



# Episode Transcript – 024 – Letting Go of Aspects of Self – Part 3

## 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."

## Main podcast

Hi, this is Jenn Shallvey. Welcome back to the Remembering to Be Me podcast. I am here to take you through another episode on letting go of aspects of self. We've already done a couple - episode 19 and 21, which were aspects of self part one part two. And I also did one episode number 20 on letting go of aspects of parenting, which was a bit of an example of a current issue challenge in my life that I shared with you to help you.

The purpose of this episode is still to help you go deeper into letting go of aspects of you and to help you with a process that will take you through that, that you can apply over and over again. Now this process may or may not just apply to aspects of self, that I think you can actually use it in other areas of your life.

The key thing here is that I really want to provide you with resources, not just talk about the topic. I want you to have ways that you can go through on your journey of reflection and growth. So I'm going to have some ideas, thoughts, and examples here. Nothing I'm going to share with you though, is drawing from in particular, any schools of thought or ideas from elsewhere. What I'm bringing together are just my own summation of bringing together what works for me and also what I've seen work for others. So it's a process that is created for you to help you.

Let's put this into context and reiterate a couple of things. Why is it important to let go of aspects of self? Well, first of all, I think that it helps you be more prepared to claim who you really are. I've had people say to me, why are you doing so much on letting go? And I keep saying it's because to prepare yourself to step forward, to claim the full part of you that you want to live in and be in this world, you need to let go of what holds you back. And so part of this process is about that letting the bits of you that don't serve you or others go away. And as a result, it lifts your confidence. It gives you more clarity. It helps you focus on going forward and not holding you back. You're freer to explore who you really are and be more authentic in your day to day, both your life and your work.

So that's, to me why this is important. Still is also important to remember that when I talk about letting go, and I've done this a lot on these podcast episodes, there's a spectrum. There's the deeper end. And there's the really light and breezy. And this part here, the aspects of self is definitely at the deeper end. It's much more internal, much more self-directed it's not easily visible by others, except



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for perhaps when you do change your actions and behaviour as a result of what you've done internally in your own process.

And people see that there's also, I would say a series of different emotional responses that can be more supportive and constructive in this than let's say when you were letting go of stuff, right? So very different. So again, back to the spectrum though, by doing the easier or less intense, less deep aspects or less processes around letting go, you prime yourself, you prepare yourself for going deeper.

I would never suggest someone just jump right into something like this. I would say, you need to go and practise what it's like for you to let go of something and then get an idea of how that works in your own way so that you can get comfortable with that repetitive process.

So the challenge in this, because it's a deeper one, is that it's not quick. And as you know, you still can have the habit of whatever it is that you think you've let go of, pop up, triggered by other people triggered by other environmental circumstances. And also other people may continue to reinforce what you have let go of. They don't know you as the person who is evolving or growing or changing. They know you as that old person, not as in old age, of course. But they know you as this person who used to do this. You used to think this, and that's a challenge in itself for any process along the letting go spectrum, but also in particular with letting go of aspects of yourself. Because others may connect with you on that level only. And that will really throw things out of kilter for some relationships.

The key thing here though, and I've said this before, is it's your conscious choice to let go. And it gives you a sense of self-empowerment and it opens you up for opportunity to explore and try new things. And that is a wonderful way to embrace your life because it's your life and you are driving it. And then others get to not just go along with that, but they also get to be part of that journey. And your actions and efforts in this department may also inspire and show them that it's possible.

So I'm saying all this, again with another proviso that I've said all along, you do not need to do this by yourself. You are not alone in this journey. My action here is to at least give you a podcast episode that you can listen to, and use that as support. But please avail of the support from whatever is appropriate in your circle and your community. Go and make sure that you have others to be there for you when you need them. And seek out their help. You don't have to tell them the details of what you're going through. But you can say I'm embarking on some personal development and some days I might be feeling that and I'd like to be able to be with you when that happens or talk about it with you. If you don't feel comfortable doing that with some of that, you know, then find a person who you can use in your work that is professional and objective. I highly encourage you to do that, to make sure you have the help of others, and don't feel that it is a bad thing. It's actually a really good thing to work with others to find your way. And in this case, it's really important.

