

So, Here's The Thing Episode 127

Laylee Emadi

Welcome to so here's the thing, the podcast for small business owners, entrepreneurs and creative educators who are ready to take their business to the next level, through candid conversations, tactical approaches and a few unpopular opinions. We're lifting the veil on what it takes to build both a life and a business that you love. I'm your host Laylee Emadi, a coach for creatives and founder of the creative educator Academy, where I help entrepreneurs step into the role of industry leaders and educators. I'm so glad that you're here. Now let's jump into today's episode. Hey friends, welcome back to the show. Today we have the lovely Hope Taylor, although that's not even your real last name anymore. What are you doing with your last name? recently married?

Hope

It's gonna be Hope Taylor Blow. So my middle name will be Taylor. My last name is now below and the joke is that I've made fun of him for that last name since elementary school. And here we are now I have it. So you know, karma for me.

Laylee Emadi

I love it. I love it so much. Oh my gosh. Okay, well, we're here with hope of hope, Taylor photography, and all the things she is incredible. You guys probably all know her. She's been on the show several times. And she's a dear friend of mine. And I am so excited that a you're on the show and be that we just got done celebrating your wedding, I had the chance to be a guest at the wedding. And I remember someone slid into my DMs that weekend and was like, Oh my gosh, you're at the royal wedding. And I was like, This is amazing. I have to tell hope. And I waited until I got hit record to tell you

Hope

Clarice thing I've ever heard, I actually had a couple of people DM me and say that and I was like, I just made me laugh so hard, because that could not be any farther from the truth. But it really wasn't the best day ever. And I was so happy you were there.

Laylee Emadi

I mean, it legit looks like a royal wedding. I'm not gonna lie. Like presently there. It was the most beautiful day. And I'm just so happy for you today. Oh, you're so welcome. Today, the thing we're going to talk about with hope is a little bit different than things that she normally teaches on but because we're such good friends and I we know a little about each other's journeys. And the whole point of this podcast that we've had for oh my gosh, actually, it's our four year anniversary of the podcast when this episode releases, so

Hope

you can't see it. But I'm clapping my hands. For you,

Laylee Emadi

thank you, it's kind of crazy. So four years of the podcast. And the vision has always been just to like, record the conversations I want to have with my friends who are also entrepreneurs, and then share

those conversations for people to be able to like listen in and feel like they're really part of the conversation. And so we keep it really real here. And so we're gonna talk about entrepreneurial guilt and boundaries, and self care and burnout, and all, all the hard topics, but we'll kick it off with like, the happy topic of your wedding. And I'll just like, I'm just gonna, like, ask you, this was a huge undertaking. I mean, having been a guest at your wedding, it was not small. Like she was beautiful. It was amazing. And it was, it was so detailed and stunning. And I'm sure that the pressure as like a wedding photographer, and a wedding Pro, probably was high, I'm assuming. And just in general, even if you're not a wedding Pro, planning a wedding, any large life event, having a baby planning a wedding, having a loss in your family, like big life events, and running a personal brand or business together at the same time. Sounds like the hardest thing in the world. So like, tell us a little bit about what you did to juggle those things. Because you seem like you did a really great job of like,

Hope

oh my gosh, you're okay, first of all, you're so sweet. With all of your sweet words about the wedding. It really was the best day ever. But you're 100% right, that it was very stressful. And I thought I think I went into it as a wedding pro thinking, Oh, that's gonna simplify things like I know what's important and what's not, I know what I want to prioritize, etc. But I think it actually added to the pressure in a really big way. Because I I guess I should start there. The biggest thing I went into wedding planning, knowing is that I wanted to be very intentional about making this about Hayden and I and not about my career in the wedding industry. And so I we really actually kept it small in terms of guestlist, which it wasn't that small. I mean, there were over 100 people there. But we both have really large groups of friends that if we kind of opened the door to me inviting like my industry, peers and industry friends and him inviting his work friends, it would have been a three or 400 person event. And we knew that's not what we wanted. We wanted it to be our true closest friends and family. And so that was kind of decision number one that really helped me draw that boundary. But it was very, very, very hard and very overwhelming. And I think the biggest thing for me is that I vividly remember sitting down with Hayden one night and crying and saying like you are so because he was studying for a huge exam on top of work. So we were both doing 80,000 things a day. And I inevitably was the one kind of answering wedding emails throughout my work day. And I said to him, I was like this is so hard for me because and Unless you're sitting there with me, and we're making these decisions together, it just feels like work to me, because that's also what I do for work. And so he came up with actually the concept of wedding Wednesdays, and every Wednesday night, we would go together and focus on wedding planning. And that really helps separate like work and life and wedding and just kind of gave everything it's compartment, which is probably going to be a theme that we talk about on this call in general about mental health and self care and balance. But that was really what helped me kind of keep my headspace straight on all the different things because I wanted to be fully present and wedding planning, but it is almost hard when it feels like it's work if you don't take the time to intentionally think about it as your own.

