

The Limitless Life Experience Podcast

The Convo About Owning Who You Are with Shayla Locklear

Transcript

Weak people are always going to try to get in your head because they don't want anybody else to be more powerful than them. And they also don't want to see their truth. So when someone comes and shows them and shines a light on what's possible, and they're not there yet, and they're in a negative state then of course they're going to be like, that's too much, that's this, that's that.

Welcome to the Limitless Life Experience podcast with me, your host, Suzy Ashworth, I'm a mum of three, seven-figure, serial entrepreneur, Hay House international keynote speaker, quantum transformation and embodiment coach, and believer in miracles. My superpower is helping female entrepreneurs like you create six-figure breakthroughs in your business fast, so that you can expand into limitless living and create an incredibly positive difference in the world. In this space you will hear me talk all about wealth, yourself, spirit, and impact. This is the Limitless Life experience podcast.

Suzy: Hello, hello Shayla. How you doing babe?

Shayla: Oh my gosh. I am amazing. I'm literally like smiling from ear to ear, if you can hear that, um, being here, I'm so excited.

Suzy: Oh, can you please tell the people who you are and, what you did?

Shayla: It's not a loaded question. Um, and what day is today? Let's see, let's figure that out. But let's, let's dive in. So Shayla Locklear, I'm a high performance coach and business consultant for, um, multi-passionate multifaceted entrepreneurs. Um, that's the long and the short of it. So what I really do with my clients is there's two realms. I work with the, the mind and the spirit and my high-performance coaching. And then I also have a marketing communications agency, so I work on marketing, copywriting, emailing, um, all of those beautiful things. I, I love taking my clients like, taking my clients' essence. I always say, and I put their DNA throughout their businesses. So that's, that's me in a nutshell.

Suzy: I don't know if nutshell is quite the right word to ever describe you. I am really delighted to have you in this space. It's a real honor. We first met. Is it just over a year ago? Maybe a year and a half ago. Yeah. When we did our quantum healing certification in Costa Rica and it was so funny, cause you turned up a couple of, I think it was a couple of days late. Wasn't it?

Shayla: Haha, like typical me.

Suzy: She just like came rocking into the tree house area. A couple of days late, we'd all been expecting you and we'd been holding this space for you, but this just huge, huge personality walked in and actually personality isn't the right word. The word is essence that you just said that you look to extract and then infuse in your client's work. And I think that your essence is strong, It's big it's bold, it's beautiful. And I am curious to know whether this was - obviously it's a gift that you were born with - but I wonder, have you always been like this or is it something that you have grown into over the years?

Shayla: I feel that I have grown into this, but as we all know, you, your soul shows you signs, um, all throughout your life. So I would say, you know, I'm just now coming into to the essence of Shayla to really owning that. But it's funny because I run into people from high school and middle school, you know, things like that, and they're like, you've always been this way. And I'm like, what? Like I never saw my, you know, I never saw myself like this, but they're like, no, no, you've always been this way. So I guess a little of both, but on my end I feel like, and I think all of us, at a point we feel like we're just continually as we grow, and as we learn and as the, as we shed the layers and as we strip back of remembering who we always have been. So it's both, it's both.

Suzy: Do you think, I mean, when you say your old friends say that you've always been like that, I wonder how commonly do you see that in your clients? So you see them in their brightest, their fullest, their highest when you decide to work with somebody, regardless of the position that they're in. How many of your clients know their greatness before they start working with you? I feel that we know, we just shy away from it. Because it's so massive and it's so bright and it might sound really what I want to say. It might sound very like, of course you would say that, but it's, to me it's the truth. Like it's very much something that I can't not see. Right? Like I can't help, but see you at your highest. And so my job and, and what I've been put on this Earth to do is, um, one of my goals is to rapidly expand, expand consciousness on this Earth. And what I take that to be is rapidly help you see who you've always been, so you can go and do the things that you're supposed to do in the, in the vastness of what you're supposed to do. And a lot of us play small.. because we are afraid of the truth of the matter. Like, who am I to be this big? Or I've never seen somebody do this. Why am I called? Or like, what does this look like? Or, like, what if it actually works? Yeah.

Suzy: Yeah. When, when do you think that you shed the doubt around being allowed to use that kind of language and step into your own thickness? When did you, when.. if you had to pinpoint, like, that was a moment where things started to change, because the language that you use, like expand the consciousness of the planet, it's like they're big words. When did you step into that?