So let's go back just for a few minutes into the key things I mentioned in the other three episodes, mostly the other two, the part one and part two. In 19, episode, 19 part one, I introduced the idea that letting go of aspects of self was almost akin to decluttering within oneself. It was a sorting out process with filters. And it also talked about the idea that from my perspective, there's an external and an internal path. You're not just moving in one direction externally without something happening internally and vice versa. And the pace that you go on is your own pace. Not anyone



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else's. The other thing I mentioned in that process is that it's both conscious and subconscious and that triggers can elicit a response. Also, seeds can be planted that come back later and give you lots of fruitful awareness, understanding insight. So you work with the pieces that are not relevant anymore in these aspects of self, however, you want to define them, and clear them so that they're not in your way anymore. You identify them, you understand them. You understand what is no longer serving you or serving others through you and you let go. And the aim, ultimately, as I said previously, is to find balance between the internal and the external part of your journey. Find your own way.

And then in part two, I did a very brief episode and ventured into the idea of possibly defining what it means by the words, aspects of self. And the key points that I made in that episode were that one you are not a demographic or categorised by others or other tools or other instruments that put you into a box of some sort. It can be very helpful though, when you do choose to use other resources as a way of prompting conversation, prompting dialogue, prompting your own investigation and insight. But that is not the answer or the definitive aspect of who you are. Instead. It's about your internal sense, view and perception and understanding of what aspects mean to you and what ones matter to you. So I say, you start out with defining what aspect of self even means to you. And when you get that definition, that's how you go and explore it. And it might change as you go through the process.

The key thing here is be guided by what is interesting for you, because then you'll do the work on you. If somebody else tells you that you should do this or shouldn't do that. And this is the part of you that needs work well, that might not do anything for you. So focus on an aspect as a part of the whole that works for you. And the last thing I also said in that episode was not to be overwhelmed by the approach of all at once, but to take these aspects at an individual level at first, because it allows you to deal with it, digest it, process it not actually get overwhelmed.

And the last episode I did while she was number 20, so that was in between was letting go of aspects of parenting. And I know not everybody who listens to this is a parent and therefore that role itself, isn't going to matter to you. But I shared the episode as a topic as an example, because it is relevant in my life. And I went into an experience that was real, and that was going, that I was going through at the moment. And I looked at things like emotions, assumptions. I looked at my role. I looked at behaviour and one of the things that I came out of that whole episode saying, and I will actually read this and quote this, because I wrote this down. 'There are a series of behaviours, habits, ways that you have done things that don't fit anymore, that you need to consciously let go and choose to change your own ways in a new direction.' And if you keep that in mind, that's applicable to any situation, not just a parenting change that I was going through or am going through. It's not a, today. I did this and tomorrow I'm not doing this. It's a transition. So I put that out there for you to experience that.

So let's go into this. I decided to approach this in a different way. In lots of the other episodes, I've talked about things in general terms, but today I wanted to go through a process. And I wanted to say that when we are letting go of aspects of self it's about following a process about taking ourselves down a journey, a path that works for us. And as I brainstormed, well, what is the process that I would go through in this? I know I've done it many times many many times. So I just sat down and thought out, what is it that I actually do? And I came up with, I'm looking at my notes here. I



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think it's about nine, maybe nine steps, maybe seven or eight, who knows? I've got a lot of steps here, but basically it's not designed to be a seven step process that you need to remember with a mnemonic that tells you, do you do A, B, C, and then there you go. Now, this is just me trying to give you some structure around a sense of sequence, a sense of timing and some bite size chunks where you can say, well, I might sit down and do that rather than saying, I'm going to sit down and let go of aspects of self. Because you just don't sit down and do that.

So what I came up with was the first thing was discern. If it feels right for you now to look at letting go of aspects of self. So the most important step in any of this is to first realise, do I want to do this right now? Am I ready to step into this kind of process? And to find out to discern all, that's a different whole topic in itself, but discernment can come through meditation. It can come through contemplation on your own. It can come through just simply asking yourself questions. You can do journaling. You might even have a conversation with someone you trust that helps you to discern. By no means ask that person what they think you should do. Last question I would ever suggest you ask. But if you have somebody that you can talk to, that will listen without judgement. And if you choose to ask for share some wisdom, then by all means, use that to help yourself discern.