Laylee Emadi

Yeah. Oh my gosh. So first of all, you guys are so freaking cute. I want to die. I can.

Hope

Oh, so cute. He

Laylee Emadi

came up with a wedding Wednesdays?

Hope

He did. He did so, so cute. Secondly,

Laylee Emadi

I just think like, what I'm hearing from that is that creating structure and clear boundaries is what helps you prevent things from getting too heavy or too overwhelming. And I think that I don't know about you, but like, I've been in business now for 10 years. And I feel like the first few years I was like, Freedom. Freedom is amazing. I don't have to have structure, like screw a schedule. I'm not doing it. And then I slowly came to realize like, No, this schedule is if I make the schedule to protect myself, it's a very different feeling, right?

Hope

Yeah, yeah. 100%. And it's like, cuz I still, when I talk to new entrepreneurs, or people that are exploring the idea of working for themselves or starting a business, I honestly think that everybody goes through the phase of kind of being like a baby business at the beginning when it's brand new. And the idea of the freedom is what's most exciting. And it does take time to realize that if you don't, if you don't make yourself Be your own boss, everything gets out of hand really, really quickly. And your schedule ends up being 24/7. And so yes, setting boundaries has been huge. And I'm sure we're going to talk about how that carries over into business. But with wedding planning, just compartmentalizing and setting boundaries across the board made the biggest difference for us. Yeah, I

Laylee Emadi

totally agree. So thinking about business, you have like multiple sides of your business, as do I. But I feel like when you have those multiple sides of your business, and you're trying to have a personal life, and you're trying to have that balance, like what steps do you take and put into place so that things aren't falling through the cracks? And so that you're not feeling emotionally overwhelmed or burnt out as much as possible? I mean, I feel like you can still be burnt out even if you put everything in place. But we'll talk about that later. But like, what steps would you put into place? If you were listening to this and being like, Yeah, I'm starting to feel that overwhelm where I can't balance at all anymore.

Hope

Yeah, so there's so many directions, I feel like I could go with this because it has been a process. I've been in business for 10 years. So I would say year three is when I kind of started the process of setting boundaries. And getting to the point that I'm at now where I can confidently say that I have a pretty healthy work life balance on a day to day basis, there are seasons where I am very much drowning, and that that's not the case. But on a if you look at it on average, I feel like I have a pretty healthy balance. But that's been six or seven years in the making. So I feel like that's just important context to have. But I think the very first thing that I did, if I'm looking back six, seven years ago, the very first thing I did to start having healthier boundaries was turned off all notifications on my phone. And that sounds like Like, every person ever is going to give you that advice. Like you hear that 55 different times. But for me, it's huge because I have a very kind of ADHD brain where if I see an email, I tell myself, I have to answer it now or I will remember to answer it. And the only way to make that go away is to just not see the email. So turning off my email notifications, my Instagram notifications, my Facebook notifications, those got turned off six or seven years ago and they remain off I have to manually refresh those things in order to see those notifications come through. During my work hours. I do it all the time because it's my job but as soon as my work hours end, I don't look at them anymore. And I would say that's the second thing that I did in terms of boundaries was set very, very clear work hours for myself.

My morning start time is a little bit blurry because sometimes I'll start earlier sometimes I'll start later but my end cut off hour is 5pm heartstopper. Nothing else happens after that. I will say there's exceptions to that and seasons where I'm watching something or something crazy is going on but general rule of thumb my cut off is 5pm Hayden gets home by 545 that is Hayden nice time st for the weekends. I do not work on weekends unless it's a wedding. So started with turning off notifications. Second thing I did was set really clear work hours and I think in terms of you mentioned that feeling of overwhelm and burnout and like you're kind of pouring from an empty cup. The third thing that I made a big change on is my morning routine. And I feel like that almost carries a little more into like a self care conversation but having a morning routine that really refills my cup and is focused on caring for me before I start my workday pouring into everyone else has been a game changer for me. And then lastly would be Giving each day of the week its own assigned task. We, you know, we opened this by talking about all the different like sides of our businesses. And that has made a huge difference for me too, is that Monday is dedicated to a certain task. Tuesday, Wednesday, Thursday, each day has its own project I'm working on. And there's kind of an umbrella of things each day, and then it changes each week, depending on what I have going on. But that really helps me to stay focused on what's the most time sensitive and what my team needs the most from me in that in that week.

