



Episode Transcript – 017 – Who are you right now?

Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

This is Jenn Shallvey welcome back to the remembering to be me podcast. I am here to start off the new year with you. And I am really excited because new years are new beginnings and there is a lot happening in the world. So let me help you find your way. What I decided to do to start off is just a little reflection piece. I just sat at the computer and as you probably now know, I tend to dictate some thoughts down and it's a stream of consciousness, it's not pre-written or pre-thought out. I just go with what seems right? And today this is what came out. This is what seems to be the right way to go. And as I listened to it, I thought, 'Oh yeah, that's good. I can send that out. That's probably the kind of thing that will help.' And then I realised that not only is it going to help, it's actually really necessary.

Main podcast

As I look at some of the world events and where we're going, I want to put something positive out there. I want to put something that helps you be you. I want to really be there to enable you to find your way, but do this together. This is what I keep coming back to. It's a journey of our own self, but we're not alone. So I'm putting this reflection piece. It may sound a bit different because I do it at a slower pace. I also pause a lot to give you time to find the voice with inside yourself, because ultimately that's what I want you to hear. Yes, I am talking to you through this medium and I'm another voice, but I'm not your voice. So please take some time to sit with this particular episode and let the question I ask you resonate with you, sit with you, inspire you and take you into a direction that is the best for you and everyone else around you in 2021.

I sit here in anticipation of a new year and I sit here wondering what will take place. It will matter where I put my attention. For where I focus my energy will determine what I see. And there are lots of different paths we can take in a year. We can take one of ignorance, awareness, victimhood, warrior, activist, facilitator, helper, creator, collaborator. Can you hear the difference in all the different types of paths we can take in this year? I wonder about this. Because when we sit down at the beginning of a year, we often have a moment of inspiration, a chance to plan, set, new goals, perhaps be inspired for some resolutions, whatever. And we also will say, 'Oh, those things don't matter. And I'm not going to do that.' Lots of energy changing over in a new year. And as we are already into the middle of the first month, there's a lot that we can say now about how we are starting this year.



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I want to start with some questions. I am very aware, more than you can possibly imagine aware of the news cycle, the events, the situations that are in our world at the moment, they do not need to be named in this update because I feel like that energy is there all the time in different expressions. And you will choose whether you can, because of your capacity to handle it or your interest, your choice to actually pay attention to it. You also need to be what I would say quite discerning in your sources of information. I have found in my own habits that when I am distracted, I am often distracted by the headline and not the actual real story. And I find that that distraction takes me down paths that are not the ones that I would like to travel on. And they're not the ones that are intended in my own self in my way of being in who I am.

So in this update, I'm going to park aside the obvious I'm going to park aside any commentary on world events. This is not the time for that in this update. There are many places to go and have that conversation. And there are many places to go to delve into the what's happening, what's not happening, where will this go debate?

Instead, I would like to go into a place of imagination of creativity, of collaboration. I want to sit with you virtually right now and imagine that we are together. So as I sit here and I speak these words, I am doing so genuinely with you in mind. And I see each and every one of you as individuals. And I see each and every one of you connected in some way as a group as well. I see that web of commonality, the web of connection, the web of our existence coming together.

So my question for you this year is who are you right now? And how is the who you are right now seeking to travel this year? Pause for a moment and let those words really resonate with you for a moment. Who are you right now? And where is the, who you are right now going to travel through this year.

Now the first part of that question requires a level of, self-awareness, a level of willingness to go there, a level of curiosity, and even commitment to know yourself to wonder, 'hmm, who am I right now? In terms of a person who am I?'

You could mark that question in facts, very simply by saying, I am this age. I am in this job. I live in this location. I have this family and this is what I do in my spare time. That's one level of who you are right now. And it tells me a lot in the sharing. If you were to sit with me, what you would say in that opening - the facts that you prioritise, the facts that you use to describe yourself and what you consider important.

So notice that in yourself right now that when asked the question, who are you right now? The easy answer is the objective data, isn't it? The demographics. Not the stuff that asks you to think with more of a heart-based approach or a feeling or an emotion or a description, right?

