

Infinite Receiving Podcast

Title: Money Talk with Denise DT

Ep 52

Transcript

This is the Infinite Receiving podcast helping conscious leaders tap into a wealth of abundance across all areas of your life and business. I'm Suzy Ashworth and I'll be sharing with you how you can upgrade your reality through Quantum transformation because you are ready for Infinite Receiving

Hello Hello Hello you gorgeous human being it is Suzy Ashworth here and you are listening to the infinite receiving pod cost. This episode is such a juicy one. I go deep with my friend and original money mentor Denise Duffield Thomas. It's not the first time she's been on the podcast. But the last time she was on it was probably about three years ago, and that there has been a whole lot of life that has happened since the last time we chatted. So this conversation, we don't just talk about money, although I love the fact that Denise shares really openly and really authentically about her own money blocks. And her most commonly recurring one that showed up wildly during the pandemic and COVID and the COVID era which was still in but there was a concentrated period of time where that felt very very alive for her. We talk perimenopause, we talk vaginal dryness. We talk about ballet, we talk about pole dancing, we talk about motherhood we talk about ever we thing. So if you are up for a really juicy conversation, then this is the one for you. A few years ago, I feel like it's like three years ago, I had a conversation with a very special human. And that conversation is actually the highest rated conversation on my podcast still. So we've had some like we've had some big big old names so I'm really excited to be bringing back this person. Can you guess who it is yet? Can you guess who it is yet? Mike did my accent

incredible Denise Duffield Thomas, welcome today's How you doing? Well, thanks for having me back. Again. Suzie. The thing is, the last couple of years have been such a blur. I wouldn't remember that conversation if you pay me a million dollars.

And the thing I'm talking about, if I wanted to say that we talked about Disney World, I've got this, I've got this image in my head, my kids just went to Disneyland Paris, and I've got the Mickey the Minnie Mouse is, and I feel like you spoke about being the star of the show. And I feel like there was some kind of Mickey references. So I do remember that. But other than that, I don't know, either. So let's go again. I mean,

we've had since then we've had COVID. We've had, oh my God, so many things happen. I feel like it's just a black hole of memory. So hopefully we can talk about some news today for you. Yeah, but

it's the fact that you've just said COVID I almost had a little like, memory blank that that had happened in between. So I am curious, what have been the biggest shifts for you since the world closed down?

Oh, man. I mean, first of all, like everyone, I think, you know, it was it was tough, like, I'm an introvert. So I don't really care about you know, I didn't mind living my house for that long. It really didn't bother me. But I think I had so many, just crutches were just getting away from my family. Just just having some time to myself and things like that. But actually what happened for me was my, my recurring money bloke came up, which is I am responsible for everyone. And so I was like, I'm responsible for everyone, I have to make it all okay for everybody and by everyone. It just kind of kept on expanding because I was like, Well clearly, you know, my family and my siblings and my, you know, our parents and making sure that they're all okay, and our staff and our employees, but then it was like our community, you know, making sure that we buy from our local things, but then I just kept on expanding, expanding and I was like, Oh my God, I am literally just feeling responsible and over responsible for everybody. And it really, really did a number on me but also like a lot of people our age. I discovered that one I had I was in perimenopause, and two I discovered that I had ADHD. And that all happened. I feels like a lot of people that you and I both know. And I think it's just the age that we're at that that was that happened to a lot of people because you know, when you're travelling or when you're doing fun stuff, maybe you could just get away with it a little bit. And it just all came to a head because we're all sitting in our houses. And yeah, that's what happened to me.

You just said so many things there. I'm like, where do we actually dive into? I'm interested about how you dealt with the fact that the same money block came up again. Is there any part of you that beats yourself up when you when you catch it? Or is it just you except now that that is actually part of your DNA? And it's okay, it's just how quickly you catch it. What's the vibe that?

Absolutely I really don't beat myself up about it at all. However, though, with that one, I actually didn't see it. I didn't see it at all, because I was just like, just in it, I suppose. And so I was like, right, let's just make sure everyone's okay. I was just like, the flight attendant, you know, like, there's no turbulence, everything's fine. Nobody panic. It's all good. I didn't realise it took me it took me ages, I think to realise that that's what I was doing. And actually, most of those big realisations have come this year. Okay. Yeah. So it took it was like a two year lag of going, No, no, but I am responsible for people. This isn't a recurring money block. I literally am. And to

realise how much I was doing it again, again, even this year and going, Oh, I'm not responsible for everybody. So I didn't catch it. To be honest.

What was the impact of you not catching it, her? Well, the first thing that really took me by surprise, too, is that I just fell into a really full on anxiety. And I didn't tell anybody. And I didn't tell anyone, not because I was embarrassed. It was because I didn't want to burden anyone else with it, including Mark in Well, Mark did see it. He saw it very clearly. Because I was just like, I just I couldn't leave, couldn't leave the couch basically. And but I was getting up and putting makeup on for for interviews. And I was like, everything's fine. I was in that moment. And it wasn't anyone who listened to any interview during that time. Like it was genuine because I was doing it of service. I wanted everyone to, you know, get the information and do all the things and I had to do my bootcamp calls, and I did all the things, but I was just like, I'm just gonna sit on the couch in between, and I cannot I cannot move. I can't, I can't shower. I can't wash my hair. And so the impact of that I went on antidepressants for the first time in my life, which was such a breakthrough, because I would never judge anyone else for it. I totally judged myself for it. And it was such a great, it was just like, oh, you can just fix things. Like I know, it's a quick fix. And you know, please no one sent me messages about that. But it was just like, oh, wow, it's okay to get the help that you need when you need it. But also, I think it No, we didn't go on for too long, I think probably for a year more than anything else. And then I kind of snapped out of it. But then also business was doing really good. So I kind of just went back into like, well, I'll just solve problems with money. I'll say, oh, like so for example. And my sister would never listen to this. So it's fine. But my sister couldn't get a rental. And she's she's 19 years younger than me. And she couldn't get a rental because one she's young doesn't have a great rental history. Or she's a social worker. But also she has like three animals, right? And so I was like, well, we'll just buy a house for you to live in, you know, just things like that, where I was like, Well, I'm making, you know, I'm making good money. So I'll just fit, I'll just fix it. And I did a lot of things like that. And it's only this year that I kind of snapped out of it. And the reason why is because we decided, which we'll talk about in a second, I decided I really wanted to have some time off like and to financially retire when I say financial retire, I don't mean I'm not going to do stuff. It's just I really think you know how you and I, we both go, we think you expand, you expand, but there's always a next level of it. Yeah. And I just think what could I be capable of? I choose to work I choose to make a tonne of money. But um, like, I still kind of have to do launches, I choose it. But I also, you know, still kind of have to. So I was like, what would I What would I do if I really, really truly, truly could choose? And that was the question that we came up

for me about a year or so ago. And so we decided to sell our house to downsize things, all this kind of stuff. But I made that decision. I was like, so stoked. But then the House took six months to sell. And in that time, I really got clear. I was like, Oh, look at all these relationships and all these things that I'm trying to solve with money. And I could really feel them because I was like, I'm done now. And then I'm like, Oh, but I still have to pay for all these things. It was like a real like, Ah, I think but I actually think the reason why the house didn't sell so quickly is because I would have just I wouldn't

have even seen it. What do you mean, you wouldn't have even seen it? I wouldn't have seen,

I wouldn't have seen the money block of I'm responsible for everybody. Okay. And that's why I'm saying it took me two years to see it.

