that.

[R] Yeah.

[M] And for some reason, I got a feeling as we look back, we're going to be able to look back at all of these things and see. So, you know, you've given me three things here today and said, "Hey, my daughter is leaving." And I'm going to try to repeat them and tell me if I got this right. You said, "Hey, my daughter is graduating from high school and I'm a single parent, uh, and she's been my priority. Right? And, and now, next week, Marvin, I've got a best friend that's moving away that, that's been close to me.

Now she's moving away and, and then on top of that, Marvin, in addition, my father lives with me. You know, I'm blessed to have my daughter but I'm also blessed to have my father. My father lives with me, he's eighty-six years old and, and, and, you know, why, he's fine, he does his own laundry, he does his things. I know that, you know, he is getting older as well, just like my daughter has gotten older. All of this is coming on me all right now."

[R] Right.

[M] Did I get that right?

[R] Yeah, you did. You did. And hearing it back doesn't make it sound any better. [laughing—both laughing] But, yeah, O god, I know you ?? [time 6:21] Got it, that's it, really, that's it. I mean, there's other things I could add to it but I think those are the—

[M] So—

[R] . . . things that are affecting me the most.

[M] So as we look at those things, are there some things that you see in those three areas, really? Do you see in commonalities in those in terms of the pressures that you're dealing with? Kind of go think about them for a moment and try to help me find some things that's common in all three.

[R] I think what comes down common, bottom line, is what I know, is that there's, the big word is called ALONE. So there's that, um, alone. And there's also though at the same time as feeling alone, there is on the flip side a feeling of, if you will, almost of freedom, in that I am in a position to where I can make some decisions for my life now.

Like, you know, I mean, like, because like I said, my dad is in great health, you know. And my daughter and I, it's, our relationship is going to still be close. Just because she's graduated and going to college doesn't mean we're not still going to be close.

And I know that my friend and I are going to still be close. And so even though there's a void there and there's an aloneness feeling there, I'm tr—I also know that I need to get to the place where I don't look at it as, *Oh no, I'm going to be alone!* But I look at it as, *Oh yes, I have some opportunities.*

[M] All right. So you can take that “Oh no,” and turn it to an “Oh yes.” I, I love that, thank you. So, so the words we've come up with, you've, you've, you know, you've already taken one. You said, “Hey, instead of thinking of it as alone,” although that was one of the words, you know, you've looked at it as, “I also see some freedom.”

Earlier on when you talked about this, when you were explaining it to me, you talked about change, but you used the word “transitions.” And so, you know, that's a, that's another word there. And so alone, transitions, freedom, void, all of these, the “Oh no,” to an “Oh yes,” you know, these are all things. And the thing that's happy, that I'm happy about right now is that you have taken the time to articulate it and talk to me about it.

And so I am thankful and pleased about that. So as we begin to dig into that a little bit, what are some of the things that you believe you may be able to fill your time with, given some of these transitions of your daughter, of your friend? What are some of the things that you think you can fill your time with?

[R] Uh, that's a good question and that's an interesting question and it's kind of one that I've avoided a little bit. And I think it's because of this: It seems like there's a lot of things popping up right now. There's a lot of things popping up and I keep looking at things, it's like, *Okay, this could be an opportunity*. But at the same time, I don't want to move too quickly.

So I don't want to be stuck, you know, I don't want to be using where I'm at right now to be afraid or to be hesitant to move forward and to doing something else. I mean, I'm always saying, "Step forward, a new path awaits you."

[M] Okay.

[R] At the same time, I've seen a lot of people and it hasn't happened to me too often but I've seen a lot of people that I care about that have almost taken steps too quickly. Like, because they are feeling that void and they are feeling that aloneness or whatever, they jump into relationships that are not healthy. They jump into job changes that aren't, you know, the right thing. All different things.