So that's who you are right now. Non-negotiable. Everybody would see that if you put a profile up on bio, that I'll go, yep. That's what she is. See, right? It's not so easy because what you've just done is you've given me an identity. You've told me, this is who you are. And you're using the external aspect of who you are, that presents to the world to define who you are. I call that the safe place. In fact, sometimes people don't even want to share all of that information. You know, there's some, and you may be one of them who is shy about their age. I'm not what am I going to tell you? Actually, I am, I'm 55. I think I'm 55. There you go. Yeah, no, I'm, I'm, I'm 55 still.

And I actually love hearing people who don't even tell their age because they don't ever want to be defined by that. And they say, 'Oh, I'm not going to share my age because age is irrelevant.' And I



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actually agree with that because how you are in terms of your way of living life will be different to everybody else. And somebody who's 55 in one place might be a very different 55 in another place. But let's just say that there are demographic facts that you can share. And there's some that you may not choose to share because you don't want people to know really easy. Isn't it.

So then I go to the next level and I say, who are you right now? What's the next level of your answer? You've given me the demographics. What do you provide after that? Often people might say more about a role. For example, they might go into, 'Oh, I'm a mother or I'm a wife or a husband or a partner to somebody else, or I'm a dog owner, or I'm a traveller. Or I am a person who works in this type of job. And this is what I do in that job.' They go into more depth about the external world that they present. They're not telling you really who they are. That's a safe place too. So you know, a dog owner, I can talk about my dogs, why I liked having a dog. I don't have one right now. I have cats, but let's just go with the cat owner. Then I could go into detail about the fact that I'm a cat owner and this is what I have cats for. And this is why I like cats. And here's how we got our cats. They're all safe stories still. Aren't they? And it's external to who I am, but you're getting a little bit more information about me. You might say, 'Oh, she likes animals.' 'Or he loves dogs', 'or he's a humanitarian because he works with children. There's all these things that people do in their world that will show you a sign of their values and what matters to them. Right?

I ask that question again. Who are you right now? Who are you right now? What comes up after that? Do you go a little bit more into who you are, the real you. What comes up? Maybe now you begin to crack that shell. And maybe now you begin to explore things like your belief system, your interests, your passions, the things you don't like. They're aspects of you. Aren't they? Who are you right now? I just want you to keep asking yourself that question. I want you to keep wondering that question all year long. That's how I want you to travel. Because as you get past the layers of objectivity and demographics and fact, you get into the real you, when you get past the identity that others see you, as you get into the real you. And you notice that, ask the question, who are you right now because it's a timing thing. If you're a person who's committed to personal growth on some level, you will know already that the person you are being right now, or the person that you have unlocked within you, that you connect with is very different than who you were in the past. So even anticipating this year, going forward, you can begin to imagine that you're not going to come out of this year, the same. Right? So does that make you scared or does that excite you? What does that feel like for you to anticipate a year from where you are right now as who you are right now? How does that feel? Are you nervous? Are you apprehensive or are you excited, curious, wondering, or maybe a bit of both?

What areas in your life trigger the different reactions? Something to think about. Who are you right now. Already you can get a sense that who you are right now is what matters, right? As you connect into your own answers, as you consider the answer to this question in your own world, in your own view, notice what comes up. That is what matters right now. Your exploration, your opportunity for this year is to go down the path of looking into that, to explore it further, to know yourself more, to be clearer about yourself. That's it, isn't it? The travelling of you through this year is opening yourself up to asking that question every single day and noticing what changes, what shifts, what moves and noticing as well what stays stuck?

Who are you right now? Maybe something is coming up now that wasn't there before when I first started asking you that question. Maybe some feelings or some ideas are coming up. Maybe for



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example, let's say you're a creative entrepreneur and you want to start a business and you haven't done that yet. But inside of you, is this part of you going, 'Oh, maybe this year'. Maybe now is the time to really express that part of you that says I've actually always wanted to... and you fill in the blank.

I'll give you an example. There's a cafe that opened nearby. I haven't actually been in it yet, but I thought it was really fascinating that in this current time with so much uncertainty and with businesses, having so many restrictions that a brand new cafe opened in a place that has not been rented for at least six months.