And when you say the money block, like literally your desire and need to help everybody else and be the fixer for everybody else stopped you from receive, it stopped you from being able to sell the house Stopped you for being able to receive that money, which was a record sale for your area as well, which is incredible. It was but the thing about that, though, I thought I thought it was gonna happen in like two weeks. And so from a manifesting point of view, I was like, Is this thing on? Am I broke? Like, am I broken my money manifesting thing, but I realised that it had to be long, because I had to feel that feeling of going, Oh, shit, if I want to, you know, you know, buy this or do this. Like, I can't then solve this person's problem with money. All right? Like I actually had to go, oh, I can't I can't just solve that for you. Until, yeah, so it was good. It was good lesson for me. Well, I was gonna say this is. So I think this is really interesting. And really, really important, because the things I hear, and you're not using this language, but I suppose it's the language that I would use is that first of all, you needed to clean up your energy before you were an energetic match for the setting of the house. Yep. How long? I don't know whether that's the right, this is the right question. But I want to say how long did it take you to realise? Is that the right question I want to the question is, is how did you keep the faith? Because that thing that you just said, Am I broken? I know that everybody has that thought and that fear when they they're like, this is the thing that I want, and it's not happening. Was there any point where you stopped believing that it might happen?

Yes. And, and it felt horrible, because I was like, Well, I teach manifesting. Yes. I'm like, I teach manifesting, and I teach money mindset. And I was doing all the work. And I'm like, uh, well, maybe it's just not for me anymore. And I think this is such a fascinating conversation, too. Because I see it with other people. They'll tell me, Well, I've hit a new income plateau. This one's really real Denise. Yeah. Like, this one is actually real this time. Yeah. And I go, No, it's not. But I was like, Oh, actually, it is

real for me, because that it was the same stuff as before of going. But I've already had my luck. Like, I've already had enough. Who am I to have even more like, Who do you think you are when so many people are struggling in the world? And so I could, I was aware of that. And that's what I was clearing because I was like, Well, if we want to sell this quick, of course, I've got to do my own money mindset work on it. And so I did. And so I was like, I'm doing, I'm doing it. Why, what? And I could see, like the four month mark, I could see that I was doing things that I could I noticed I was doing them, but I couldn't stop it. And it was pulling tarot cards obsessively. Have you ever done that? And they're like, wait, wait, and I was going, No, give me a better card. Give me a different one. And I was asking people and like, and I just couldn't, I couldn't see it for myself. And that's why I think no matter what you do, and I don't want anyone listening to this to feel bad if you teach what you need to learn to, because sometimes you you can't see it for yourself. And what I realised is, that was the painful lesson, I had to clean up some really messy things. Because otherwise, if it had sold really quickly, I literally would have put some things into motion. I can't talk about too much. But I would have put some things into motion that would have been really dumb financial decisions. And it was only because I had to delay that I said no to things. But then I realised Oh, that's actually not, that's not what I want. And that's not healthy. And that's not healthy. And, and it got from that scarcity point of going is this, this is never going to sell. So what am I going to like, what am I going to do? And so that's when I was like, oh, as soon as I learned that lesson, though, you're not gonna be surprised. It actually happened very, very quickly. But it was there were lessons within lessons that I didn't see. And it was that lesson of, you're not responsible for everybody. You don't have to take care of everybody. And it's okay for you to receive even more than you have already more, even more.

What's the process like for you in tidying things up with other people? Or was it an internal thing? Or did you actually have to have the conversations and if you had to have the conversations, what was that? Like?

It was all of those things. It was all of those things? Because actually, the first thing I always do when I manifest something is I do physical decluttering. So Mark and I decided we wanted to sell our house like 23rd of December last year, so we were decluttering we spent our Christmas packing. We're like we're done. We're done. Let's pack. Yeah. And my mum had a friend over for Christmas and she was like what What are they doing? Because we were just packing like mad people. And mom said, Oh, they've made a decision to move. So they just take action like that. So that's always the first thing I do. And then I always do my own mindset work of, you know, we did around the price, letting go of the house saying goodbye to the house, all of the things that that meant. So that's why I thought I was doing the

work, right. And the conversations that I had to start having one perfect example, my sister again, she doesn't listen to this. Her car was breaking down. And she said, Oh, can you? Can you just lend me 15,000 To buy a new car? And part of me was kind of like, Sure. And I just went. So what was really good at having the excuse to say to people, not until our house sells? Yeah. And realising then just taking that pause. Because then what happened after that? She was like, Oh, I got a second opinion. And actually, my car's fine.

I was like, of course she did. Yeah.

So there was a couple of conversations. I had to have like that, where I had to undo commitments. Yeah. And didn't feel good. For sure. Where I was like, hey, remember, I said, you know, we're going to do this, or we're not going to do that anymore, and having to kind of back out of things. But there were still things that I still did. Like, there were still things where I said, Mark, we've made the commitment, you know, investments of like, we've made the commitment, so we have to suck it up and do it. Even though we don't know when our house is gonna sell. And that was paint. That was painful, too. But yeah, just undoing things, but also having that excuse of, well, let's revisit that when the house sells or No, not until the house sells. But actually now realising that that's it should be it actually never conversation.

Yeah. For me, what I hear is you say that is that? Well, there's the invitation for your next level, because now you don't have the house. So you're just gonna have to be on it right off the bat.

But you know what, though? The house doesn't settle till Christmas. Oh, wow. Okay. The house is sold. Yeah, the house is sold now, thank God, but it doesn't settle till Christmas. So it's kind of good. Because it's, you know, when I'm like Suze Orman, she's always said to people, if you get a windfall, if you win the lottery, you know, wait six months to a year to do anything.