And so I think, Marvin, where I'm at mostly is I've had, I feel like I have some opportunities available to me—

[M] ?? [time 10:10]

[R] But I want to make sure that I'm, I want to make sure that the steps I'm taking are lining up with what I know, my desire is, and my passion is, and what I want to see take place in my life ultimately. And I don't want that to be clouded by the emotions that I have right now. Does that make sense? I don't want to be clouded.

[M] Right, it makes a lot of sense, you know. So what I've heard from you is that you want to make sure that you're doing things that's lining up with your desire and your passion, and not necessarily the emotion to, so that you don't feel that it's, you know, so because you don't want to be stuck or afraid, you said. You said you've actually seen people, you probably have worked with people, right, that may have moved to fast? And so you're trying to avoid that. All right?

So we got it. So what are some of those things, whatever they are, you know, we'll, we'll figure out how we managed the timing of it, but what are some of those things that you could fill your time with?

[R] Uh, this is where, um, this is where it always get uncomfortable. Like, I know whenever I'm coaching somebody and that, you know, I, I, I ask that difficult question and they kind of fall all over themselves for a minute. But, you know, I have to sit there and wait for them to process it, progress things. So that's what I'm going to do for myself right now. *So, Robin, focus internally and let's talk this out.*

So I went to this writers intensive, um, conference several months ago and it was on publishing, writing and publishing a book. And—

[M] Right.

[R] . . . and I do feel led to write a book. Um, I've got about six chapters of it written.

[M] Wow.

[R] Yeah, but it just seems like every time I start to, like, move inward and shut things from the outside out and focus in on the book, I don't know if it's, like, self-sabotage or if it's lack of confidence or what it is, um, but it seems like then, all of a sudden, something else will pop up. Some other project, something ?? [time 12:16] jobs that I'm working at, you know. And I love everything that I'm doing, as far as all of the jobs I'm doing: the coaching, the coach training, you know, working at my ? [time 12:25], all the different things that I'm doing. But it just seems like I hit a dead end every time I try to shut out things enough to write my, to finish writing my book.

And, uh, I'm sitting here thinking about it, you know, I want to build my coaching business. That's what I want to do more than anything is build my coaching business. And the one thing that I, I mean, I took a lot of things away from the conference, the biggest thing was the marketing, the marketing piece for coaching. Um, I—

[M] Okay.

[R] . . . mean, I could be on social media all day and advertise myself on Facebook and Instagram and all that, but I need a, I need a tool, like, I need a marketing tool.

[M] Okay. All right, so, so you've given me two things. You said, "Hey, uh, I can focus on my book." You went to a writers intensive recently. You've got six chapters of your book done. Uh, so you've got a desire there that you could fill your time with finishing it.

Then you said, “The other thing I could is work on building my coaching business and working on the marketing for that.” Uh, you said, but you need a tool. So I’m going to ask you really about both of those and see if they’re interrelated, uh, those two things.

First of all, tell me a little bit, Robin, about your book. I mean, the fact that you’ve got six chapters of it. Tell me about the book. What, if you, whatever you can share. I know, I know you’ve probably got it close to heart, but whatever you feel comfortable sharing with me. Tell me a little bit about it.

[R] Okay. Basically? I mean, I can say that the first chapter is literally called Pulling up Your Bootstraps. And it’s just an experience that my mom had. My mom dealt with a lot of depression and anxiety and, um, just being a Christian lady back in those days, she felt, she felt guilty for being, for needing to be medicated, or needing help.

[M] Okay.

[R] And so my mom, um, my mom, we finally, my dad and I finally talked her into going to a doctor to get, to get, to see what kind of treatment she could get on and some medicine or whatever. And the doctor gave her just the best analogy. And he said, “When you’re dealing with depression,” he said, “it’s like somebody looks at you and says, ‘Pull up your bootstraps,’ and your answer is, ‘I would love to pull up my bootstraps, but I can’t find them.’ ”

And so the beginning of my book is going to be about what that feels like.

[M] Okay.