Shayla: You know, I played around for a while. Um, I've played around for a while because I, speaking of quantum healing, I guess this is, this is actually perfect. Of course. So I've always in a sense known that there's been some spiritual side to me that I wasn't fully owning or aware of, but not quite sure of. And so when I started online business, especially, and started working with individuals and, and, um, growing, growing my coaching consulting business, there was an essence of like, okay, we're going to do the things of course, when we talk about business strategy and all of that fun stuff. Yes. But there was always another side of me another essence of like this intuition and this source that like, I would just use with my clients, like, there's the strategy, and then there's a source. I never really said what the source was or what the spirit was, I kind of just had the intuition of like, this is what we should do. And yeah, this looks right on paper, but this is what we should, this is what I'm feeling, this is what we should do. And I never really said much about the spiritual side. I just didn't. And eventually I was like, I'm hiding, I'm not telling the truth about who I am, because I'm like, can you use spirit in marketing? Can you use spirit in copywriting? Can you use spirit in business? Like, I don't really, I hear some people talking about it, but they're millionaires and I'm not there yet. So do you have the right to say that, you know? So I started to sprinkle it in a little bit and kind of tiptoe and see what people would say, like see what the reaction was. And, um, you know, people, I would, I would say something here and I post something there and then, you know, I kind of go back and forth. I do a full on like, you know, strategies, you know, regular posts and then I do some spiritual stuff. And then I go back and forth and, and just feel out my way until I was like fully ready to go dive in and go deep. And quantum healing to me was a really big shift in that, because I felt like I found my people. And I wasn't weird, and they were so much more advanced. A lot of them were so much more advanced than me. And I think I told this story where like, that was my first quote, unquote spiritual modality, which most people never believed because they're like, how, how is that possible? And I went, I didn't know I was going to for like the top one, right? Like one of the top, I was like, I just dove in and I'm like, this is what my spirit felt. I'm going to go there. But I went and even coming in, I felt like, Oh my God, I'm such a baby compared to everybody. But no one knew that that was my first modality of spirituality. Um, and that certification. So that was my first real, like, step into, okay, here we go. Like, now I'm going to talk about it, now I'm going to do it. And I still, honestly, to this day, feel like a baby. And I still honestly feel like I'm tiptoeing and I'm not like completely letting out everything. So it's, it's a, it's a journey.

Suzy: Yeah, it totally is. I didn't know that that was your first modality in terms of spirituality. And for me, it wasn't my first modality, but it was certainly a huge, huge turning point for me when it came to understanding what it meant to go beyond my mind and the power of playing in the quantum, it was such an incredible experience. Did you then come to Wild Leadership?

Shayla: Yes, I did.

Suzy: Yeah. Okay. We just, we just hang out in Costa Rica all the time.

Shayla: I'm like ready to go but I think in my mind, like my body is like ready, so ready right now. And obviously the world and everything else, but they're like, where's Costa Rica was supposed to happen. Like how many times right now, like I know. It's just every December I'm supposed to be in Costa Rica for something like, this is how it's supposed to work

Suzy: 2021, we're back there, we're back there. When I'm talking to you, the quote that is just coming into my mind again and again, and again, is that one shared by Mary-Anne Williams? It's not that we are scared of our, I don't know where she uses our smallness. It's our greatness that we are afraid of. And I really, really believe that to be true. And just very recently, I've been playing around with accessing, re-activating my divine feminine codes. Re-activating my divine masculine codes. And when I go into that space, I feel like I feel the room, my energy feels so, so expansive. And I remember just thinking to myself, is this allowed, like, surely this is going to be too much. And the interesting thing was I realized that one, we don't have to be fully on the whole time. We can turn it up and down depending on the situation that we're in. But it was just really interesting to me that that thought did come into my mind. Like I literally felt like, wow, my energy is filling this room. I don't think it would be normal to walk around like this and without wanting to put you on a pedestal but I think what's interesting when I see your posts and I see your real self-admiration for your look for your beauty, for the way that you choose to show up. Like, I really feel self-adoration from you. So it's interesting when you say, and I still feel like I'm not fully owning it. What does really fully owning it really look like and mean to you?