I didn't have to,

I have to wait. And so it's given us pause, and I can see already mark, and I jump into things. And then we've gone well, we can't make a decision until December. And then we make we change our mind. And I'm like, this is, this is what we should do take a pause a little bit. So it's, it's taught me that, but it's also taught me that I'm really not attached to anything except for my freedom. And I'm really, really attached to that now. And there's still some things I need to clean up over the next, you know, six months and, and heaps of money leaks as well. And I'll give you an example. I don't want to continue talking in such an oblique kind of fashion. So as well as our house, we also have a farm. And our farm is a hobby rose farm that has been such a money pit. Over the last couple of years, we've put millions of dollars into that. And it's been one of those things where we've had a lot of problems with

counsel, and I've just kind of kept on thinking, I'm just gonna outlast you people with money. I'm just gonna keep on throwing money at it. And what I realised in that period, where I was like, Oh, my God, my husband, because so I was like, you know, what my new philosophy has to be all of my projects are profitable. All of my projects are profitable, because they always are in my business. But all these side things were sneaking in. Yeah, you know, all these little side things where I'm, and I'm like, everything has to everything has to be profitable. So then I started making decisions I am I did a lot of new money things over the last couple of years. What does that mean? You know, just dumb new money decisions, because I've also made some really good investments. So don't worry, I've got lots of investment properties. I'm good. I've got shares of sake, but I've also done lots of dumb new money things. And one of those things I am I bought quite a few classic old cars. I don't think I've seen any pictures of these feel like these are maybe like an old truck but not old.

The day a classic classic old cars, right and so I fell in love with him. But I realised two part of that was no one else will love these cars. I'm going to love them. Right? So and so I bought a combi I bought a Chevy I bought a convertible and it was really fun. But then I realised how high maintenance these cars are right? So my Combi which Love Love, Love Love so such a part of my brand. Gorgeous. Yeah, love it. Yeah, I drove it. I drove it one But most of time, it just lived at the farm. And it's like no airbags, no air conditioning, no suspension. And one time the brakes completely failed, completely failed, right? And, and so these cars are beautiful. And again, I was just like, This is what I mean. But I thought I was like, but I'm not buying like new flashy things. I'm buying like thrifted like and cool cars, right? Yeah, I'm not like blowing it on a Lamborghini. It's like a 1974 Combi totally on brand. And through the business, because it's for photoshoots, right. But then it's so high maintenance that every time something went wrong, there's like one guy in town who can fix it. He's got five other classic cars, he's got one eye and like, can't use the computer and does paper receipt. And the part has to come from America or Germany, and it takes six months. And so part of this process this year was you're too high maintenance, you gotta go, you don't bring enough joy for the stress that you cause me. And so then I went, oh my god, I can hire a combi once a year for \$200. And I do not have to own you and maintain you. And so that's part of the shedding this year is like, no, no, how can I be smarter about this? So that's that's kind of the shedding to have going car. You gotta go. This feels like chillin prosper. And I'm curious, like, how much of your own book are you reading when you have these realisations? Like, oh, I've told the whole world, this is what they need to be doing. And and I'm looking at my own life and be like, oh, I need to do this too.

All the time, I go out of balance, and then have to come back all the time. And I say that in the book, too. I'm like, I am not an expert on this. I wrote this book, because I have workaholic tendencies. And because I have a tendency to overdo things. Yeah, you know, I don't just buy one car I bought, you know, like five classic cars. Because and I think that's, it's a little bit of my ADHD, but also it's just that thing of I love being the one who can, yeah, and the one who has the vision. And the one, you know, sometimes I've I've done things where people said, like, it's not a good investment, or nobody would touch this. And I go, Oh, yes, exactly. And I went, Oh, my God, I don't want to do that anymore. And that's not to say I'm not going to do it again. I'm definitely in an overcorrection phase, even to like we sold a house, which was beautiful. We built it amazing house. But it was in a very public space, as in it was in a very, like, right near the beach, you can see into it was like a and so then now we've moved to the suburbs, very, very quiet. We just I just met a neighbour today. And they're just all just normal families, right? And you're like, Oh, I'm I'm ready for my Millionaire Next Door era. Yeah, I don't need people to know who I am. Also, I actually feel like, I don't know if this is forever. I'm feeling very unambitious at the moment. And I really like it.

This is interesting. So this is something that we talked a little bit about in the first conversation, because you had said, like, you've kind of lost a little bit of the vision after having children, and then you're getting it back. And then I've seen kind of little things online, like with musicals and script writing, and just you kind of playing around with your creativity. And that looks super interesting. But I'm curious about that feeling of not being very ambitious. Because when you say, actually, you've got a big smile on your face there is it feels like there's acceptance and allowance there. And I'm curious about that, because how long have you been doing this? 13 years? 14 years? 10 years?

Yeah, about 14 years and 12 years for money. Bootcamp?

Yeah. And it's always about the next level. So what does that? Yeah, what does that what does? What does that actually mean? Not feeling very ambitious?

Well, I'm so over the over that time. So I've made about close to 30 million Australian dollars, which I don't know what that is in pounds these days. Who knows a lot of money, a lot of money. I really, it's a lot of money. And I've spent it in good ways and bad ways. Let's put it that way. I've helped a lot of people I've helped my family members, I have bought heaps of houses. I've bought heaps of cars. Actually, I my personal car that I drive is like a mum van. So it's not sexy, but I've spent it in great ways investment as well, which was good, but I'm like, I remember I was writing down. So last year, we made 6 million and I'm like, I was writing down like 10 million as a goal. And I just was like for what? For what for why? And that doesn't mean that I won't have big financial goals in the future. But I just I know for the next

year, I'm not that excited about it. Right. And so I'm like, Okay, well, let's take some Time Off. We're going travelling. I'm not. I'm still, you know, doing my money bootcamp and stuff while I'm away. But I'm not putting any new projects in at the moment, no new launches right now. Because I feel like I need a fellow year and a true fellow year, because I've had time off before, but my fellow year was very much like, Hey, look at me, I'm not doing any work. Oh, let me let me. Let me record how much not work I'm doing.

Sure. Let me document.

Yeah, I was like, and then I was like, really, on all my maternity leaves, I was writing books. So it was like, you know, I'm on maternity leave. But I was totally just writing writing books anyway. And so I really just want a bit of a just space. And so I'm doing my last rose farm retreat next week, I will do them again, in the future. I know, but I don't want to have any books in my calendar. And I actually just feel like, I feel like I'm just going to be a completely different person on the other side of this, especially once the house was actually settled. Because even though it it's sold, it still doesn't feel it's there's still a lot of messiness around yeah, you know, and we still have to pay the mortgage to even though the people are living in it. So there's just a little, like, just that uncertainty, but I'm like, oh, Who Will I really be on the other side of that, and I don't think I'm going to be anyone different. But I just think we go through different phases in our life, you know, I'm just about to turn 44, I can feel the power of that of going. There's an there's a next phase here. And I think I think I'll still make a tonne of money, but I just don't feel driven by that at the moment. But also, I don't feel driven to prove anything to anyone around that.

Yeah, I really hear you. We had a team meeting just a couple of days ago. And I was like, I'm not entirely sure what the vision is. Because in the past, it's always been number one of this. And biggest of that, and best of this and biggest of that, and it was like that isn't activating me anymore. It's the That's not the thing. And still actually eight figures in terms of impact, like the idea of touching that number of people is exciting. But what came through was actually five years, 10 years time, I want to be an events company. And I want people to be just as excited when they hear I'm putting an event on as what people are when they hear that Glastonbury is like releasing their first lot of tickets. And it's to be as big as Glastonbury, but it's that excitement and the vibe and that, and that was a totally different intention and a totally different feeling than needing to be number one of anything. So I really, yeah, transitions and phases and seasons, and 44. All of that feels very, very present for me. I'm curious, you mentioned perimenopause. What has that look like?