[R] I mean, you don't know exactly how to step forward. And then all the way to the end without giving, you know, all the middle, the very last chapter is going to be Throw Back the Covers. And it's just going to be about—

[M] Wow.

[R] . . . you know, how to overcome all those things and all those excuses that are, some are, like, just excuses and some are validity, they're valid things that have happened in your life. But how do you, once you've worked through, in my book, like, how to get the ownership, taking the responsibility for your part in it and releasing people for their part of it and all that. How do you get to the point to where you can finally throw back the covers and say, "No more. No more is this going to hold me back."

And so I feel like the content of the book is going to be great, but I also feel, so, yeah, that's a, that's a good thing. And I also feel like just using the book itself as a marketing tool, like I know that the people that I feel very confident on it, to finish my book and to minister to women.

[M] All right, so that, I was going to ask you that. So you, you're marketing tool, or your marketing focus, you want to, uh, to minister to women.

[R] Exactly.

[M] So, I was, yeah, I was going to ask you in terms of what did you see as your target audience for your book? And so, uh, is it fair then to make that assumption from what you've said? Is that your, your targeted audience is marketing to women for your book?

[R] Yeah, yeah, I mean, based on what I've shared, yeah, I mean, that's a good point. It, and, yeah, I mean, I want it to be open for anybody, but, I mean, my heart is to see women come past those stereotypes and come—

[M] Wow!

[R] . . . past the whole stuff. And, you know, not to get into an awkward conversation at all, I don't want to talk about this, but, like, menopause, you know, like—

[M] Right.

[R] . . . in my early fifties and having gone through that, you know. Just the things that women go through that people don't really understand.

[M] Right.

[R] And, you know, I know, I feel like with, with the passion that God has given me to reach out to women and to reach out to people and to see them set free from things that have been difficult in their lives, I feel like, yeah, the book could be relatable. Like, it could be the thing that I use to advertise to get—

[M] Right.

[R] . . . to get my foot in there, to get my voice in there. For me to then be able to look at that woman and say, you know, "What is holding you back? If there was nothing holding you back right now and you could be doing anything you wanted to do, what would that be?"

And just watch their expressions and just watch their body language when they think, *Man, nobody's asked me that*. And for them to be able to get to share, "Man, this is what I would do if there was no limitations on my life."

And then for me personally, to get to sit there and walk them through that? That is just a win-win-win-win-win in my life, all the way around.

[M] All right, so this is, this is great because right now I, I want you to, I want you to dream out loud for me real quick. And, and without trying to figure out if it's right or wrong, if it's the best technique or the worst technique. I want you to take me a little further in what you just said, but I want you to do it with, if, if you were, had your book out as in that, how would you market, or how would you use your book to help you with those clients that you're looking for in your coaching business? Dream out loud for me and tell me, how do you see that? What do you envision?

[R] Well, I mean, I see it a couple of different ways. I mean, first of all, I see that not every woman that I would coach will have been through the things that my mom went through. You know? I mean, I don't want to only coach people that have been through hard times, you know. I mean, I'm good with coaching women that have it seemingly all together and that are just trying to take their next step.

So I think the book itself could be a marketing tool, because, you know, I mean, let's face it, when you know that somebody has written a book and they have published a book, and everything, I mean, there's just something admirable about that. At least from my standpoint. I respect people who have done that. And so I'm thinking, *Okay*, not to put, you know, not to put too much credit on it or whatever—

[M] Yeah.

[R] . . . but I feel like it would be, it would be a personal achievement, a personal achievement—

[M] Okay.

[R] . . . that I could use well in marketing. Um—

[M] And how, how would you use it?