Shayla: Right? Well, Oh gosh. That's an amazing question because what I've found, um, and I'm sure you've felt the same way and experienced this, is like, we separate ourselves so much from everybody else, like the whole pedestal thing. And we look at the people that we adore. We look at the people that, you know, are making more money than us or our mentors or just even our friends, you know? And we're like, they've got to have it all together. They've got to, they've got to know how, like, how do you do that? How do you do? And I just feel like I've learned after not only being in behind the scenes of like my clients who are multimillionaires, you know, and, and friends, and just really having these real conversations. It's like, listen, you guys, nobody, I'm sorry. Nobody has it together as much as you think that they do. And this is not like a misery loves company, it's a truth. So once you are able to drop that and be like, okay, they're just a person, rather superhuman or not, but a person like me. You get to see these things in a whole different light. And for me,

like it was a, it was a challenge. And still sometimes is a challenge where I'm like, like, you know, here's my here are my pictures here is my beauty, here's what I'm saying, here's what I'm owning and is it too much? And I have, you know, we all have family and friends and I still have people that I absolutely adore. Right? And I had this, I just went through another, um, I feel like another level has been shed or upheveled, whatever you want to call it these past few months. But there was a moment where like, I was breaking down because my family was like, and this quarantine and everything else happened. We got so much closer, which I'm so thankful for. But we were talking all the time. Right? And I felt, and they were like, Shayla, Oh my gosh. Like they were like using the words, like you're so extra, that's too much. You're this, you're that. You can't expect that blah, blah, blah, blah. And I was literally losing it. Like I was like, everybody needs to shut up. And I was like talking to my coach at the time. I'm like, you know, almost breaking it down. Like, am I too much? I'm too much. I'm too much. I'm too much. Right? Like once again, everybody is coming at me at every single possible angle, I'm too much. I need to stop now. And she was like, no, no, no, no, no. This is just the tipping point. Now it's because if you can't take that type of stuff from your family, then how are you going to take it from the world who is going to say that because they're not grounded in their truth. So of course, they're going to be like, I like to say this and it sounds really bad, but weak people are always going to try to get in your head because they can't, they don't want anybody else to be more powerful than them. And they also don't want to see their truth. So when someone comes and shows them and shines a light on what's possible, and they're not there yet. And they're in a negative state then of course, they're going to be like, Oh, that's too much. That's this that's that. But we live in a world that was created for us to have all and more than we desire, so what is too much, what does that even mean? Is it possible?

Suzy: How do you think that when I hear all of that, I'm like, I love it, and I'm so curious. We've had this conversation offline to own yourself. This fully was acknowledging that there's still more to go, but as a black woman in the States right now, for me, it adds another dimension.

Because just, just because, like literally just because you are a black woman, then I feel like there is another layer of courageousness required for you to come on this podcast and speak in the way that you've just spoken. Would you agree with that or not?

Shayla: I think so. I would agree a hundred percent, um, because of so much. Look, there, there obviously is so much going on right now, especially in the, in the light of, of race and ethnicity and, you know, fairness and all of this stuff. And, um, just the state of the world and systems that are being dismantled, that was never meant for, I will say black women, black men and people, you know, in general to succeed in, so it is what you would say, bold or courageous to come speak this way and to still stand out and still be that person who chooses to, to utilize her platform for

whatever, whatever it is, whatever I'm doing, you know, at the time. And I feel like, although it is audacious in the best way possible, it's the only way change is going to happen. And it's my job also to, and we did yeah, we did talk about this offline, but it's my job to find my role in what's happening right now. Some people are front liners, right? Some people are marching. Some people are doing this. Some people doing that, some people are speaking on this. Some people are speaking on that. And I had to find my truth and find my role in all of this to be able to confidently come back and confidently be who, who I know I'm supposed to be. So some people like where we're having the conversation about systemic racism and, um, you know, systematic racism and things like that. I'm not saying I don't have those conversations because I do, but it's also like I had to sit and say, God put me in this Universe, where am I most needed now in this, in this world where so many things are happening. And what I was shown is exactly where you are. Keep speaking, keep talking, keep being yourself, keep showing what's possible. Not only for women, but for black women. And that's what I'm doing.