Because I'm in this weird space of because of our age, like everything is perimenopause. And I'm like, Is it heavy? Is it perimenopause? Or is it just me know when you're pregnant? And everyone's like, it's your hormones. It's this. It's that it's

like, it's all moms. It's just me and then afterwards, you're like, oh, no, it was probably my hormones. So I'm curious what was what's been your experience at the perimenopause?

Well, it started for me. I thought I was going crazy a little bit. I was like really jumpy, clumsy. really anxious. forgetting things brain fog, you know, all the classic kind of things. And I really thought I had dementia. I was like, Oh my God, no, I now I'm like, Oh my god. I can't go pole dancing and leave with my shoes. I'm like, what, what's going on? i

But then also, understanding that if you have ADHD, or you know, something like that, that that can get worse with hormonal stuff, too. But, um, and actually, what happened for me too, because I was getting a lot of like, vaginal dryness can we're allowed to say this on this podcast. And just to really like, like, six walls, just like, gross, but there was like a real morning like, I remember crying about it one time and just going oh, is that it now? Like, oh, is that my is that just my like youth gone? And it was, it was really sad. I was like really crying about it. And I was like, This is so unfair. I've only really just got my mojo back after having kids like this is a design flaw. Can I have a couple of years? Probably got a couple of years in that. But then I realised too and I think this is from going through that process of taking antidepressants for a while and then taking ADHD meds for a while. I was like a convert to I was just like, what, just give me give me the goods. Yeah, give me the stuff and then then it was tricky because it was there's so many different things you can take in do and you know, I was like this things should go up you clacker there's things go around your clicker, there's things that go on. You do all on a different schedule. By the way, there was things that were like Monday, Wednesday, Friday, and then stuff that you take for the second half of your cycle. And I was like, there's so much stuff to remember. And I was like, Hi, now I get like when my Nan, you know, when you like you go Union's house, and she pull out a big pills thing. pillbox and I was like, Oh, I get that. But also, I'm like, Bring on the science. Like, I'll take any, you know, and so I feel like I was really then having to advocate for myself in so many ways perimenopause, but also from ADHD point of view of having to research and then find the connections between things. And then what would happen, and then going to different doctors and saying, Hey, this is what I think I should be on. What do you think? And so it's just a different level of kind of advocating? I think, but I see. I really feel like I'm, like, in that middle age part right of going. Yeah, my my girlhood is gone. And I'm still I'm not quite there yet of going. Okay, what? What is this next? I still want to be like, young, sexy, horned egg. You can be I mean, look, it's what we're in different situations, because obviously, I'm now two and a half years into my separation. So it's been it has been different for me. And I've also done a sex love and relationship coaching programme, because I

wanted to refine that connection with myself. Mine wasn't hormonal, it was relationship wise. But from a sexual perspective, I felt so closed down when my relationship ended. And I too, was like, this cannot be it. Like, I am not accepting that I'm going into my 40s, or I am in my 40s. And apparently, this is when we have our whole new lease of life, because that's the other story that we're told, isn't it? Yeah. So I'm like, I know, everybody who's 40 can be having an amazing, wild, best sex of their life. And me, I'm sat there, like, oh, I don't know how to have an orgasm. Like, we need to like work on this. And so I have had, in my private circles, what is known as my whole bag era, and it has been fun. I love it. We are now on the other side. But it has been, I mean, it's been an incredible journey of self discovery. It's been a whole six coloration. And we don't show the videos of these. But when you said, you know, I still feel young, like I'm sat here with my hair him, like really long extensions and braids. And my girls like copying my hairstyle. I'm like, I am still young. There's a part of me that's like, Don't steal my look. And then I'm a bit like, oh, the girls both want to wear their hair like me. I'm still I wouldn't say holding on. But there is a whole it's like young Suzy with a whole new level of confidence, and a whole new level of self assured surance. And so when I get on the poll, and I'm dancing, and I've kind of got like my ass hanging out on a G string on that there's a there's a level of empowerment like that sexiness actually isn't for anybody else. It's for me, that feels really quite beautiful. So it's also very encouraging, because dementia is my one of my biggest fears. And the level of forgetfulness that I've had, I've definitely had that thought I had brain fog for a little while, and then that's kind of dissipated, but the forgetfulness has really like I'm like, should I be eating more avocados and eating well just stop the sugar and because it's very present for me. Yeah.

And it's, it's scary, I think, to just feeling like that and feeling like, especially for entrepreneurs, right? Because our brains, our creativity is our business. You know, and and for so many of us too. Like, I know that my business couldn't run without me. It's not like I've got, you know, still probably could be better at putting together systems and things like that. But I need to be on my game. And I was thinking what if I go for a speaking engagement? I just can't remember what I'm saying. I have to say though, I did do a speaking engagement at the start of the year, and I had like there was a guy who was a bit drunk and he stood up and said something and people in the audience were so worried for me, I'd forgotten about it by the I completely forgotten about and people are going well you handled that so well. And I was like, what? That guy's the Saviour and I went oh, oh whatever. I don't even Hey, I didn't even remember. And so like, sometimes it's good to not to not have that. And I agree with you about the I still feel really young inside. But I think one symptom that's come up for me is a massive anxiety. So I go between, you

know, strong, powerful woman and like, really strong anxiety. And I really do also feel a lot of compassion for women who have come before us, but also women now, you know, women over 55 have the highest homelessness population. And I can see that, you know, there's so many women who don't have businesses or do not have, you know, a financial backing or whatever I can, how hard would it be to, you know, to start something right now, or to have, you know, when you're dealing with all of the confidence issues, and not have that. So, you know, I think it's great that our generation, we're talking about it, right? Because it's like, get the help you deserve it, get what you need. Because my mum never talked about it, and her mom never talked about it. My mum

definitely never spoke about it. And it is, I think, what is interesting, you said earlier on about the antidepressants is that you never judge anybody else. But the idea of you needing to take pills, that was something that you needed to get your head around. Yeah, to make that okay for you. And I think that there's still some stigma around HRT, and I think that there is an again, it may be the entrepreneurial bubble as well. Like, we can do it. And yeah, depending on which side of the fence that you're on. So I think that this conversation is really important. And I have to say, You look fucking incredible. Oh, thanks.