Laylee Emadi

Yeah, I do the same thing with the like having each day have its own task. And I've gotten away from that in the past. And it's, it's definitely affected the way that I run things. And so I keep coming back to it time and time again. So I love that you brought that up. Hey, friend, I know it can be super overwhelming and intimidating to start on the path of becoming an educator. But if that is something that you're passionate about, and that you're excited about, I have got a free gift for you. I've created an ebook that is going to help you learn about the big mistakes holding creatives back from becoming profitable, impactful educators, and how to avoid making those mistakes in your own journey. So if you want to grab that free ebook, head to Layli ahmadi.com/ebook Or just head to the show notes. So here's the thing. podcast.com. And let me know what you think. I love hearing from you guys. And I'm cheering you on on your educator journey. I would love to talk a little bit more about we kind of touched on burnout and I all your tips have been so amazingly like tactical, I think people can literally go start doing those things right now. Because in truehope fashion, like I just feel like you always do that you bring the like, action steps. Yeah, I'd love to hear like on a personal note, have you ever experienced burnout? I mean, you have all these things in place? Did they? Was there like a rough road to get there? Or was it like, No, I just like, I know, this is something I'm gonna have to do.

Hope

Oh, no, there was a very rough road to get there. So I referenced that I kind of started this process of setting boundaries back and gosh, six, seven years ago, what would that have been 2014 15 range, I don't know. 1516. And I always tell the story I vividly remember I was visiting my parents. I had had dinner with him. And my mom and I were sitting in the basement watching Gossip Girl. And I at the time, I was just doing photography. So the only time I was making money was when I was trading my time. So I was at Peak Peak Peak burnout, I was making six figures of revenue at that time, like from the outside looking in like she was thriving. She was doing great, I had just decided not to go to college. So I was kind of in this phase of trying to prove to everybody that this was lucrative, and it was a career and like she can do it. And I was drowning. And it sounds really dramatic. But I was literally putting myself into the hospital because my body was physically drained. Like I was getting sick repeatedly, they thought I had an autoimmune disorder. Like it was really bad for probably a good nine months. And I remember that that moment in my parents basement, we were watching Gossip Girl. And I remember I

just was feeling like I was drowning because I had so many sessions that needed to be edited so many emails to answer I wanted to break into the education space, but had absolutely zero time to do that. And I was I was beyond burnt out. I was physically unwell because I was so drained. And I very, very clearly remember that that was the moment where I said to my mom's something has to give, I have to change something in order to be able to maintain this, like, I've just been improving myself mode and trying to make it happen. But this isn't sustainable. And the whole reason I wanted to do this as a career was to work for myself have that freedom and make it sustainable. So something has to give. And I actually completely cut a side of my business for a whole year to give myself the time back to kind of create and scale this online side of my business, which resulted in me having more freedom and has kind of scale my business to where it is today. So that is the pinnacle kind of moment. I remember of when I knew something had to give and where a major kind of left turn happened and the major shift happened and what my plans were for my career.

Laylee Emadi

Oh my gosh, there's so much we could like dive into on that one. Thanks for sharing too. I mean, we talked on this podcast before I've had many, many conversations with you guys were listening about you know, physical health and mental health and the health and wellness of your business all being related. In fact, I think I did like a full episode a year ago when I was on this huge like health and wellness slash like weight loss journey and, and how much I didn't realize that the health of my business was suffering, as was my own health. So like, yeah, it is definitely a direct correlation. And you and I both are like Orangetheory girls, like we're so busy right now. And I think that's a huge part of it is like the physical, mental work, triangle 100

Hope

Well, when you're your own brand and your own boss and you are in charge of your productivity and your mental health and all of those things. Of course it's going to naturally affect your work and how you feel about being burnt out versus being inspired versus being exhausted. it. And it's actually I mean, it's funny but not funny. But I still if I get too burned out, I will get physically sick and my blood vessels actually start popping. Like I get these like weird bruises. And so if that happens to me, we call it my check engine light and it doesn't happen often it happens like once every two years, but we joke we're like, that's hopes check engine light. Like she has a weird grooves like on her arm. She needs to calm down. And so it's like, my body literally shows like physically shows when I'm burnt out and exhausted. And it's just so true. Because like you said that trickles down into my productivity trickles down into my work trickles down into everything if I'm not taking care of myself first.