Suzy: What's the big vision for you? Like if you think I often say to my clients who get all caught up, or get all tied and wound up about what is happening in the moment. And we know that for full expansion and to increase our capacity, to receive, rather than trying to grip on and hold tight to what's happening now, we have to release and become unattached to how things show up in the present moment. And one of the tools that I invite people to do is to zoom out to ten years time and imagine looking back on the launch or the book release or whatever it is that you're working on and realize that it was just the tip of the tip of the tip. And no matter how successful or unsuccessful, it is in the moment, when look at where you've got to in ten years, time doesn't matter what has happened, you will look at it as being insignificant because so much more greatness is what you are destined for. So my question is, is, you know, what is the greatness that you are destined for? What position?

Shayla: That's a, yes, that's an amazing question and yes, I utilize the same tools with, with myself, with my clients, you know, the vision beyond the vision because we can get so wrapped up. And that's a great reminder for me. Like, I, I think, um, a lot of the times too, like what people don't see as the backend of what all of us go through and, um, like you would never know these past few months what's actually happening in my business. And the back end of that, it's nuts. Most people would like be like, are you serious? And I'm like, yeah. And then just smile. And not that it looks a fake thing. It's not, but it's choosing to be like, what is that vision? Just like you said, like, okay, right now, this, this doesn't feel good. This is hard. This is challenging. I feel like I'm being attacked, but whatever, whatever, but what's the vision? So that's what keeps me going. But my vision beyond the vision is, is I wish I had an exact answer. I wish I did because it's so like, I don't like to limit myself so even that is like, yeah, I can say that. Or I see that, but it's bigger. So I know that I'm

meant for, um, multimillions billions of course that's a duh. Like, that's just what happens for us, but where I will be, what my company will be, I think it's going to be so much more than I can even imagine. I would say, like, I'm a, I'm just like my clients, I'm a multifaceted multi-passionate entrepreneur. So I know that property, um, worldwide property is in my, is in my vision. I know that, um, physical location businesses, uh, especially in the health food realm is part of what I'll be doing. I know I will have a, uh, investment firm, cause that's something that's on, that's really heavy on my heart. Um, I know that I will have spoken on stages with, with leaders across the world. I've already done some of that. So obviously it's going to keep happening. There's a book in there or 12, I don't know how they're going to get written, but they're there. Um, I'm like, I don't know how they're going to get written, but they're there. Um, there I, my I'm a catalyst, right? I'm the catalyst for change. I'm like, that's what I do for individuals. So I can only imagine what's going to happen for myself, but bigger than just these things who I am going to be is, is who I've always been in bigger.

Suzy: I love that. I love that. Do you ever feel afraid?

Shayla: Every day. Like all the time. Like it's, it's, uh, for those of us who live a life of evolution over a lifetime who we've understand that, um, there's never an end to this until we're until our physical is no longer here. And then we go back to our spirit, you know, we under.. we.. it's it's never ending. And those of us who live a life like that, who choose greatness like that, we, we choose to suffer and by suffer. I mean, we choose to do uncomfortable things over and over and over and over and over again, because that's where growth happens. So am I fearful all the time? Because it's like, what's next? What's this? What's that? Oh my God. Wow. Huh? Can I do that? Are you serious? And we're always upleveling always. So I've never done it before. I've never reached that height. I'm going bigger than this now? Is that possible? Oh, crap. You know, so it's, it's, I'm not going to say I live in a state of fear. Cause that sounds like horrible, but yeah, it kind of is, but I don't look at fear as a bad thing. It's more so like, I've never done this before, I'm just trying to calibrate my energy to this new energy. It's not there yet, so I'm a little afraid, and that's okay.

Suzy: I think that often we try to 1. avoid it, or we make up stories about people after listening to interviews like this, that fear doesn't exist for you, that you sound fearless. So I love the fact that you're like every day is scary, how do the people in your life keep up with that?

Shayla: You know, it's funny because they tend to just leave me be, cause they know, they know that like if I don't, um, like my mom, it's hilarious, it's a, don't ask, don't tell. Black mothers just like, okay. Um, my, well, I don't have a significant other right now, but, um, and that's a whole different other story, but.. but what I

did? He was, you know, he was amazing in that. And he supported me very well in all of this. And he was the person who was more so of a tactical logical thinker. He's in IT so everything's logical, you know? And, um, I loved that almost balance or harmony that we had because, because I'm, so if you want to, like we say fearless, but also fearful. Yeah. Um, I'm, I'm more willing to take risks than he was. And he would balance me out by not holding me back, but just asking the questions that I needed. Like, yeah. That's great. But also, yeah. Awesome. Okay, cool. Thank you. Um, so I feel like people learn just from my energies that there's one of two ways you can you're with me and we go and we do this, or you just don't ask, just don't because you're not going to hear what you want or you'll be like, what? And I also don't need your energetic disbelief to hold me back.