Thank you, I will receive that. But I do see that, like, you know, I was very much of that. I don't know, find a solution work harder. Like some of those things felt like cheating to me not cheating, or just like, I don't know, not even weakness. I don't even know why I was judging myself for it. But it was. And also because I've been like you as well, you know, I've got a lot of friends who are in that natural health world and things like that, where it's like, everything can be solved with, you know, coconut oil and positive thinking. And sometimes it can, and sometimes it cannot, and, and I actually realised to how much damage I did myself off to having kids because of some of those beliefs that I had in some of those groups that I was in, where I made things so much harder for myself, because I was like, No way I you know, I can't use nipple shields because that's cheating, or and I can't you know, I can't supplement. I can't, I can't take drugs in my birth, like all of those things. And I really like I've had some now that I look back, I went, I'm going oh my god, I was totally postpartum depression stuff. But I've always been great just soldiering on and doing work. And I don't know if that's because I come from a performing background too. It's like, you know, put your hair and makeup on and get out there and the show must go on. And so I was just really hard on myself, and you know, but being in those spaces sometimes wasn't helpful for me. And I have to say to you, and I don't know if you found this people might be bitchy this too. But even during COVID where I found a lot of my spiritual friends, some not close friends, but in the networks, I felt like I lost my religion a little bit in the spiritual world, because

some people were just like, really into conspiracy theories, or just kind of went off the deep end a little bit. And I really felt really lonely because I was like, Oh, my God, some of these spiritual people. No, I'm not trying to be diplomatic here still, but I was like, so I think that kind of made that isolation a little bit worse for me, because I was like, oh, some of the people are not safe for me to take advice from 100% I think that that was a challenging time. I think for me conspiracy theories. I think 5g I think Ray forgot about that one. 5g it was it was very, very very, there was so much cognitive dissonance in so many areas across so many things for the entire world. And then you in the middle of it, and then you're committed like the circles it was and finding your own peace understanding, like what's my truth, like what feels true to me like and then needing to what is research like even you know, even the most basic things like what is research me now was just was really, really challenging. It feels I think, council culture as well in terms of having your own voice and being able to speak all of those things were incredibly difficult, and it probably for me only feels like now actually that there is some it feels like we have moved through the other side of that era.

God gave me flashbacks. There's so many things I realised that were global stresses as well as COVID. You think of all the Donald Trump stuff that was happening, that was very distressing. Things like, very high profile domestic violence trials? Yes. Yeah, a lot of those things where I felt, again, responsible for speaking up, you know, and going against the grain. It's very, very distressing. I remember mark a few times being like, what are you doing? And I'm like, just on Twitter, you know, posting links and like his proof, and you know, you're wrong. And, and he was just like, I think you should go to bed. But I'm like, No, I felt responsible for, you know, speaking up and oh, man. But actually, I noticed this, I was in New York two weeks ago, and my friend was having a photo shoot, and there was this really cool photo wall thing. And she was like, oh, let's get a photo in front of that. And I said to her, yes. But let's make sure we research what that play is before you post it because it could be about like, the Holocaust or something. And like, you don't know, because it was like, poppies. It's Hades town, I still haven't looked at it. And I could see myself getting really agitated by it. And she was like, Yeah, that's fine. I will. And I'm like, no, no, really make sure you research it, because it could be something really, really bad. And then you could be posting a picture of you in front of it. Like she was just going, Yeah, I will. It's fine. And I went, Oh, my God, we are. Yeah, we're so yes, exactly. But you and I, you know, are in that space to where we're not American. But we still have to make sure we know what's going on everywhere. You know. And that's I think that was that part of the overall responsibility thing, because I want to be a good citizen, I want to be inclusive, I want to make sure that I am not

putting my foot in making someone feel excluded all of those things. And I could see myself getting like so hyper vigilant about it.

Do you think that that is part of the reason why you need this follow? Yeah, yeah, yes, for sure. But when I was, when I was over there in March, and I was at an event, I had this experience of fame that I haven't had for a while because of COVID. And I think that made me question even like, how famous do I want to be, as well?

Because that felt very exposing, not from a hyper vigilant kind of way. But just in a like, introvert, don't look at me. I think I need as well. But that's been a question mark for me for a long time. Not that I feel so arrogant that I'm like, Oh, I could be so famous. But I could just see things happening. I'm like, Oh, wow, people really do look up to me. I really, like people do put me on a pedestal. And I that, I mean, it's great, right? It's great for money and impact and all of those things, but and anyone who was at that event, you know, everyone was lovely. And people coming up going, Oh my God, but you're an introvert. How are you doing this? And I was like, because I'm on like, Yeah, but it impacted me so so much in a way that I didn't realise until I was on my way home. And it was just it was just symbolic of just going Yeah, what do I what do I want? And how? It really impacted me in a really surprising way. I didn't expect it.

I would love for you to talk to me. shifting gear. About ballet.

Oh, yes. Yeah.

And you re Yeah, your real immersion into the ballet world. What up? Yeah. Where did that start from? And what was the thing that made you go, I need to put my pumps back on.

Um, I've been looking at stuff like that for a while about like adults dance classes and things. And I kind of told myself, I don't have time, you know, you know, it's like, don't have time, don't have time to commit. And I found an all adults ballet school. So I'm actually probably average age there, if not on the younger side, because it's some it's a curriculum from the Royal Australian Australian ballet called Silver swans. And so which is good, right? Because I was like, I want to go and break my freaking hip here. Not a spring chicken anymore. I have tried pol and I was so bad at it. Really bad at it. My hands were too sweaty. I tried so weird because I don't have sweaty hands. But there's something about being on pole. I don't know. It just gave me instant sweaty hands. And so what I love about it, so I go twice a week. It's during the day, which is great. Because while I'm at home at night, I just want to watch TV. I don't want to do anything. But there's something there about like the preparation of it. So we don't have to put our hair in a bun. You don't have to wear a leotard. You don't have to do anything. You have to probably Polish us if you don't want to. But for me, it's part of the ritual of it. And I just cannot stop smiling when I'm there and it's just it's so wonderful. And even though I'm going to

be travelling for a little bit next year I am going to do exams which we find and we can do point work as well.

Amazing. Easy, can you and you may be might not be able to articulate this but When you say I can't stop smiling, what is it that is making you smile?