[R] Social media, like, social media all day long. Um, because I think that's probably one of the biggest things that we could do. Like, I would love to be able to, you know, post pictures of it and, you know, and then just post things about my heart behind the book, or, you know, um. I don't know, like, also put, you know, like, "Life coach, motivational speaker." And use the book as, like, that is the grab, that kind of grab thing. And then to take it further than that, you know, like, "Man, how—" for me, "How amazing would it be if, you know, if some, I don't know, if some organization or a church or whatever, says, you know, "We have a group of women that I think would be very benefited from the words that God gave you to write in that book, you know. Would you be willing to come and speak?"

And for me to be able to go and speak to women's groups, and to be able to stand up in front of women's groups and say, "You do not have to allow your past to dictate your future. No, the—

[M] Wow.

[R] . . . things that have happened to you, the things that people have done to you and said to you, and everything. Like, you can choose how you react to those things. You know, you can make, you can make choices that you don't have to be put aside, you can be set apart instead of set aside." And, you know, that would just be my motivation and my heart would be to be able to just speak to those people. So—

[M] Well—

[R] I'm sitting here and, you know, I'm hearing myself talk as you're asking questions, and I'm like, *Hey, you know, why is this so difficult?* And I don't, and I don't know, and I think that's the one thing that I need to discover, like, as easy as it rolls off of me to talk about it and as much as I'm sure you could hear my passion the same way I can hear my passion—

[M] Right.

[R] What, what, what is it that's stopping me from making that, setting that structure to make it happen?

[M] So let's ask that, let's see. You said you got six chapters, right? What would it take to get chapter seven? And whatever that is. What will it take to get that next chapter?

[R] Uh, um, I know that it's been a while since I've looked at all of it, I mean, I feel like I know in my heart what's pretty much is there. But I need the time, like, I need to set up some time to be able to go back and to, like, read chapter one. You know? Kind of finalize that. Read chapter two, finalize that. You know, then begin to move it forward

that way. I mean, I think what happens is I don't allow myself enough time. And so I literally open up my MacBook and I think I'm supposed to be ready to type that next chapter. But I don't remember where I left off on the last chapter and what might I have covered in that other chapter. So I think, I mean, honestly, let me think about it for a second, I think probably the first thing that I would need to do would be to set aside some time. Because all of that fear, I don't know, it feels so weird to read my own material. But with all of that, whatever that is that's holding me back, and to read that first chapter, and to see, *Okay, how do you feel about this? With its title, with ? [time 22:37], how do you feel about this chapter?* And getting some finality on that. And then going to the next chapter.

And I think if I could do that and keep the succession going, then I think that I would be geared up and ready to move into that next chapter that hasn't been written.

[M] Well, I'll tell you what, let's just start with just that piece. And let's deal with that first piece. And then we'll work on those others, on the next piece. So let's say that first piece that you just said, time to review what you've written. And you just talked about some discomfort in sort of going back to read what you've got. But when can you set up time to, that you can carve out, uninterrupted time, when you could at least go back to read *at least*, say, one chapter? Of what you've already written. One of the six.

[R] Well, I am, oh goodness, I'm going, see, the other thing that I keep doing is, like, there have been, you know, not get into too much detail but there have been a couple of, you know, opportunities that have come my way and everything. And because I don't want to miss anything, you know, like, I, I also don't want to take on too

much. And so that's kind of a side note, maybe something we can talk about in the next session or whatever.

[M] Okay.

[R] But I need to be sure that I don't miss something. But I also need to make sure that I don't keep on taking on so much stuff that then I can't focus on getting this done. You know, I think if I could just put a halt, get some things done with this book, get this book done, get it ready for publish, then, you know, then who knows what doors might open. And so I'm going on vacation next week.

[M] Okay.

[R] Um, it's, it's not going to be, it's not going to be a rest and relaxation vacation, it's going to be a fun vacation with my daughter and one of her friends and some family friends. And, um, what I think I can do is, I don't know if I'll have time to read the chapter before I go on vacation, but what I can do is when, if we're going to set up a time for a session like two weeks from now, then what I can say is, "Once I get back from vacation and before we meet again, I will have read that first chapter."

[M] Okay, so you would have, you would have gotten that first chapter in within the next two weeks?