Laylee Emadi

Yeah, oh my gosh, check engine light. That's amazing. I'm gonna steal that.

Hope

It's hilarious.

Laylee Emadi

I think everyone has their own version of that. Like, I know, as you were saying that I was like, I know exactly what my version of that is. I think I like I'm a faint kind of person. I tend to like, literally blackout every so often. So that would be mine. So well. Yeah. Oh, yeah. I'm gonna note that for the future.

Hope

Yeah, it's your body telling you to slow down.

Laylee Emadi

Yeah, rough. Gotta Gotta love that check engine light up. But no, I loved I love this. And I know, like, you know, going to therapy and going to the gym and getting it's a lot. I mean, it's a lot to take on, especially if you're listening to this. And maybe you're in the place of burnout now. So just want to like, hit pause and just give a quick encouragement that like if this even this conversation sounds overwhelming to you just like one thing at a time, one day at a time. I just thought that was important to point out because I know when I hear like, I need to make a lot of changes, I get really stressed out and I tend to just shut down. So me too.

Hope

Well. And can I give like one small practical thing to do if you can only take one away. So if you're in that place, because I feel like that like alternative podcasts off, if I'm listening, and they're like, here's 15 Things you need to do. And I'm like, I don't even have time to shower. But things I think the best place to start that made the biggest difference for me like smallest effort biggest result was getting up 30 minutes earlier so that I had time for myself before I started doing things. For other people. This is even more important for parents like I've I'm not in that phase of life yet. But I can only imagine how much more you're pouring out and giving every single day with kids in the picture. And I remember you mentioned therapy, I was on a call with my therapist. Her name is Maria. She's my bestie. And I was like, I'm just exhausted, like I'm burnt out. I feel so drained at the end of every day. And she was like, Okay, well tell me what your day looks like. And I listed all the things I'm doing and the emails I'm answering and the friends I'm giving advice to and my parents that I'm checking in with and all of these things. And she was like, well, when did hope get any attention in that day? And I was like, well, frick Maria, like, you're right, thanks for that wake up call. And so I started my day now I don't pour into anyone else or give any of myself pour from my cup, until I have done something for myself to refill it. For me that's a workout that does not have to be what it is for you. I didn't work out for many, many years of my life. But maybe that's just getting up and reading a book or making yourself coffee before you check your phone and putting on a fluffy robe in the morning cuddling your dog for a little bit before you check your phone. Like just doing something for yourself to refill your cup. First thing when you wake up in before you have to start doing everything for everyone else will completely change your productivity and how you feel going into your workday, at least from my experience.

Laylee Emadi

Yeah, that's I think that's a great starting point, especially because it is such an approachable one. So hopefully you guys, can I get started on on that. I mean, I think morning routines are one of those. We have a whole episode on that. But even the tiniest of a morning routine can be so helpful, especially if it doesn't involve work.

Hope

Mm hmm. Absolutely. Okay, so

Laylee Emadi

let's say we've talked a lot about like history, and we've both experienced burnout I experienced I've experienced it multiple times. In fact, I was I used to speak on it. Like that was like my number one topic I would go on. And I still to this day. I mean, I just I'm actually currently in a recovery of a of a little burnout that like I kept quiet. Spoiler alert, I just burned out. Fine. But I'd love to know, I'd love to hear

from you. Like what do you do? If you feel that starting to come back on? Because sometimes you can't catch it. But sometimes you can. So like, what are some What are like a couple of things that you do if you're like, oh, like it's happening? This is happening? Yeah.