There's a couple of things. One, is that something just for me, and I really have to concentrate on it. I don't know if Paul's the same I guess when you learn a new trick like the mind body, you have to really concentrate. So it's it's really a respite from, you know, thinking about work, which I do all the time, because I'm always, you know, always come up with ideas. Also, I think, too, Oh, I love the dog loves dogs coming in. I think to have it finding a school that doesn't treat adult ballet, like an afterthought. You know, it's a dedicated adults studio, and the way that they also are like, you know, if we want to do point, you know, that's a valid goal to do pointe shoes, and we have to, like, get tested on it's not like the 90s were just go don't go get some pointe shoes. You have to like, really work towards it. Now. You have to, like, do toe exercises and all this kind of stuff with a physio. But, um, and I do post about it occasionally. But it's, it's not. It's not to be monetized. You know, it's Yeah. And I think that's probably the next phase I'm in. It's like living, it's living for me not living for, you know, Instagram, which I've never really done. But it's always kind of in the back of my mind. Yeah, for sure. And yeah, it's just, it's super, super, super fun. Yeah,

what I hear is present. And I really relate to that, when I'm in the studio, I'm in the studio. And there's something really beautiful about just seeing myself and the other women in the mirror. And I really love that. And, for me, it's all shapes, all sizes. And so when you see somebody coming in week one, and they're all like, nervous and kind of got their shorts on, and then again, doesn't matter what size they are, by class three, four, they're like in their lingerie, and they're like giving it all and that is amazing. And this, it's just for me. And that I really resonate with that. And we were chatting just before we came on live about the fact that you're going to be travelling with your entire family for five months. And that is exciting, and the dream and hashtag goals for many people. And there's a flip side of you're going to be travelling with your entire family for five months. And I'm curious as an introvert, and you know, for me, I'm an ambivert. Like, I have very extrovert tendencies. But whenever I go and do anything, even when it is with my kids, the first place I will go when we get back into the house is to my bedroom, and I will sit in bed and just decompress. Even if we've had the best time ever. I want to be on my own for a little bit. So what's How are you feeling about this?

Well, to be honest, I haven't been able to think about it too much. Because there's been a lot of other things. And I've really felt in the last year, I can only think one project ahead ahead of time. And I'm hoping that's not going to be like this forever.

It's just the phase. We're in this messy bit. Right. And so it's very much been for me, it's like, okay, next speaking thing, London in March, okay, then it's launched, then it's SMA, then it's New York, then it's I'm doing Rosemont retreat, then it's the lead. So I've only literally been able to think one project ahead of time. So we're leaving the time we're recording this, we're leaving in six weeks, I honestly don't think I'll even be able to think about it until I'm on the plane. Because now I'm like, Okay, I've got a bachelor of other things. So while we're away, we can actually be present. And I am doing a little bit of work there. So I'm doing a two day workshop in Bristol. And then on the way home, I'm doing a speaking gig in Florida. And I've had to say no to everything else. Because as soon as people like oh, you're in Europe, like why don't you know come and do the thing? And like, obviously, I want to come and speak at yours. But like, I've just have to say no, because otherwise it will turn into a work trip. And that's not the point of it. The point of it is, you know, my husband's English, he hasn't been able to see his family for 12 years, like the holidays. Yes, but not for an extended amount of real time. You know, our kids haven't really met their cousins. And so where what was really important for me is that we've got three Airbnb s for about a month at a time. So we're not constantly living out of a suitcase. Yeah, all of our Airbnb ZZ are like, really, you know, six bedrooms and lots of bathrooms because I know, you know, I want my nanny to have her own space too, because that's going to be fun for her travelling with us. 24/7. She's been with us for seven years. So she knows all of our she's seen all the good and bad, and the ugly, but I'm like, Oh, this is me being responsible again. Right. I'm like, you know, I want to make sure she has her own bathroom and I'm going to make sure that she has time off and like go to London for a weekend and see your friends or just go into your room watch TV. You know, my mum to I was like, yeah, come along fine. So I don't know. I really I don't know. I think it's going to actually be real challenge me because I'm not a super present mom. I just I'm not. And it's just my personality. And I'm an introvert. So it's gonna be interesting, but I actually think I might start hyper focusing on stuff, so I might be like, Okay, guys, we're gonna go buy board games. We're gonna play board games now. From now on. Yes. And let's cook and like, because I only cook once a year, but when I do, I'll cook like crazy. I'll, I'll go well, there's no point making one pot of spaghetti. Bolognese I may as well make 10 kilogrammes. Yes. And I like then mark comes in and I'm like, surrounded by mountain of mushrooms because I'm like, if I'm gonna do it, I may as well do it. So I don't know. What's gonna happen. I'm I'm daunted by it. I feel obviously privilege, all that kind of stuff travel. But I really don't think I'll have much time to think about it until I'm on a plane.

Can you talk to me about that not being a present mom. And I have to say that I really it's not obviously the first time you've mentioned that, and I really appreciate it. I don't know whether it is an entrepreneurial thing. I mean, what I've realised again, since separating is I'm a bloody good mum. And I am also a very good Susie. And when I think about my parenting journey, like six months after I had Caesar I was like training to do a cycle from London to Amsterdam, one month after I had Coco I was retraining to be a hypnotherapist and psychotherapist, it's like I've always needed to have stuff that was very much for me. Otherwise, I don't think that I could do it. And so I'm curious about when you say not very present. What does that actually look like in real life? Like, what is your family dynamic?

Well, I'm really lucky to be married to someone who is very present, but also he remembers all of the things you know, so he, he remembers what day they've got sport and who needs a recorder. I don't remember any of that. And I actually have a lot more compassion for my mum now because my mom she was a single mom with probably under diagnosed ADHD and our life was was very chaotic. Right. And so I thought I thought it was a money because of money. It's not because if I was a single parent, it would be the same. Yeah, so it's given me compassion, for sure. You know, even to like if marks away. Like we're always running late places. Yeah. And that was that was my childhood. And I get it. I get that sometimes it's really hard to get people out the door. So that I find that very overwhelming. But the stimulation like the noise stimulation, I can get very overwhelmed. I can very easily have meltdowns at the end of the day, just because I'm just go just go to the toilet. Like, what are we doing here? Like, why are we arguing about this? Let's just go to the toilet, like so simple. And so I actually think I think I'll be better at the emotions stuff. And I think Mark's been really good at the logistics stuff. And I think I think he will struggle a little bit when they're teenagers. But yeah, I just I just get very, very overwhelmed. And you know, I felt very isolated, I think when I first because I didn't know any entrepreneurial parents at first right now. I know heaps, and I can be honest, and all that kind stuff. But I would just meet these people who would just be like, enjoying every minute. Oh, isn't it amazing? Don't you just love every part of being a mom? And I'd be like, No. Really, third, I'd rather be doing my business that's more fun. Like, no, most of this is really hard and horrible and not fun at all. And of course, of course I love them. But yeah, I totally get it. And also, I think the dynamics of that of being the breadwinner. I also had compassion for my grandfather, because I remember thinking my grandfather would come home and he'd be like, you know, watch what he wanted to watch on the telly and, you know, one of these food on the table. And I kind of got that because there's points where I'd be like, Yeah, you guys should all be doing that for me like, like, Yes, bring me a cup of tea. Like I kind of get it now. I'm like, we can watch what I want to watch. I

understand that. That's not the burden, but kind of a bit of the entitlement. I think that you go well I am doing this. And also, you know, also sometimes feeling dismissive of some of that home stuff. You know, because it's just like and we have a lot of home help as well. We have a lot of outsourced help. But I need I really need it for my sanity. I'd rather do everything in my business myself, but like, I couldn't look after the house myself without going a bit cuckoo with it.