When I looked at that and I looked at the whole business coming on board and how it started and how it's put itself out there I thought there's a person who is following her dreams. There's a person who's passionate about something and said, I'm going to do it now. Why not? Rather than saying, 'Oh, no, maybe next year.' And I get the sense that this person, because I looked a little bit at the background of the business because I was curious. And my sense is, as a person takes that step forward, it is a whole new way of being who they are. And not only is it closer to the true self that they probably have inside of themselves, but it's actually showing that to others. Now there's more alignment with the external and the internal. I imagine, and I don't know because I've not actually spoken to the person who runs this business yet I will, but I imagine that somewhere in that person's life, there's been this ongoing dialogue with friends, perhaps a coach or business mentor, 'Oh, I've always wanted to have a business like this.' And then over time, perhaps through encouragement through the working out of those ideas, that's been expressed and now is physically happening in real life. So imagine if you asked this person last year, who are you right now? Maybe she got to the, well, I'm a person dreaming of being a business owner with a small cafe. And now she can say, well, actually now I am a business owner with a small cafe.

And what's interesting about that sharing for me is those are the external observable facts that would go on a resume or on a bio. But behind that is a story of a person who worked through a lot of her internal sense of self to get to a new place. And any of you who listened to this, who know what it's like to start something new will go well, that didn't just happen overnight. And you certainly can't put a new business together overnight either. Can you? So it's been brewing and percolating and (funny that it's a cafe and I've picked those words.) Anyway, it's been brewing and percolating and simmering away behind the scenes within herself and then probably shared. I don't want to say much more because I don't want to plant ideas in your head and heart. I'd rather have this opening sharing, being one that is for you to ask yourself one question. So I'm going to say it one more time. Who are you right now?

And I invite you to take some time out just for you to really reflect on that question, whether it's in a meditation or a journal, or with a couple of friends that you feel close to. That's an invitation. And then if you do it just once, that's great, but I'm going to suggest maybe you come back to that question on a regular basis throughout this year. Make it a monthly check-in maybe even a weekly check-in, whatever it is. Keep asking the question just for you.

And I'll add one more thing before I finish this little monologue. As you get the answers to your own question about this, be nice to yourself, be gentle, be kind and see if it's possible to let go of the self judgement, the self criticism in this process, be observing, be curious, be wondering, and then just see where it takes you.



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I look forward to connecting with you further, and if you get any really interesting answers out of this, please feel free to share with me because I would love to know. I'm always, always interested in people's story about how they emerge from one place to the next. So I wish you well and encourage you to ask that question. Who are you right now?

I hope that section of this episode has helped you the questions and the reflection and the contemplation that you may have had in this moment is setting you up or a really good start to where you want to go in this year. I feel when you take that time out for you, you'll continue to do better for you and for everybody else that connects with you in your life.

I do however, also believe that that's not enough. I believe that we can't do things like personal growth and change entirely on our own. I feel that we need partners and support and other what I would call objective resources to not only hear us and let us sound out, but also to challenge us, to push us, to help us clarify exactly what it is that we are here to do, want to do and need to do. And more importantly, that refining and shaping of who we are and how we express ourselves, both to the people that matter and to the broader world around us.

That's the kind of work that I do. I help walk alongside people who are on that journey. And I had a really dear wonderful friend the other day actually ask me that question. 'So who is it that you actually help?' And I paused for a second. And I said, well, it's not everybody. I know that just a random conversation. I will uplift that person through my, sharing, through my questions and do my bit. But when it comes to the real work that I want to do in this world, then there is a very specific person I have in mind. And this isn't a customer profiling thing. I don't really believe that because I'm not taking people out of the equation. I'm saying not everybody is going to want to do the work that I'm here to do. So the ideal person is someone who is committed to personal growth, who wants to go in and ask themselves the questions that wants to discover more about who they can be, who wants to fulfil potential, find their purpose in a sense of feeling like they're motivated and inspired to do something in this world.

And I see this very differently from psychological support of working through a mental challenge. This is not psychology that I'm talking about whilst I've had a lot of training in various fields. My work is about helping people figure out where they want to go in this world. It's about solving problems. It's about fine tuning their expression in this world. And sometimes I can do that in a very short amount of time. And other times it takes awhile. And that depends on you or the person who I work with. And so, because of that and because of the different experiences I've had over the years, I offer my one-on-one mentoring in three different formats.