Hope

Yeah. So I think in my experience, there's different levels of burnout. So and I'm making this up on the spot, but I think this is kind of how I experienced burnout. So level one is like I'm burnt out just on a day, like, in my day, like I hit 2pm I'm exhausted. I've done too much today, and I don't feel like I'm being productive anymore. That's like very low level burnout. But I'm just I'm drained from my day. That actually happened to me this morning. The biggest thing I do in those situations is change my scenery and mix something up in some capacity. I'll get up and go to a different coffee shop, I will just get up and go for a quick 30 minute walk. Changing my scenery makes a huge difference. I don't try to push through it though. Like I don't like to just sit there and force myself to be productive when my body doesn't want to do it. Because I'm going to do crappy work and have to redo it anyway. I would rather just get up and remove myself take a second come back doing that when I recognize it in the middle of a workday. and actually helps it to not get to like an extreme level where my body is dying. So That's level one. Level two for me is after a really busy season. So for photographers that might be like the fall. So we're shooting nonstop back to back to back October, November, do family photos, whatever it is that you're doing, I will get so burnt out creatively at the end of that, that I am, I don't want anything to do with the camera or any of the work. To me, that's like a level two of burnout. And the way that I handle that is by keeping my eyes focused on the light at the end of the tunnel, and having a reward at the end, like a little treat. And so whether that's just like a day trip downtown with a girlfriend or just something at the end that I can look forward to, that typically helps get me through that like level two burnout, I'm going to be exhausted, I need a light at the end of the tunnel. And when I hit that end of the tunnel, I'm going to completely unplug gonna put my camera away, I'm going to give myself a full break, that really helps me level three, burnout is what I talked about before where I'm like sobbing in my parents basement, I literally can't even fathom getting out of the pit of burnout, because I'm so freaking exhausted. In those situations, I feel like I, the best thing that helps me is to do something that's going to practically make a difference, it stepping away, and then just coming back to that same amount of workload is not necessarily going to fix anything. So in those moments, I like to take a break, I'll take a day off two days off a week off, go get a massage, do whatever I can to just like, take care of me for a couple of days. And then when I come back to it, I try to look at what led me to that point and make a change to make sure that doesn't happen again. Like okay, it was I burned out because I was doing too many sessions is that what was exhausting was going and interacting with people and actually taking pictures. Maybe it wasn't maybe that actually refilled my cup. Maybe the part that was exhausting was the editing, what can I outsource? What can I increase my prices on? So I'm doing less of it without sacrificing my revenue? What can I change? Or what boundaries can I set to make sure that we never get to this point again, because once I hit that level of burnout, it's almost always a wake up call to me that I need to do something that maybe I knew needed to happen the whole time. But I just didn't want to have to face like, I didn't want to have to go through the process of outsourcing my editing, or I didn't want to have to set that boundary of being done with work at five because I love being a workaholic. Like, usually it's a wake up call to me that I need to make a change. And I go back into work knowing that that's my first priority is to make sure it never happens again.

Laylee Emadi

Okay, yes, actually, I love that breakdown. Because I do think that there are different levels. And we tend to kind of focus on that level three, like the big bad one and not really use the other two to kind of

reevaluate. But I do love what you said about going back and and evaluating like, where did you go? Where did things go wrong? Not where did you go wrong? But where did where could things change to make things better? I think that's something that's super important. And also something that people can, you know, be actionable about. So love that. And then the last thing I want to talk about before we do the whole, you know, unpopular opinion, signature sign off is the concept of entrepreneurial guilt. So I feel like we hear the phrase a lot, or maybe we don't need more, I used to hear the phrase all the time. And it was kind of applied to like guilt as an entrepreneur, whether it's in your business or in your personal life or both. And I know that that's something that I struggled with a lot up until maybe five years ago, even maybe even maybe even more recent than that, if I'm being honest. Like, that's not true. You know what I'll call myself out on that lie. I've struggled with entrepreneurial guilt, like a month ago with my husband just being like, I feel like a bad wife, because I can't keep up with cooking meals every single night and running a business and like but I'm home, but I'm running my business. And you know, that was I think, I think, a version of entrepreneurial guilt. But yeah, have you experienced that? Like, how has that looked for you? And how do you overcome that?

Hope

Yeah, I definitely have experienced that. I feel like the boundaries that I've set in the last few years have helped me to like mitigate some of those feelings because it used to for me, it looks like I'm so sorry that I'm checking my phone at dinner, but I just really feel like I have to or I'm so sorry that I'm pulling my laptop out on this vacation. But I just really needed to get back to my team and I feel like I have come to peace with my it's more of myself making me do those things than anything but I feel like I've come to peace with myself of knowing that I'm not a Brain Surgeon and nothing is going to you know explode or or hurt someone if I don't respond fast enough. So that was a big piece for me that contributed to the guilt that I needed to get under control. And I feel like I have in the last year or two I think the bigger thing that is it I think it's a form of entrepreneurial get like you were talking about is figuring out roles as a wife and like living with Hayden and what those household responsibilities look like when we both work even though I'm the one at home. Like you were just saying like, Yes, I'm home, I could clean the kitchen but like I'm kind of working but was I working when I was scrolling through Instagram like I don't know, like that type of entrepreneurial guilt. I feel like it is a form of it. It's a different form. But I do feel like that has been interesting too. To navigate to figuring out like, Okay, what is what are those rules look like since we do work from home? And what is it me telling myself? I'm not doing enough versus us actually splitting responsibilities? And those conversations were hard to navigate at first, I feel like