The next step I would take you into would be to define in your own language and terms, what aspects of self means to you. And we talked about that in the other episode, it's really important for you to help anchor yourself in what it is you are looking at. And then dovetailing into that. It's another step number three, which I call brainstorming and identifying the aspect that seems to draw your attention. And I think that part two and part three of this process kind of go back and forth between each other. You define what's right for you. And then you brainstorm what falls into those aspects that you've come up with. And then you go back and re clarify how you define this. So it's not a starting point that has an end. It's not exhaustive.

I should say, you keep going back and forth. And then step four is where you move into a new phase where you say, okay, I've been mulling around with all this. I've chosen to do this process. I've got some ideas about what they might be that I want to look at. I'm now going to select one. I'm going to pick an aspect of self that I want to explore further. And I've said this before, in other episodes that preferably you pick a safe one to start with. Depends on whether you're doing this with support of others. And it also depends on whether you've worked over time with self-development or not. Or if you've done the other letting go aspects. I mean other letting go episodes and you've worked through stuff and places and so forth. If you've gone through that and you've gone through the people aspect, then I think you can step into this in a much deeper level. Again, go back to whether you need support or not and check in. And if you do make sure you have that.

Then the next thing is to intuit, to use your intuition, to find out what it feels like is the most supportive way to bring this into your awareness and understanding. Again, the more you create and choose a process that works for you, the more you will stay in it, the more you will own it, the more you will get success out of it. So I go back to the ideas that we've talked about before, things like the journaling meditating on your own, you can do collage picture, things like that. Or you might do something else where you go through old information and those are on your own. You might have an intuition that you need to attend a class, go to a course. Maybe you need to work with a group. Maybe you need to work individually. What is it that feels like the most supportive way for you to explore and work with this aspect of yourself? That is for you. And you might step into that and go,



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nah, I just don't feel this is it. Who says you have to keep doing it? However, I'll distinguish that from you hit a challenging place in that process. And sometimes that might be your excuse to get out of it. By no means, use that. That's when you need to get more support and ask for more help from something other than you to find out what is it that I'm blocking? Why am I having resistance here? But that's again, part of the process of doing it.

Thing is, and I'm going to keep saying this is that the process is important because it's helping you be more comfortable in your self-directed learning. It's giving you the power to create your own awareness, to have your own personal growth. And it also sets you up later on for the application of this in claiming who you are in being you, as you feel is right. So you keep using this process for that purpose.

So what do you do after you've done all that you do the process that feels right for you, by yourself, with a friend or with an objective person supporting you or with a group. All of those things, or just one of those things, maybe one at a time. Maybe you do some self reflection, then maybe you go off and talk with a friend about it, and then maybe you also go see somebody else. Again, there's an iterative experience here that helps you.

When you do whatever it is that you've chosen. There's a few important things to put into place. One, the environment that you actually do, the work in. Your place, your physical place, needs to hold you. It needs to feel safe and it needs to feel supportive and be free of interruption. Now, depending on where you are in your life, that could be a challenge, right? Um, even I am doing this podcast in my office and I have cats. And in the time that have already recorded this, my one cat has jumped on the desk, run around and interrupted me. And there's things outside that are going on, but it's not stopping me from doing this process because I've done it before. I'm recording a podcast. I'm all fine with that. But what if you're doing a meditation or you're doing a dialogue journaling and don't want to be interrupted. So it's really important to make sure that your environment is free of interruption and supportive of you.

The other aspect is your state of being to check in to make sure you're okay and where you're at in doing the work. So we've already talked about that before, but just a reminder that you do your physical, check-in your mental, check-in your emotional and your spiritual, or go into the different levels of how you're going. And if there's any red flags that come up that you go, no, that doesn't feel right, then you may need to put a halt, whatever you're doing and figure out what to do about those things. Okay. Maybe you're too tired for example, and you're exhausted and you need to just sleep instead. That's probably the best thing for you and your body's telling you that.

Um, next thing I would be aware of when you're doing whatever process you choose is to manage your expectations. This isn't perfect. It's not going to be done exactly as you think it might be. So you say, okay, I'll do the best I can and have some fun or explore this in the best way possible that supports me and others to sit down with high expectations and then not meet those will mean that you'll probably not want to keep doing this. So manage the expectations, look at what's realistic and enjoyable at the same time so that you can actually go through this and not think this is a chore. It's meant to be a liberating process with a few things that might come up.