[R] Yes, yes.

[M] Is that what I heard you say?

[R] That's what you heard me say and that's what I heard me say.

[M] Oh, so, so, so, so let, so let me ask you, you, you know that you can get one chapter done in the next two weeks—

[R] Right.

[M] Do you think that's the best you can do? Do you think you might be able to get any more? What do you think?

[R] Um, I think, honestly, because I, I mean, it seems so simple that I should be able to do it all. But because I don't want to bite off more than I can chew because that's what seems to shut me down emotionally, is when I'm like, *I can't face all this*. And then I just don't do any of it.

[M] Okay.

[R] I think if I could just commit to myself that I will do the first chapter before the next session, I'm about 90 percent positive that I would read more than that one chapter, because I think once I get going and see, *Okay, this isn't killing me. This is—*

[M] Wow! Okay.

[R] I think I would do more, but I don't want to set myself up for failure. I don't want to set myself up for disappointment.

[M] Well, that's awesome and I appreciate that. And so thank you. And so as your coach, you know, I would love to, you know, have some ? [time 26:10], maybe, you know, and your daughter or your friend that might be able to be accountable to help you be accountable. That you're going to get that done, um, in the next two weeks to get through chapter one.

[R] Okay. Marvin, you cut out just a tiny little bit so I did hear you say that about getting a friend or someone to hold me accountable. What did you say?

[M] So—

[R] In the very beginning of that?

[M] Yeah, I said in the beginning that I would, as your coach, I would love to be accountable to you. But I wanted to know if you have someone else that could help you be accountable to get those, that first chapter done within the next two weeks? Who could you, um, solicit to help you be accountable?

[R] Okay. You know, it's interesting because I didn't really think that this would come up but the first thing I thought about, and I'm going to try not to cry here, but the first thing I thought about was asking my friend who's moving to be the one to hold me accountable. And what I was thinking is that would be something that would distract me and, you know, she and I from just sitting around thinking about her moving and all that stuff.

[M] Wow!

[R] And because that would keep us moving forward that even after she's— because she's moving while I'm on vacation—

[M] Okay.

[R] And so if I knew that I could come back from vacation and get in touch with her, you know what I mean? And her hold me accountable to that chapter and I might even ask her if I could read that chapter to her. Because I feel close enough to her that I

could let her see that ahead of time. Maybe I could read the chapter to her and even get her feedback from that chapter as well. I think that would, um, that would do a lot because I think that would fill a void that I feel losing her because it wouldn't be so much about, "Oh, you're gone and I miss you and I'm sad." But we would have a focus of something completely off our path, you know, like something we normally wouldn't do. But I think I'm going to ask her if she will hold me accountable to that.

[M] So you think you're going to do it? So what, how, how can you, you know, I like that you think you're going to do it but I want to know, you know, how you're going to do it and when are you going to do it? Do you have an idea about when you can tell me you're going to actually have her to be accountable? So I'll know that that's happening.

[R] Yeah, let me grab, hold on, let me grab my calendar, seriously.

[M] Okay, grab your calendar so that we can figure out when you think you can contact her to ask her to help you be accountable over this two-week period to at least get through chapter one. And the suggestion that you gave to me was, "Hey, Marvin, I might be able even to read it to her," uh, which, which, you know, might help us just in conversation. What an awesome idea.

[R] So I get back, I get back from vacation, um, on a Friday. Then you and I will talk again on a Tuesday.

[M] Right.

[R] That next day. So I think what I'm going to do is I'm going to absolutely commit to being in touch with her the weekend I get back from vacation. Because that will have given her a chance to have gotten moved and, you know, some way—

[M] Give me a date. Give me a date so I'll know which date we're talking about.

[R] Um, I'm going to talk to her and read that chapter by the 19th.

[M] The 19th?

[R] Yes sir. I mean, there's a big chance I'll do it before I go on vacation, but, again—

[M] All right.