Do you ever feel guilty jivochat Mum guilt? No, not that much. I just it's very refreshing. Listening to you because they It feels dislike, I don't know whether it's ever not been like this for you, like in interviews and things, but there's just the level of self acceptance and self awareness, huge amount of self awareness. And then the self acceptance of this is who I am. And have you had to work on that much? Or is that part of again, your DNA,

um, maybe a little bit of both. Like, I really saw my mum, like that she was very self accepting. I kind of saw it as a bad thing. I think growing up on my, you know, maybe should have a bit of mum guilt. The one time I really felt it actually, was when my son was diagnosed with ADHD. Because there was a moment where I went, it's because I really resented breastfeeding him, because it hurts so much. Or it's because at three o'clock in the morning, I'd pat him and I'd go, go the fuck to sleep, go to sleep. And I was like, so resentful. And I was thinking he could feel that. And that's why he's got ADHD. It's really funny, isn't it? Yeah, but that will resonate quick. Yeah, it resonates My My middle child, she has a challenging time with school. And like I said, she was the one where I went and started my training a month after she was born. So one weekend, a month, I would be away for the whole weekend, which meant that I stopped breastfeeding her earlier than what I actually would have chosen to, but just my milk dried up. But I wasn't as present with her as I was with my first and then with my third because you know, it's your last year, you're never going to do it again. And again, another whole level of presence. And so if I'm having an off moment, I'll be like, Oh, it's because I started my training then. And I wasn't as present. And this is why she did it. And it's I have to I have to catch myself on that whenever she's having a difficult time.

Oh, I get it. Especially with all the guilt around screen time and stuff. Like, you know, I was working a lot when I was breastfeeding. I wasn't like gazing into all their eyes. I was like, I'm reading my book, go to the booth. Yeah, so I definitely felt that. And actually, when you were saying that, I didn't think that my third was going to be my last I was like, we're going to do four. So I didn't take the moment to really go.

Wow, this is my last one. I don't even remember. Her just went by in a blur. And she likes she loves her nanny. So she, she's always like, I want Sammy. I'm like, that's because I didn't Well, I wasn't present. Yeah, I wasn't present. But then my other side of it goes, they're gonna be fine. They're gonna be totally fine. They're growing

up. So privilege. I actually worry about the other side of it. I worry about they're going to be too privileged and be horrible, you know, assholes entitled, that's what I worry about more than am I going to screw them up? Because I might I worry about that as well. Clearly, you're very well. But the thing is, the way that you grew up in the way that I grew up, I saw my mom and my dad grafting for just enough. And my kids see me work. But also now the dynamic is because I'm a single mum is that by three o'clock most of the time when they're with me, I've stopped working. So you know, when I was together with their dad, I would be working till five or six every day. Now he's not around. I've finished it three, so they don't see that quite as much. And they can be like, Can I have this there's a level of entitlement that there's no level of expectation that I just didn't have when I was a kid because I knew how hard my mom was working. And if I asked for it, there'd be a whole story about why I should be grateful for what I've got. So I've seen with our kids, where they've like broken something, or you know, lost something. And especially Mark Mark will just be like, oh, I'll just buy them another one. And I'm like, no. But then I'm like, I've been somewhere and I've been like Well, I'm a bit cold. I'll just go buy a jumper, like because I'm like, I've done my time of being cold and hungry. And I'm just gonna go like, I've got a jumper at home, but I'm, I'm cold now. So I'm just gonna go buy one from Kmart. But I'm like, Oh, I don't want them to feel like they can do it. But but but but and here's the healing thing for me, right. I was such a creative kid. But I didn't have a lot of bandwidth to be creative because I had to learn to be a worrywart at a very early age. So Willow. She does. I'm not saying to her go and do art. She'll come home and she'll be like, Oh, look at these things that I've made. Yeah. So she is self driven in her creativity. And I was worried that giving them too much would mean that they wouldn't be self driven. But I'm like, but imagine what I could have done with my personality and bandwidth. Yeah. So that's what I'm trying to kind of imagine. But that's actually a big driver of our move as well, because I realised, I was like, Oh, look at me, look at me breaking all these cycles, look how wealthy I am. And I'm like, what, it's not breaking a cycle if I'm creating a new bad one, but also, if I'm being so, like, not irresponsible with my money, but just like sewing new money with stuff, right. And so I'm like, the greatest gift that Mark and I can give those kids is not a lot of wealth, actually, because we both come from, you know, not very much money, single parents, like just instability. So I'm like, the greatest thing we can give them is a stable childhood. And that doesn't mean like, we're never gonna get divorced, whatever, right? It means just not a lot of just not the stress. Yeah, that him and I both had growing up like that. And so I want them to have emotional stability. And I feel like I need to be in a different place to be able to provide that. They know what's so cute when we told Willow who's nine, that we were selling the house so

we could work less, you know, all that kind of stuff, because we were so sort of saying to where you grown up, grown up enough to hear this. And you know, Danny, and I don't want to work together as closely. That's a whole episode. We don't want to work together as much anymore. You know, mum wants to have some time off. But what and she said, why don't you just read another book? So I was like, we want to sell the house so we can pay off our mortgage and Rio be free. And she was just like, oh, but just just write a book? Oh, no, I've taught it to well, I'm giving it too much of a money mindset. And even, you know, she was doing some rocks, painted rocks, and she's like, I'm gonna do a stole, and I'm gonna sell them for \$10. And I was like, \$10, maybe \$1? No, it like, I'm raising her with, you know, this expansive feeling.

I love that. And I have to say that I think travelling with our kids was one of the best gifts that we ever gave them, and how much they grew up. Oh, 1,000% how much they grew up. Like I remember when I got on the plane to Mexico, I travelled with Coco and Cesar they didn't want to go to they didn't want to get up and go to the toilet. And like after cut, when we came back, their level of confidence and self assuredness and their ability to connect with people, all of that just went straight through the roof. It was amazing. So I think that not only seeing other parts of the world and having that time with you, but I think just the experience of being out of everything that they've ever known is going to be in credible for them. I think it's amazing.

Yes. Well, that's good. I'm looking forward to that. And I think too, it's you know, we've always been able to have the flexibility to do things like you know, drove them just drive them to school or walk them to school, but I know it's that it's that next level of presence where I just, you know, when it's you know, when it's like writing a book, right? Or having things like that you always feel like you've got homework do Yeah. Oh, don't worry about it. And yeah, I know you notice so well. And it's just, I just needed some you know, Hay House was like, let's talk about your next book. I'm like, no, no, I don't want it hanging over my head. No, not yet. So Tom mentioned it earlier on. You're doing two events whilst you are here, which is super exciting. So you've got one with Hay House in Bristol? What are the dates? Oh, god, you're putting me on the spot now. I never I never have to find it's so funny. That's that sounds right to me. That's it's a two day workshop. It's Chilean prosper live. So we're gonna be talking about making people's businesses easier and more chill, which will be fun. That's all on my website, Denise C t.com/events or blink. So there and then I'm speaking at a photography conference in January in Florida on the way home in Florida. So that yes, called back on business of photography.