Another thing to consider is time. What amount of time are you going to put aside for your process? How much time do you have and where do you want to use that? And then also what time of day,



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time of week are you going to choose? Are you doing this during a weekday? Are you taking away some of your weekend time for this, or is it nighttime early morning. Really think through some of these logistical aspects of making sure that your process works for you.

And lastly, safety and support. If you're letting go of aspects of self and things come up that maybe you're not quite comfortable with then I would really encourage you to be around others who can help you process that. If it's something that you've already been through before, but you're really in a sense, tying it up and putting it together in this part, then you know how to take care of that. But just remember your own, your own self care and make sure you have those things in place.

So that's the processes doing the process, whatever it is.

And now what do you do after that? You take a break really, really important. I have been through lots of workshops in my time, and I'm not sure if you have, but sometimes they are intensives and intensives even have meal breaks, but sometimes they can be quite overwhelming. And if you don't have a break, then you don't have a chance to regroup with inside yourself and to begin to integrate what you're experiencing.

So I suggest that immersion in a process of any type needs to be balanced with grounding and real life presence. And I feel this can be done in multiple ways.

One of the best ways to anchor yourself and balance out this process is to have nature around. It's really good to ground yourself in nature. You can go outside if you can, especially feet on the ground, that kind of thing. And if not, at least get fresh air, some sunlight, whatever it is that you can do, moonlight, even. Just get out and experience some of the elements, not just wherever you are, a change of scenery, a change of environment and use it to ground yourself.

Another one that is quite grounding is food. And I would call this consciously eating food, not emotional eating food. But choosing your meal time as a way to balance out. And it could be enjoying the conversation with others, it could be the kind of meal you choose to have. It could be your favourite, whatever it is you might go out for food somewhere. Just enjoy that.

Another way to balance out in a mundane way is chores and tasks. And this sounds very Zen, doesn't it. But it's true that. Pick up a broom and go and sweep the leaves on the front deck, or go out and trim some of the shrubs in your garden. Do something that is a chore wash the dishes, empty the dishwasher. I don't know. It doesn't matter what it is. But approach something that would be considered a chore, a task that you have to do as a way of being a break from your process. It's a step out of it. And a more uplifting one might be to play some music and if you don't have the ability to play that loudly in the space that you're in, then throw in your headphones and put your favourite song on and use that as a way to get you into another place, another state, and really have fun with that.

Um, last one that I'd suggest is physical environment- going out in it and doing some exercise. It could be actually inside, but think of the exercise component as a way of moving and being in the world you're in. So maybe I should call it movement. But go for a walk. If you actually are active athletic person, then do your athletic thing, your bike ride your run as a way of clearing the energy and resettling you and regrouping. You might do some stretching and whatever it is, movement is



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key. That's the main thing. If I combine movement with maybe change of location, change of spot, then that would be really great.

Everything that I've just talked about is around cleansing and clearing the energy that's built up from the process that you're doing. It's a way of letting go of that too, which is very amorphous and very intangible, but it's there. So, you know, can tell because you'll feel agitated or you feel something's not right. And then if you go and do one of these activities, then you'll feel a complete shift in your energy. You'll feel something either lighten up or you'll feel your mood change. You'll feel refocused. And ideally when you come back to your process, no matter, it depends on how long the break is. If it's in the same day, they'd be right back into it. If it's actually longer than that, then when you come back, you will have a new energised commitment to your process that you've chosen to do. That's really important to take a break when you are doing processes like this.

Now that you've had your break of whether it's just an a day, like you're just taking a half hour or if it's the whole day, or if it's a week or even a month, you come back. I want you to review and see clarity of understanding. This is the next step. It's about going back and looking at the results of your process and interpreting and reflecting on what they mean for you. This is easier when you've stepped away from it long enough. So if you're still in the midst of it, then a break of 10 minutes, isn't probably going to give you much space. But if you come back to it the next day, you might have slept on it. You might feel different. You'll have a chance to process and balance. Now you get a chance to re-look at it with new eyes and acknowledge the learning, acknowledge the insight, the understanding and acceptance that you can have around what is happening in your process. Really important.

And the other thing is I've talked about this other other episodes is to notice when the judgement of self might pop up. Notice when you aren't accepting yourself and use that as another entry point into working through this so that you can actually move past that.

As you do the review and you're looking at this from an understanding point of view, notice what draws you further into your exploration. So you might come to a closure point on something, and then the next point opens up in sort of waves, opens self up and says, yes, look at me now more than you looked at that. Be aware, pay attention, just notice. So that's the integration process.