Suzy: I'm not, I think people under estimate and tolerate other people's negative beliefs about the possibility of their achievement way too much, way too much.

Shayla: It's nobody else who has to do this except for you. And the other thing like, um, you know, as far as like my children, you know, I, I, you have children as well. So me doing all of this and experiencing this and, and being example is so funny, because one I'm telling my kids certain things, and right now they're into, you know, traditional schooling. So we say, so like, um, with, with how the world works right now, their school they're in school two days a week, and then they're homeschooled three days a week. So it's a little bit different now, but like, you know, when I'm telling my kids or talking about my kids or I'm saying what's going on my business and I'm like, you know, one day I remember it was like midnight and I had just closed a deal with like a super, like amazing multimillion dollar client. And I was like, you know, I'm like cheering. I'm like, yes. You know, I just got this the most amazing, like next level, multimillion dollar client and my son, like what, you know, and to see that is amazing, but also it's a little bit like fearful because you know, kids talk, so they're going, and they're telling their friends and things of that sort. And when their friends and their friends' parents don't live that life, it's a little weird in a sense. Yeah. Additionally, and when I'm like, Oh yeah, I do this. And I do that. And that cost this and that cost that. I don't really care, like whatever, you know, and it's not that I'm throwing money around, but it's like, just when you're asking me questions and kids are saying, you know, I'm telling you the truth about things and they're, and, and wondering like what is going through their minds, their friend's minds, their friends' parents minds, you know, when they're, when they're saying all of this and also, you know, me on mine as well, like I'm very Shayla. Um, and I had PT, you know, I have I've, I'm not in the PTA for a reason, but I have people at the PTA who are my friends who see all of this, principals who see all of this and everything. And I'm like, what are they, what are they, what are they gonna think of me, of my kids, but also I'm like, fuck it. I can't tell you what it is, what it is. Cause this is my truth.

Suzy: Yeah. Do you ever, I mean, it's such a big conversation around the kids and I was literally just having a conversation with Jerome about giving Caesar my old iPhone. And I'm a little bit antsy and Jerome wants to do it. And I'm just like, you know, you gotta, you gotta want it. You gotta be hungry for it. You can't just expect it. And Caesar has a great work ethic. He has a really great work ethic. I like to say that he'd inherited that from me, but I, I know that you, uh, your background and growing up, well, I don't know in detail, but it wasn't full of abundance, right? It was pretty challenging. Have I got that right? Or have I just made it up?

Shayla: Yeah, yeah, yeah, no, no, it definitely was like, I mean, here's the thing I never like to say that I started from the bottom, but I think we all in a sense did in some way, shape or form um, my family, weren't the poorest. No, no, no. Like my mom was a teacher, I'm in a great school system and my dad was an entrepreneur and a paralegal and a musician. So it wasn't like we were broke, right? But I remember clearly times, you know, that, and, and to be honest, you know, our family had its struggles. Like my dad was in and out of jail at times. So there was a lot of things that were on my mother. Right? And my mom is, you know, I get a lot of my work ethic too, from my mother and both my mother and my father, let me say that, but there were times she was alone and I'm an ambitious child and I want this and I want that and I want to do this and I want to do that. And she made sure that me and my sister were able to do that. But I remember hearing those things like, we don't have the money or we don't, you know, not often, but you could feel that though, like, as a kid, like I look back, I can look at times where my mom didn't say it, but I knew it, you know? So I was always like, since I was 12, I've worked right. I have in some way, shape or form, whether it was modelling, whether it was teaching, whether it was this, whether it was that, like, I always worked. I remember I, I was ready to like at 16, I got my first like retail job on commission, you know, it was at the Buckle and I was selling clothes. I was so excited about that, but I always worked, you know, I, and on top of that, I was ambitious. So I always worked, I always had, um, academics and sports. So I was just from the top, there's overachiever in a sense. And so now when I look at that, like with my children and, um, trying to, it's a, I don't know if you feel like it's a double edged sword, right. Because I think when we get, especially as spiritual entrepreneurs, when we get to this point, we're talking about ease and we're talking about flow and we're talking about, you know, I don't need to earn because I'm intrinsically, um, worthy. Right? So there's that. And then there's the part of me where like, I'm looking at my kids like, y'all don't do anything like, you have not worked for this, right? You haven't worked for this on the other side I'm like, ease flow. Like I'm born worthy. There's nothing I have to do, except for sit here and allow the energy to be an energetic match for it. So I struggle with, I really do with how to teach my kids both. But I didn't learn both. I learned one and then phased into the other. Like I want to say I'm more of [...] parent, you know? So trying to figure out what's the best way to do all of this in a way that makes sense for you and your family. Um, I felt like you

