



Episode 30 - Transcript

00:00 Hey friend, you're listening to The Nicole Walters Podcast. I'm a former six-figure corporate executive who woke up every morning feeling stuck in the life that I built for myself but using my corporate skills I took to the Internet and built a multi-seven-figure business, showing others how they can build a life they love. Now on this podcast, I share stories of being an entrepreneur, a mom to my three amazing girls and a wife to my crazy, cooky dancing Hubbin. I've had a couple of viral videos too. So you know there's going to be a lot of laughs here. So whether you've seen me on my viral vids or on the Today Show or read about me in Forbes, this is the place where we can meet, share stories, share laughs, and share fun. I'm your best friend in your head. So sit back, listen close, and let's get started.

00:49 Hey friends, so if we hang out over on Instagram and on Facebook, if you're, if we don't, it's @NicoleWalters, you'll know that just last week we shared some pretty challenging information, some of the things that we've gone through this summer and uh, it wasn't easy but we knew that it was something that we wanted to bring in all of our Internet aunties and uncles and friends and let them know kind of what we've been going through. And we shared that the MidTiny, our sweet 17 year old girl, I was recently diagnosed with Hodgkin's lymphoma stage four and we spent the summer going through intensive chemotherapy and we are so grateful by the grace of God and all plays praise and glory to him to share that she is completely cured, that there is no longer any evidence of cancer in her body and that she is healthy and a proud and excited senior in high school.

01:47 Now the reason we shared this information on our, should I say, gave her the opportunity to share her information is we are very, very aware that you guys have been on this journey with us, especially you friend. You've been listening since the very beginning. You have walked each step and learned and heard the lessons that we've garnered and shared during our family journey, in addition to picking up a how they all apply to business and life and because of that we wanted to make sure that we were honest and forthright about this piece as well and the MidTiny being her amazing, brave superhero self said, I have to share this story because she's a big believer just like I am that God gives us our stories to help other people and that the reason why we've been brought through the things that are challenging for us is because He wants us to use that same story to help deliver others that are still going through it.

02:42 That said, I want to speak to the aftermath if you will. There was a huge outpouring of love on all the social media and I got to tell you for every single person including you that left a comment or a note or a like or a post on the MidTiny's video where she kind of what this was like for her, I just want to say thank you. I want to say thank you because that's what it, getting a little choked up here guys. Uh, that is what it means to be a good internet auntie, that's what it looks like. When we're all getting together as mamas to lift and support our kids, there's no difference between leaving a kind word on social media and helping a mom who's, you know, baby drops, her pacifier or a, you know, helping a Mama, you know, by holding her baby on a flight while she just kind of finagle all the different bags that we always have to carry.

03:35 And there's just something really special about knowing that as my babies are out there in the world, that there are mamas everywhere, tapping into their inner mama instinct ready to step in at any given time and give them that love by extension that I may not be there to provide. So I just want to take this moment to say to all of you, thank you. Thank you for that. I also wanted to speak to the number one question that I've received and I can't speak to, you know, a lot of the love and stuff that that MidTiny has I, and she's been overwhelmed, but gosh, she's 17 she's ready to go to school and do her own thing and that's what she's doing and she's doing exceptionally well. But I wanted to speak to the number one question that I got and the number one thing that I was receiving from so many of you and I want to be really honest and take the time to unpack it a little bit is Nicole, how did you get through all of this?

04:27 How did you get through all of this? How are you still building your business and flying from the airport to chemo and showing up and doing all these things, you know, without being totally devastated and without falling apart. And how did you just how? And I wanted to address it because I want to be honest with you and you guys know how important it is to me to always present the truth, the true perspective. I am not into the social media thing of making everything look polished and fancy and perfect and "laptop lifestyle" and just amazing all the time because that's just not real life. It's not real life. And it makes all of us feel worse. If we're sitting here saying to ourselves, I can barely get through a shower and Nicole's over here building a business, you know, while her kid's going through chemo, like what the heck?

05:21 You know, it makes us feel icky. And so I just really want to unpack it to be honest with you so that way you can understand that whatever challenges that are on your plate right now, this bite, the weight, the size, the lift, you are allowed to have those challenges and respond to them the way you best know how. So in that, I want to let you know and I want to say this clearly, friend, I want you to hear me when I say this. I'm not through it and I'm not okay. And it was really hard and I did it because I had to. And that sentence that I think mamas and aunties and sisters and all of you, I think you'll really understand as we do it because we have to, where else would I be but by my baby side. And you guys get that right and you find a way to stretch and make time and make space.