[R] I don't want to set myself up for failure and then be disappointed. So I'm going to say that by the 19th, I will have read that chapter and I will have given myself some feedback, written feedback. And then when we talk on the 21st, um, I'll have that two days to fall back on.

[M] Well, Robin, thank you, and, and, and I want to, I want to kind of repeat what we've talked about a little bit and sort of coming up to summaries, we're coming near to the end of our time. So I want you, I want you to think about that, one, you told me that, "Hey, Marvin, by the 19th, I am committing that I'm going to have my accountability partner and I'm going to at least get through chapter one of what I've already written. Okay? And, and the reason I'm doing that is because I see what you've documented for me as you said, 'Hey, I can use my book as sort of helping me to use that marketing tool.' "

Remember those two goals you told me about? You know, finishing your book and promoting your coaching business. You said that, “Hey, my book publishing, if I get that published and I can use that by putting pictures on social media. It helps me have a hook, something to grab, was the word that, you know, that, that you used to, to allow me to have something out there to talk about to promote.”

And, you know, and what if, and where you dreamed was: What if, you know, some church had a conference of women and said, “Hey, we want you to come and be a speaker, um, bring your book, be able to talk about it.” That was the hook to get you there and all of those things are related to, one, filling the voids that we talked about, which was, you know, your, your daughter graduating and going to college, your, your friend moving away. But your book here can help you tie those things back in, say, “Hey, that might help distract me a little bit with my friend on the fact of her moving and give us something else to really focus on. Which will be my book.”

Robin, this is awesome. Look at how all these things are working together just because we took the time to talk.

[R] Right, right. It’s interesting because, I mean, even still sitting here, I mean, I would be lying if I didn’t say that I have a little bit of a feeling in the pit of my stomach. And I don’t know what that is and I don’t know, like, not spooky, weird, but I don’t if that’s because something is trying to stop me from completing my book, you know? I don’t know if it’s self-sabotage, I don’t know what it is. But I know this, I know that there are some doors that are opening for me and different things that are happening. And I feel like this book needs to get completed. I need to get this book finished before I make

any other big decisions. And I think the longer that I sit and wait on this to happen and I get into this kind of hesitancy that I'm feeling, for whatever reason, then I feel like it's just, it's just going to prolong the waiting for other good things to happen in my life. And so I think I need to just take this up. I think I need to take the plunge and quit being afraid of it.

[M] Well, Robin, I do too. And you know as a fellow Dream Releaser coach, you know, you know that we specialize in helping people get unstuck.

[R] Okay.

[M] So you know that you're going to have the commitment of having me walk with you as you go through this so that just like we did at the start of this call to celebrate your daughter's completion, then we're going to get to celebrate your completion. And so we'll do it a piece at a time.

So, Robin, I want to thank you for your time today. I want to thank you for just being, um, transparent with me and being able to talk to me and share with me some things that's really going on in your life.

[R] Absolutely. And I, I appreciate you setting an environment for me. I mean, seriously, because it's not easy, you know, to feel like you have a relationship that you can talk to people about.

[M] Right.

[R] You want it to be someone neutral, that's not going to give their opinion. You know, and you're not going to tell me what to do. But at the same time, you want it to be

somebody that you feel, *Okay*. There's enough of an established trust and enough relationship to feel like you can be honest with that person. And so I appreciate you doing that, providing that atmosphere, but also, you know, letting me be the one to process it and get through it and, ugh, come up with these things that came to surface. So I appreciate it too.

[M] Well, thank you very much. And so I look forward to talking to you in about two weeks here on a Tuesday.

[R] Yeah.

[M] And, uh, until then, you be safe and continue to, just, uh, enjoy that time and enjoy that vacation and have a great time, uh, with your daughter as you all celebrate.

[R] Thank you. I appreciate it, Marvin. You have a good two weeks too and I'll talk to you soon.

[M] All right, thank you. [end]