And then you go back in the cycle and do more of your process and so forth. And then there comes the final point. And again, this is iterative. I can imagine that you're in circle, going around doing a lot of these steps over and over again, right. Then the final step is to take new action in a new way with new direction. And doesn't that sound scary? Because you haven't done the process yet, right? You're like, Oh my, I can't do that.

So think about this is the ultimate goal is that you're going to free yourself up to be able to try a new way of being. And ideally that new way of being is actually more of who you really want to be because it's true to yourself, it's more authentic and that's how you feel now. It gives you a chance to reaffirm a sense of identity and practise and play with that in the real world and explore what it feels like. And as I said, you take that step and then you go back and you review, you go back and do more of your process and you see how it fits in. Sometimes the step we take is too much and you're like, ah, that was not easy I'm not going to do that much next time. And maybe you just take a little baby step. Whatever it is the most important thing is to put into practise the chance to be in a new



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aspect of self or claim the ones that have been crowded out because the other ones were taking up too much attention.

This is the part that links to what we will talk about in a later series, which is much more around claiming yourself and being true to yourself. Because the more you have this hanging around you that you don't want, and it isn't serving you the more you can't be that person that you want to be. So that's how this fits in.

So you've got this process and I've given you it as a, a way I think to help you, but don't by any means, feel like you have to go step one to nine that I've just given you, but you can take the idea of the series of steps as a way to help you break down the things that you can do that will support you.

Now I want to finish this episode now with an example. And I went back to the mind map and I sat down and I said, what can I share that would help others to show that this is possible? And I went back and I looked at my life and I looked at some of the major shifts that I've gone through in my life. And so many have stood out that I could be on here for years if I wanted to tell you just like you could too, probably. But I thought I would pick one, that is a really significant shift that I'm sure a lot of people go through. And so I picked a career change shift. So that's my example. I want to take you through a transition period and walk you through how I went through these steps and you can see what I did. And I've gone back retrospectively to try and apply the nine steps to this experience in my life. I didn't actually sit down at that time of my life and go, okay, I'm going to do step one now. I didn't have that mindset. And I certainly didn't have the support in my life at that time to do that.

So the first step was to discern and I discerned at the time that I was transitioning from exiting a corporate employment full-time role, which had been the way I had worked for most of my career at that time into my own business. And I was in what I call a peak growth cycle of learning. I was signing up for everything and immersing myself in development without any constraints of the role or any expectations. It was a very free and open period for me. I didn't have an employer or colleagues to tell me whether or not I could go learn something anymore. I mean, I had done postgraduate work on my own while working full time, but that was different. That was formal study. That was part of qualifications.

So at the time I looked back at how I discerned what was right for me to do. And at the time I didn't fully have awareness around my intuition and the power of my intuition. It was really interesting to look back at this and see, this is many, many years ago. Um, I'll count the years out later, but let's just say it over 20 years ago, it's around now. It's about 20 years ago. Yeah. I'd say something like that anyway. And what I did have at my disposal, which I was doing at that time was journaling a lot. I definitely used journaling. I had not really developed a meditation practise at the time. I hadn't really been exposed to that in the proper sense to learn that skill. And even though in earlier days, I definitely had help from support and others this time period in my life I was mainly getting it through the courses I enrolled in. And so I was enrolling in a lot of accreditation's and programs.

And so what happened because they were personal development accreditation is by default you self developed in the course. So by learning about the tool that I was going to then use in my clients, I was actually applying it to myself. So I see that that discernment process happened because I put myself in a learning loop. I said, I want to know who I am, and I want to know how I can be a better person than I am now and how to grow. And so I embraced that. But I also noticed that there was





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this tension because I'd come from one world, which was the corporate world, and then I'd shifted into my own world, but was still serving that world as my clients. It was really interesting.

So if I were to apply this process back at the next step, I would have had to define what do aspects of self mean to me. So for me at that time in my life aspects of self, were then in the context of the transition I was going through and I was using identifiers that I was getting from that stage of life. I was getting them from the tools that I was using. I was getting them from the workshops and courses I was doing. So I was going through that in my career. And so I was looking at aspects of self in this category of career and I'd have employed versus self-employed, I'd go big company versus, um, and you know, in an office versus by myself in a desk, you know, I had all these aspects. And I used this definition process, I guess, of what aspects to look at were aspects of my identity, I suppose, because I was shifting from one to another and it was really quite pronounced. It was very, very, very big, huge.