Laylee Emadi

yeah, for sure. Especially I think about myself and how I am. I had like two reactions and two seconds, because I'm like, a little nuts. And I was like, Oh, I feel like a bad wife. And then before anybody could even port him before he could even say anything. I was like, but also, how dare you, like, have this extra? If he's like, I do not have this expectation. I will pick up Chick fil A like, I don't know why you're upset. Yeah.

Hope

Why are you freaking out? That's what it says to me. It's like, why are you freaking out? Like, it's fine? I'm like, because I just feel bad. Yeah,

Laylee Emadi

so I definitely think it's like, it's my own problem. But I think it's I think it's more common than people really talk about. So I'm glad that we're touching on it. And then the last question I have before we, before we end this lovely combo, is your unpopular opinions. So it can I guess it could be about boundaries, or self care, or entrepreneurial guilt, anything we've talked about, really?

Hope

Oh, I feel like I feel like anything that comes to my mind is almost contradictory to what I've said so far on this call, but I'm gonna say it anyway, because I think it's important to mention on this conversation, and that is that I believe seasons of hustle are necessary, and not necessarily a sign of a negative sign, not necessarily a negative thing all the time. Like I feel like self care and balance. And all these conversations we've had are obviously wildly important. But I simultaneously believe that there were some seasons of hustle in my business that were necessary, and that I wouldn't be to where I was, if I didn't put in the extra work and put in the late hours and do the hard work. Should it be at the expense of your health. Absolutely not. But I think sometimes there's a conversation around hustle that like hustle is a bad thing. And, you know, don't ever work past 5pm. And you know, those types of things. And I think that there's a balance that comes with being an entrepreneur and knowing that some of the sacrifice will be that you have to work a little bit after your kids go to bed or will sometimes be that you have like your husband gets the day off on Memorial Day, and you have to work because you have things leftover from the previous week, there are some times that's going to happen. And I feel like that's half unpopular opinion, half me just wanting to get permission to anybody listening. But like there are still exceptions to the rule and that you don't need to beat yourself up if you're really good at self care. But sometimes you have to work till 10pm. Like there is a balance and those things can coexist in a healthy way. Actually Totally

Laylee Emadi

agree. And you kind of touched on earlier how the first time you burnt out, you took a year off from one of your, like one of the homes of your business to grow another part. And I talk about that in my educator Academy and even at the at the educator conference, I was telling everybody who was trying to build a new offer, I was like you have two choices, really. One is that you take a step back from what you're doing to build something new. And to is that you go back to your hustle mode. And you have to do both. And like that's a choice that you can make like you have the freedom to make that choice.

Hope

Yeah. And that's the beauty of entrepreneurship is that you get the freedom to make your choice. But it is it is an option. Like I think sometimes people are just like, the only option is to hustle until I'm exhausted or have really perfect work life balance. But there can be seasons of both coexist in a healthy business, in my opinion.

Laylee Emadi

Yeah, I agree. I love that so much. Thank you so much for sharing everything so openly. I love having you on the show. I love having you as a friend. I love having you on the show too, because I just feel like you are so open with your journey. And I think that inspires a lot of people. And it also, like you said gives them permission to accept that like they are not alone in the way that they feel. So I really appreciate that.

Hope

Oh, well. I love being here. Thank you so much for having me. Thanks, friend.

Laylee Emadi

Okay, you guys. We'll see you on the next episode. For show notes and resources mentioned on today's episode head to [so here's the thing podcast.com](https://www.thethingpodcast.com) This show is brought to you by the creative educator Academy, where we teach creative entrepreneurs how to teach because I believe that industries thrive when experts can share their knowledge. Well, if you're enjoying the podcast, I'd love to read your review in iTunes or see your rating on Spotify. Thanks so much for listening, and I'll catch you on the next episode.