I have one called the 'Quick Fix Session'. It is a 30 or 60 minute one-off session with no further support afterwards, just a one-off phone call. And that is simply like a bandaid emergency response when you just have a tough issue to get through and you need some help with somebody different for a change, that's it. I don't put that out there as the go-to. I have that there more as a offering in case someone who has been working with me in the past needs some help or support, I tend to find that where that resonates most.

The other session I offer is what I call the Insight Session. And for me, this is more of the type of session I would offer for someone who doesn't want to make a commitment yet, but wants to experience working with me and see if there's a match. And so it's a 90 minute one-on-one session, but then there's also a four week period afterwards of email support. So that kind of back and forth



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insights, sharing, things like that. So for example, you might come up with an idea or a plan or something in the one session and then want some further feedback or insights from me. And you might email that to me and say, well, here's some goals I set. What do you think about this? Now? I won't tell you my answer, but I might ask you some very pointed relevant questions, because again, it's about you finding your answer, not me telling you what to do. Mind you, I have found over the years that my approach, which is why I call it mentoring, weaves in lots of experience, lots of insight. And I always check if that's the right thing to do, sometimes it's not. So that balance between practical experience, business knowledge, and then intuition to guide the way that I work is very, I guess, call it relevant to wherever you're at. I'm always adjusting that. Now that's the quick, easy, one-off not a lot of commitment, not a lot of risk not to change either.

The work that I much prefer and I think actually makes the real sustained transformative difference is a longer-term mentoring program. So I offer two formats. One's short, which is only eight weeks with some follow-up and the other is more of a 20 week program. And they're not program in the sense that you sign up and you have to complete things. They are, commitment periods that say, 'I've signed up for this and I'm now going to work with Jenn over a period of time'. And during that time, we will have one-on-one sessions, Jenn will create some customised resources for me in some ideas for me to work with, come back and forth and we'll be emailing that kind of thing. So I'm walking alongside you and holding the space for you over a period of time. And that is a really powerful place to be in where you know that there's a resource out there that isn't going to judge you doesn't have expectations of who you should be, is in your court totally 100% believing in your potential. And then saying, 'how can it come out? How can you be you? How can you find the courage, find the strength, find the passion, and really bring that to the table.'

Now, when I was asked by my friend the other day, well, who is it that would want to come to this? Who do you like to work with? I said, I don't have a like to work with. And I'm often in conversation saying that I can work with the whole spectrum of people. The main criteria is that you believe in the work that you are committed, that you want to grow to change to really go into this space. And so therefore I find that I'm often the kind of person that works well with someone who's been around for a while, who has a business, or is trying to start a business or works in a role which maybe they don't want to be in anymore and are looking for a way to shift that. There's an edge and I work with people who are trying to find that new direction, that new expression of who they really are in this world.

And so as we step into a new year, I would love to offer my self as a partner in working with you, if it is appropriate. For the one-off session or the insight session, that's not too much of a commitment, I would agree so that you pretty much can contact me in book-in. But for the mentoring, I invite people to contact me to have a further discussion because that's a lot more involved and there's a bit more of a commitment and I'm very upfront and I'm very happy to entertain a short conversation about that with you to see if it's appropriate for you or not.

So that's a little self plug. I'm appreciative that you actually listened this long. And I hope you did, if you didn't and you come back to this podcast and you listen again, thank you. I will be back on the next episode, working with the topic I set up last year, which was letting go. And I did a few episodes on that. I did letting go of stuff or things, and I did letting go of place. And then I did a few episodes on letting go of people. And I think that was pretty good for the end of last year. And when I went to sit down and do the work for letting go of self or aspects of self, which is next, Oh, that was too big.



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Not, not ready for that at the end of the year. So now I'm in the process of brainstorming for that session and episode to look forward to that coming up next.

For now I wish you well in your travels, in your self discovery and your journey. And I really do enjoy doing this for you. So I hope to connect with you in other ways.

Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website www.jennshallvey.com That's J E N N S H A L L V E Y.com. I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me.