And I went back and forth, I think between the different definition of what aspects I wanted to look at and the actual brainstorming process. So if I took step three, well, that was intertwined with that. I brainstormed a lot. I used a lot of mind maps and I looked at my transition and I looked at well, I was a qualified professional. And then I had services I offered and I had a lot of external aspects of who I was. And as I went through this, I realised that a lot of the information I was focusing on was because in a new business, on your own, the biggest identity shift was in terms of branding and how you projected yourself externally. So my focus seemed to be in the way I was exploring was that I was shedding one aspect of identity and moving into a new one.

And then I was letting go of this corporate part of me, but still being a professional and moving into a different way of serving corporate. No longer from the inside, but now from the outside. It's very interesting. And so my focus was on that I think, and me in this new role.

So when I looked at selecting an area to focus on and I did do this, but I don't think I did it consciously. It was what drew me. I looked at what was the biggest shift. And I know this sounds really strange, but I looked at the who, the, what the, why, the, where, and all that stuff, and what kept coming up was this way of working that was very masculine versus a very feminine way. And it's not to say that you don't have one or the other. But I found that in my career, I had been shaped and I guess, influenced and mentored in environments that felt very masculine to me. And the business world that I was in was very much like that. And then here I was shifting and also I've become a mother in this time that my feminine part of me wasn't getting the voice it wanted. And also the aspects of me that I identified as feminine in being a woman in that stage of my life were coming up. And so it was really interesting that I chose that dynamic to explore further. And so I decided to go and explore that.

And so how did I do that while I intuited? And yes, I guess I did intuition back then, but didn't realise I was doing it, but I got this idea to work in a group. And I had a friend who was connected to a psychologist that ran a group over a year, doing a program. And it was a program on getting in touch with your feminine side. And it was for women only. So I chose to sign up for this one year program that was to get me in touch with that part. And we met once a month. And through that course, we explored through meditation. We did expressive artwork and for a whole day, once a month, we worked in circle and it was really just what I needed to be around others who also were willing to be



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vulnerable, but also go through those same changes and share them. And also with a supportive teacher who I could see outside on one-to-one for support, but also as a group. And that was profound. It was a really big experience for me because I had only done professional development related study for most of the time before this. And my whole awakening self was craving a self-development path that wasn't going to give me a certificate to allow me to do my work. I wanted something completely different. So this was a wonderful way to step out of professional development into other development, which was self-development.

So, it worked for me and the doing of that every month was fantastic. So I did this workshop and I'd go away and I give myself permission to go away for a day and come back and be back in my life. But the, the way that it shifted my energy and the way that it impressed upon me, profound changes was something that I will always be grateful for. And it really made a huge difference that I did it with a very dear friend of mine because I didn't expect her to be my psychological support, but she was there as my buddy, my support buddy, if I can call it that. And that made a huge difference. And I don't think I could have done it if it wasn't for her being there on my side saying, you're going to be okay doing this I'm here.

And I won't go to any of the processes that we did in that work. I might share that some other day, but let's just say I pushed myself out of my comfort zone. I cannot even begin to describe how much I went out of my comfort zone. And that was pretty cool. But at the time, sometimes I'd say, wow, did I really do that? So that's important to also think of how else do you shift, but to push yourself out of your comfort zone.

So then I had the breaks and how did I do the brakes to allow myself to balance and integrate? Well, they're naturally built in. I was a, a mother, as I said, of young kids, I had a daughter that was four and a son that was eight. And I had work in my business. So between that and my husband and my house and everything that we had going on, I had a lot of other things in life to ground me, reality grounded me.

And the other thing I also did was at that time in life, I don't know how I did it, but I did find some time to exercise. And I was a lot fitter then, than I am now, but I, um, I think I even did bootcamp in the morning. I was really gung ho about doing bootcamp and I, I'm not a morning person, but I was doing classes at 6:30 in the morning in the middle of July. Didn't last very long, but there were the point is I just want to share with you that I balanced out this very intense comfort zone, breaking development with normal life. And in my normal life, I was able to ground myself and make sure I stayed in the present and didn't get too lost in that. And if I didn't, if I didn't feel right, I was able to get support one-on-one. So I balanced it out. I guess I had that triangle of support going my life, um, the one-on-one and the group. And that was really helpful. And it really took me through a lot of insights and a lot of awareness and a lot of change.