said, I thought my, all my kids actually, while my daughter bought hers, the first one I gave her and then she bought her own after she lost it. Um, so I was like, well, whatever, I don't care. Like I'm not buying another one. Like you have an iPad, you have this, you have that. So she bought her own and she's a little bit like me as well, but also very, what I feel like is lazy, but I feel like I just hadn't figured out the tick in her yet. And she's 16. So I'm like, girl, you gotta get on it. Um, but I know she likes, she loves the money. So she's like her mama, but, but the other things, it's a whole different story. My boys they're.. and also all my kids are very active too. So like they're in sports. They, you know, I put that into them. I think that's very important. The, and that's another struggle with competition and all this other stuff, but I think athletics for children are a very great outlet. I think music for children are very great outlet. All those things are very great outlets. Um, so, but my boys just got their phones, right. My boys are just turned 13 and 11, so they just got their phones. Um, but it's not like they didn't have iPads or computers or anything else and yeah, I'm paying for it. And I'm looking now like, okay, cause they, they utilize of course their phones, like anything. Um, and, and trying to, to find that, like you said, that, that, how, how do I instill this work ethic inside of them? And it's hard when like my daughter per se love her to death school and academics is not her thing. It's not that she's not smart. She's not interested. So it's holding teeth to get her to do anything. And it's like, I have to, at 16, I have to, and she's homeschooled like she was before pandemic and everything else. So to watch to this, to that, have you done this? Have you done that? What are we doing? How can we have been done? Like, it's literally like that. But she's also an entrepreneurial spirit who has her own Etsy business and has for like three, four years. Who also works. You know, she works at her old gymnastics gym. She's going to do another job. Like, so that's one side and who's also a top athlete. Then my boys are athletic, like athletically inclined and also academically inclined. And then on top of that, I'm like, well now, because I have nothing to say really, besides like every once in a while, I'm like, I have to get onto them about academics. But other than that, no. And normally that's the pull for parents. Like, you gotta go to school, you know, if you don't do your school, then you can't have this. But if they're doing all of that then what do I say?

Suzy: Yeah, you've just got to give him a break. Where do you find all of the time? Because you, uh, you know, when you're homeschooling at that age, you know, my I'm lucky because Jerome does the homeschooling here right now and the kids will be going back into school. I have a lot of support there. And I just wonder, do you have that internal struggle of where to put your attention, because it sounds like a lot.

Shayla: Um, it is a lot. It is a lot. And, um, it is, it's a struggle. It is because I'm a, I don't, I don't like to say single parent because I do have a lot of support from their father, but I'm a solo parent. And so now, right now, what we're doing is my 16 year

old, obviously, um, she's homeschooled a hundred percent. She may be going back in traditional schooling. My boys are half and half because of the pandemic and things are going. So they go two days a week. And then they're here three days on top of being in 12 different places at once for afterschool activities and everything else that we have to do. And, um, you know, everything that I want them to do. So I don't know where the time comes from. I can't tell you besides the fact of I'm running a multi-six-figure, two multi-six-figure businesses. So I say I'm thankful and I'm grateful for, for the expansion of time that obviously God in this Universe has given me, but I have no clue. I cannot tell you the exact methodology that I do. And I do have guilt a lot about a lot of things, but in order for me to push forward, I've learned that I don't strive for balance in my life because I don't like that word. I think it's bullshit. I think it puts false pretenses on everybody because they're saying that things can be even, or 50% all the time and they can't, not in my world. So maybe in somebody else's world, but in my world they can't. So my, my goal is harmony, because if you think about music, it's not that everything's perfectly pitched it's that they're perfectly pitched and it works together harmoniously. So we may have 1% over here and 5% over here and 20% over here, but in my life that works. So making sure that, like, to take the guilt away from me and also to understand that, like, there is no balance here, it's the harmony that I create. It's speaking to my kids, they understand what's going on. Also, like if I'm feeling that edge or I'm feeling that nudge that I'm like, okay, Shayla, you need to pay more attention to your kids or spend more time with them or do this, or Shayla you need to pay more attention to this business over here or that client over here or this or that. And then giving myself the permission to do that and understanding that it's all working together for the greatest good.