06:15 And it's one of those things where whenever I get scared about, you know, one of my triggers growing up was always, you know, money. I grew up in intense poverty and for me

the fear of not being able to, you know, survive to pay my bills, to eat regularly and all those is, is very real. Poverty is a trauma that stays on you and uh, you, you constantly have to fight every single day to make decisions where you're not responding from the trauma of that poverty and make decisions that are actually reflective of, you know, the future that you want to have. And with that, I can honestly say that because poverty is a trauma that stays with me, I'm constantly working to make sure that it feels like it stays at bay. And that I always make sure that my kids' needs are met and that my kids are always provided for.

07:00 I think many of us that have ever felt like we needed more financial breathing room or more space or more something for our kids or a better way of life can easily say when it comes to our kids, we will find a way. We will always provide and it's the same thing. The same thing applied here. I was going to be there no matter what and I just made it work. Where I thought I was tired, I found extra energy where I thought that there weren't enough hours in the day. Guess what? I made them into 30 instead of 24. I found a way and I say all of this to let you know that while on the outside it may look like someone has it altogether and even though we've made it to the other side, by God's grace, we've made it to the other side of this challenge.

07:46 I will tell you, I'm still working on it. I'm still carrying that. I'm still afraid for my baby and I'm still tired from the fight and I still have to go back into my business and work harder and keep things moving. And it's not that everything is okay, it's that I still keep moving despite the fact that it's not. And I'm taking the time out and I encourage all of you, you've heard me say this before, talk to a therapist. Every single person in my family has a therapist and I go to couples therapy with my husband. We like to unpack our issues in a safe place with a professional before they become problems that we cannot manage. And so I recommend for all of you could write this one down. I'm a big fan, open path collective, OpenPathCollective.org it'll be in the show notes if you need it.

08:34 And they offer low cost affordable therapy sessions. They even have virtual ones if you're not able to go someplace. So definitely check them out. But being able to unpack with a therapist can help but it's not something that happens over night. And when you deal with anything big in your family, in your household, in your personal life, you know you can't expect that once you're through the physical challenge that the mental anguish or the mental difficulty or the mental strength that you had to drum up to get through it will just go away. It won't, you have to do the work. But the other advantages, and I believe that this is one of the things that God is so good about, is that while you're unpacking that challenge, my God, does he send you the lessons, the lessons that help you put into perspective why you had to go through that journey.

09:18 And it has been a season of really being filled with gratitude while living and dealing with the grief of having to go through the challenge we've been in and I say all of this to you, specific to you friend. We all have a thing that we're carrying and that is heavy for us right now. We all have a thing right now that we're saying to ourselves, we're still trying to unpack whether it's our childhood or a relationship, a job that's difficult for us or a kid that has needs and and

requires so much of our space and our energy, whether it's our, our weight and our health or a difficult diagnosis. We all have something heavy that we're carrying and we say to ourselves, how can I do this and leave a legacy? How can I do this and build something that will change the world?

10:05 How? Well I want to let you know that it is possible. I'm doing it every day, but it isn't going to happen perfectly. You can't just wait until the thing goes away and it's all cleared up and think that it's suddenly going to be fine and you'll suddenly have the energy because even after that thing resolves itself, you'll still be carrying the weight of what you've been through. A friend of mine told me once that whenever you have a story to share, it's important that you share the scars and not the scabs. The scars meaning, the aftermath that hey, you've been through it and there's still a reminder there, but not the scabs, not while you're still healing. I'm going to let you know that there's an in between point, that right now I'm in a place where it hasn't quite scarred over and it's still a little fresh, but while it's fresh, I'm still moving forward. It's the best way for me to honor the fight that my daughter put in. It's the best way for me to honor the fact that God woke me up every single day to continue and it's the best way for me to honor the legacy that I'm trying to live right now. I have to show up everyday and I have to live it. Friend, as you're going through today, as you're saying to yourself that this lift maybe a little heavier than you can hold, recognize that I'm here for you. God's here for you.

11:32 And you don't have to do it alone. I'm glad we had this time together. Can't wait to chat with you next week. Thanks so much for listening, friend. If you enjoyed this podcast, head over to NicoleWalters.com. I'd love for us to stay in touch, so make sure you drop your email address. I can send you inspiration, business details, and the occasional funny story and because I'm so generous, there might even be a selfie in the mix. Thanks again. Make sure you subscribe and come back soon.