I like this because a while ago you I don't know whether you still do this, but you created lots of like little books like I don't know it was get rich Lucky Bitch, but it was for specific niches. But photography is one of your niches.

It's it's an it's one of the ones on my to do list. It's a next year. Denise problem.

Yeah. But I have I know I've done money mindset for natural health practitioners that is online. money mindset for writers has been done. But it wasn't quite right, it needs another edit. And I didn't have the energy to do it just yet. So that will come out in the New Year as well. And then money mindset photographers will be on our next list at some point. But I feel like that's how I'm going to continue serving.

Because I love my money bootcamp. I love serving people in my money boot camp. But also I need to activate my imagination. And you'll find new nuances in money mindset and money blocks. So for me exploring different professions, is going to be really fun. But also, it's really great way to not break my business, right? Because it's like, you know, create these resources for different industries. And everyone I always say is at the waterpark, it doesn't matter what slide you get on, everyone always comes out into the same pool at the end. And that's how I see my business is creating all these different waterslides for everyone just go into money boot camp. And I mean, that's for me, it's not that's not going away, if I retire when I retire next year, because it's, I found a business model that really suits my personality, and really works. And it's a way that I can serve people without it being super stressful for me, to be honest,

I love this. And I am super, super excited about the fact that you are going to be coming to infinite receiving live is a big, fucking big deal to be able to Yeah, it's a really big deal. I you know, this already you Well, you've written the foreword in my book, which is such a great honour and privilege. And I talk about some of the things that I learned from you in infinite receiving. So the fact that you are going to be there on stage sharing just so much of I mean, you've literally changed. I mean, you've got 8000 over 8000 people in money bootcamp, but then I don't know how many books you have sold, like, hundreds of 1000s millions if you look for, you know,

views, yes. But actually, this is a really good lesson for everyone to listen to here, right is you can be, you can be a big fish in a small pond, but like, I am not well known in the grand scheme of life, right. And even I don't even know how many books I've sold. But it's not, you know, I've never been on any official bestseller list except for Amazon. And so I think there's that feeling sometimes of like, you have to be so big to be able to make a really great living and you really don't. And it can be on your terms, too. Because, you know, even when you say that, like, you know, oh, you've written the foreword to my book. I'm like, But who am I? I'm just a normal person, just like you, you know, we just know each other. And I'm like, I'm

super stoked, you know, if you want to come to my event to that's what we're trying to come to mind. I'll come to yours. But like, I think to get Yeah, yeah, so like Sinitta. That was That blew my mind.

It was amazing having Sunita at the last event. And it's amazing having you at this one. And I think that look, I get it. You are a humble human, and you don't like all of the funfair. But I think for me, I just did a whole three days on relationships. And when I bought your course, money bootcamp, it was \$500. And I just, it was such a, I'd never heard of money mindset. I didn't know what the hell that it was. And it's only the fact that I saw loads of people saying, Oh, I've done this. I've tried this. I've Denise Denise Denise in Marie Forleo is groups. I thought, You know what, I'm just gonna try it. And so for me, it's a big deal because you are an unlock to a whole new world, a whole new world. And so you are a big part of my journey. You know, in the same way as Sunita was a big part of my journey, seeing her on TV as a black woman being like, rocking fear, so I'm going for it. It feels the same. So I'm grateful for the fact that you went on your path. I'm grateful for Lucky Bitch. I'm grateful for the fact that you were like, I've got this manifesting shit down. You know? It's so well, I am excited. But also when I come to London, I'm gonna go see, Siegfried and joy. Do you know them? No, they're two German magicians who do fun street magic like silly street magic. And me and the kids. We watch them on Instagram all the time. And so when I saw because I was like, I don't know if I want to do any speaking stuff. And then I was like, well, they're in London the same weekend as Suzy Yeah. So

I was like, Oh, I just needed a little excuse. And then I'm like Columbia, London anyway, so I may as well go. Just go speak at Susie's. And then I said to Mark, I just tells you though, I don't want to do a keynote, just I just want to sit on stage or there and talk because I don't have to prep anything. That I can pretend. Because I don't like speaking.

I don't like speaking. But you're bloody good at it.

No, I don't want the other kit stresses me out.

You might not like it, but you are good at it. However, I have to say like, again, some of my longest friendships came from coming to your event years and years and years ago, when you stood up on stage and did that whole skit about? Will you buy my thing? Will you play my thing? People I

was just looking at the photos today. It's so funny. You said that because I did an event in London, you know, when was it? 2015 Auto over? And it was. And I was looking at the first slide because I was I'm batching content, right? And I was like doing some throwback stuff. And there's you there there was like Sarah leather, there was Elizabeth Goddard. I know it was Richard Lohan up. Oh, yes.

I mean, I've known Patricia since the university days, but who was Star Monroe? Oh, gosh, all these people that, yes, that I still follow and still know today from that event. And so that's the power of going to events, right is that you find people that you can be friends with, even if you only see them once every five years, but you see them online all the time. That is such a gift, you know, that's why it's always worth going to things in person.

I think that Laura Hassan was at that event, there are so many relationships that were forged in the room. So there's stuff that happens in the Facebook group, it's like, Oh, I like your post your comment on each other's posts, you kind of get to know each other as avatars. But then something magic happens when you eyeball to eyeball. Somebody says something someone's crying. Another person starts crying. Everybody starts hugging it's a it's and then friendships and partnerships and collaborations and all of that good stuff happens. So it really more of that they're gonna be there. Come on, come and play with us in London. Come and play with us in Bristol. It is going to be super super fun. Right? I am gonna let you go.

What am I gonna wear though? That's the thing after it's a Suzy event. He always looks a bit out of my comfort zone. I think beyond bread, yes, yes. Yeah. So, so this you're gonna like this. The theme is I Bheatha Full Moon Party. Because we are it is we're on a full moon on the 29th. And so we've kind of got like, you've got some 70s You've got some good se you've got all of that type of work. That's gonna work.

Yeah, okay. I was like, How can I merge our two brands? And I was like, I need some like thigh high denim boots. To really? Okay, it's gonna be tough for me. I love that so much. Well, thank you so much for having me on your podcast again. And for all your beautiful, insightful questions. I really appreciate it.

I love you. You're very very welcome. You already mentioned it, but tell people where do they get tickets? Where do they find your stuff? Where do they find your magic?

So if you go to Denise dt.com/events You'll see the direct link for all of those. And I'm at Denise DT on social media and I love social media I love especially Instagram and Facebook. I am on Twitter but Twitter is more for political stuff and like yelling at people about Donald Trump but yeah at Denise dt and that's my website Denise detailer.com super easy fine.

Yay. Right you are amazing. Enjoy the rest of your evening and I will see you in person soon. Bye. If you have loved listening to this episode, please do us a favour tag me tag Denise share this episode with your friends online and in the meantime, please remember that faith plus action equals miracles

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