Suzy: Hmm. And how much harmony do you feel that you are achieving for the most part?

Shayla: 50%. It depends on the day, honestly. I mean, I'm pretty like, honestly, I'm pretty, I feel good most of the time, right? Like I really do. So I'm really grateful for that, but that's, that is, that was the work, right? It's the work that I continue to do on myself and on the situation and on, on my businesses and allowing myself to not be perfect and to grow and to, to, I think high-performance women, high performance individuals, people in life, we are so hard on ourselves. We're very hard on ourselves. And so I strive to not let myself off the hook. You know, if there's something that's really like not right. Of course. But also, when you talk about the vision beyond the vision, right? And looking at all of that Shayla, okay, cool. In ten years, in five years, in 20 minutes, is this honestly good about it? No. So I need you to calm down. I need you to decide what you're going to do and then do it. That's it.

Suzy: Yeah. It can't be that easy.

Shayla: It has to be. Otherwise we're going to drive ourselves crazy.

Suzy: Can you, if you had one parting thought that you would love to share with my people, what would you share?

Shayla: I would say this, that we are so much more than we know, and we give ourselves so little credit. And those of us who, as I said before, are in this journey, in this evolution over a lifetime, realize that we have all the time in the world and we have none. So the most important part of knowing that is choosing to live your life in the way that you desire. And if it's not there, change it. This is, we get, you know, as far as I know, we get one time in this, in this physical body and this beautiful vessel that we've been given on this Earth. And I remember hearing this quote and I'm going to butcher it, but you'll get the, you'll get the gist of it. If you leave this Earth, right? And for those of you who believe there's God, you know, and you go up to heaven and God's like: hey, gorgeous person. I love you. You've made it, welcome in. But first I want you to look at something. And God shows you this clipboard, and you see the clipboard and the clipboard is divided into, the paper on clipboard is divided into two things. What you've done and how God saw you and what you should have done. And if those things don't match up, you're going to kick yourself. You're going to be so pissed that you spent time on this Earth doing and being, and allowing bullshit that didn't matter, when you could have chosen the other side. So choose to be that big person. It's not too big. It's not too much. You're not ridiculous. Or maybe you are to the people who choose not to, but you have that inside of you. And it's time to let it out because once you let it out, there's more that's coming. So what you think is big isn't, cause the next level's always there, but that's only if you choose to, to live or to live this lifestyle of evolution over evolution over time, evolution over a life and are open to the possibility of it being bigger, greater, bolder, more amazing than your little eyes. Your little heart, your little mind can imagine, but we have to choose that.

Suzy: Beautiful. Thank you so, so much Shayla, where can my peeps find you?

Shayla: Yes, this has been so fun. So untraditionally you can find me, I will normally tell people, you can go to my website, which is theshaylalocklear.com. But at this point, my website is under construction. So you're just going to see a simple page. It's there. If you want to see it, otherwise you can find me on Facebook at Shayla T Locklear um, that's my personal page, but that's where I do a lot of my biz. And, um, Instagram is [@shaylaunlmtd](https://www.instagram.com/shaylaunlmtd). So that's S H A Y L A U N L M T D. That's where I play. Facebook and Instagram are most of the times where I play. So find me there, message me there, talk to me there. I'm so excited. I can't wait to hear from any and every and all of you and yes, Suzy like, I'm like, it's been such an honor. I like literally, I'm so excited that I'm here and I'm so thankful that we, our worlds collided because you've just been like a angel to me.

Suzy: Oh, bless you. Thank you so much for coming on. I love you dearly and cannot wait for the next time. And if you love this episode, hit me up on the ground and let me know, there were so many tweetables from Shayla in that conversation. Let me know what resonated with you most. And please remember that..

Faith + Action = Miracles

<Quotes>