

# CONNECTING *the dots*

MOM & ...  
podcast  
with  
SUSANNE & MISSY



Shannon Rafalowski  
EP22 Defining Your Values

Steph Barron Hall  
EP7 Ask An Enneagram Coach



Julie Lythcott-Haims  
EP30 Stop People Pleasing &  
Figure Out What You Want

## ask: what makes you *YOU*?

How do you make decisions? How do you react to conflict? What are you good at? What would you like to be better at? What do you never want to do again? What's your super-power? How do others describe you? What scares you? What excites you? What do you want to try but haven't because you might fail... or succeed? Who are you worried about disappointing? Do your actions align with your values? What's your current excuse for staying stuck?

Ask 'why' to all of these questions & repeat 'whys' until you hit your truth. Try, Learn, Pivot. Try, Learn, Pivot. Repeat.



Janice Scholl  
EP16 Taking Control  
of Your Finances

Mecca Brown  
EP25 Career Gaps & Job Search



Danielle Bettmann  
EP35 Designing a  
Family Business Plan

## Recap #1

### RECURRING THEMES WE HEAR FROM COACHES

#### *Define your core values*

All of the career, life, and financial coaches we have interviewed on the Mom & ... Podcast agree that the first step to a fulfilling life is knowing YOUR core values.

**Top takeaways:** Your values aren't necessarily the same values your family had growing up. Your values may not even be the same values you had last year. Value check-ins are an ongoing process and the key to successful boundary-setting & decision making.

Don't rush this step & don't assume you already know.



Stacy Kim  
EP33 Getting Unstuck with the  
Lighthouse Method



Jenny Remington  
EP8 StrengthsFinder Assessment Tool



Morgan Seaman  
EP23 Self Assessment to  
Uncover Your Super Power

#### *Identify opportunities & constraints*

We all have varying access to time, money, privilege, connections, and abilities, but everyone can build from where they are right now. There is power in knowing how to manage your time and money, build your network, and research the information you need to gain confidence and skills.

If you're financially able, coaches are a tremendous resource. If you're not, many of these coaches also have wonderful podcasts & free resources online. Use them!

Remember: This is all simple but it's not easy. Be kind to yourself along the way. Making your ellipses count means living your life in the most YOU way possible!  
xo, Susanne & Missy • [momandpodcast.com](http://momandpodcast.com)