And so I did my review because that was actually part of the workshop that you would do the review. And I iteratively went through this, so I'd come away and I would over the month, do some self journaling and work on that. And when I saw, I had a coach, I was seen as well, and I made sure that I had conversations that brought everything together. And that was my way of making sure I did the best I could with this whole process. And one thing I noticed is that I may not have thought that they were big insights because it was all going on inside of me. And it was my world, but the person



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who I'd be sharing it with would say, Oh, wow, that's a big shift for you, Jenn. And I didn't realise that was happening. So again, lots of things going on with the review process.

So as I said, this particular process was over a year. It wasn't short. I talked about it not being something you do quickly, but I did it in chunks that were digestible and not too much for me. And therefore I was able to process over time rather than immerse myself too much. And I did do the occasional workshop in the same group. So I did do some intensives, but over that whole year, there was definitely a shift. And I did other things too, which I'll mention another time.

Then it came down to the action piece. So after each iteration of insight and when I got to be aware of, okay, maybe I'll experiment. So remember I talked about the fact that you have an external and an internal shift going on. I've got so much going on inside me that I needed to practise and play with the outside. And I'll give you the best metaphor is prior to this workshop, you would probably find me in a grey suit, very presentable with the right shoes and very non-discreet earrings. And you wouldn't probably notice me. I looked very professional and I always did. And I, yeah, it was my thing. But I was fitting into the world that I had been in. And, and then in this work, I started to play with some not so professional ways of dressing. And let's just say that I went the other end of this extreme spectrum and my family were having a good laugh with me because I remember visiting my family and I'd been in this program for about six months and I was exploring frilly skirts and things like that, that they're like, what are you wearing that for? Jewellery that I'd never worn before? And they're like, why are you wearing that? Because up until then, I hadn't ever done that before. And for me it was a playing exploration. So I'm giving you the simple one, cause there's a lot more deeper changes that I put in place and actions, but it was very threatening for me to step out like that. And if it wasn't for the group supporting me saying, Hey, you know, it's okay to just try and see how you feel. And then I was like, Oh, actually I feel okay.

So I'm giving you this as an example. There's a lot more to it. The key thing is, is that when I look back and apply the process that I just gave you to a real life experience in my life, this is what happens. And if I'd missed one of those steps, like if I hadn't done the breaks or if I hadn't done the review and integration and reflection then I might not have gotten the most out of that and I might not be where I am now, because in that time I gained an enormous amount of confidence in myself. I healed some really big things in my life and I was doing a lot of other work in other areas. And then it set me up for the next year to start in a whole new direction of personal development and growth with other formal studies that I never would have ever explored before. And that's why I'm here doing this today.

So I'm sharing that. I'm hoping that's helpful. And I'm hoping that me opening up about my own journey gives you some confidence that whatever you're doing in your life, you can do something now to take yourself forward in letting go of aspects of your self.

So thank you for listening to this episode. It is intended to wrap up the aspects of self part of letting go for this podcast series I will do another episode coming up soon on letting go of roles. And I've probably touched a little bit of that anyway, when I did the letting go of aspects of parenting. But I want to specifically talk about roles and identity around that and what it means to change roles in your life and how that affects you and how you let go of old and move into the new.



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So as always, I encourage you to connect with me. I hang out on social media in different places. Mostly you can find me on Instagram. But if you're in the professional world, there's a profile on LinkedIn and there's a Facebook page, which I'll share updates once in a while and once in a while on Twitter. But I don't engage as much as probably other people do, but if you want to get inspirational posts and just every once in a while, catch what I'm sharing, then please do that.

If you don't do social media and you don't even want to go on those places, then by all means, sign up for my newsletter. All you need to do is go to my website and sign up for that newsletter. I send it out once a month and I always include a reflection practise, which eventually is on the blog. But I do put some real thought into what to say to help you each month. And I will include all the blog posts and podcast episode links, just in case you missed those and any special offers that are offered to newsletter subscribers, like discounts on coaching. So take all that have fun. And I really do look forward to hearing from you and learning what you're going through. Take care.

### 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](http://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."