

The Legacy Lounge Podcast with Tiffany Neuman

Season 1, Episode 50

Four Ways To Experience More Fun And Freedom In Your Business and Life

**INTRO:** Hi, I'm Tiffany and you are listening to The Legacy Lounge podcast. If you are a high achieving, mission-driven entrepreneur who wants to elevate your income, impact, and influence, you're in the right place.

I left my corporate career as a creative director for Fortune 500 brands to create a legacy with my work and to support entrepreneurs to do the same. I'm not talking about having your name on a building or statues in your image. I'm talking about leaving behind a positive impact and creating something enduring that can be passed on. You pour your time, energy and passion into your business, so let's make sure your efforts will create a ripple effect that reaches far into the future.

Each monthly series will guide you through the business leadership and life skills you need to successfully leave a legacy that stands the test of time, and each episode is totally valuable on its own. We are here to provide you with the tools and ideas to make massive shifts and quantum leaps in your business, transforming you from entrepreneur into legacy brand.

"There is a freedom waiting for you on the breezes of the sky. And if you ask what if I fall? Oh, but my darling, what if you fly?"—Erin Hansen

I don't know about you, but I've been in a huge transition over the last year and I feel this energetic shift really happening with a lot of women lately. This call to slow down, to speed up, moving from the masculine energy that I was conditioned to live from by society and the corporate world and stepping into a more feminine approach to business and life.

Creating a thriving business can be overwhelming. The freedom, flexibility and fulfillment that drove us to start our businesses can easily fade as we hustle to sometimes struggle to find clients. Maybe you struggle managing your time or losing focus on our priorities. What I've come to realize is that every ambitious, heart-centered woman today has two choices:

1. To reject feminine aspects of herself and continue to burn out. Which of course, leads to feeling disconnect and listless.
2. Or to embrace her gifts, own her power and take herself and the world to a thriving and joyful place.

You might already be on this journey towards thriving or you might still be in the hustle. Either way, this episode is for you.

Today we're going to explore four ways you can start enjoying more fun and freedom in your business. Because who doesn't want that? And I truly know from experience and believe that this is what's going to help you fly.

**1. So number one is to get crystal clear about your priorities.** Some of these things I'm going to share today seem a little bit obvious, but I'm going to dig deeper into the reasons why these four are really the top to gain freedom and fun. Because so often we might hear go on more walks or schedule more time for yourself, which we are going to talk a little bit about today. But there's so much more than that. And these four combined together is really the secret sauce.

So when I work with clients, the very first thing we do, depending on if it's a group client, a one on one client, is work on an exercise called "your true north." We look at their life from a holistic perspective and then create a magnetic vision. Then we can build a brand from that vision, which allows them to grow and evolve into the brand, not just brand where they're at now, which causes them to always have to reinvent it.

The thing is, most of us as entrepreneurs probably have visions, right? We create vision boards or at the beginning of the year, we read out our vision. But the main mistake that I see people making is we just look at the business vision. So what I have clients do is look at four distinct areas of life relationships, health, vocation and time and money, freedom. And of course, I also ask what legacy they want to leave behind in their personal and professional lives. This exercise gives them crystal clarity about what's important and what's not. Now like I said earlier, you've probably done vision work before but this next step is the game changer which is step number two and we'll get into in just a moment.

But first, what is it for you? What is your big vision and what legacy do you not wish to only leave but to live? Now so often when people talk about legacy, it's what we want to leave behind. When I talk about legacy I want you to think how can you live your legacy now? So I encourage you to pause for a moment and do a bit of journaling if you don't have an immediate answer on what that looks like for you.

**2. So once you have clarity on your priorities, we can move on to the next step which is master the art of saying no.** When we know what's important in the larger scheme of things, we can very easily say no to events, people and opportunities that don't align with our true north and life goals. I highly recommend learning the art of saying no. Let no be a complete sentence. Be able to say it without apologies, explanations or justifications.

Sometimes we get caught up with trying to defend or over explain our feelings and decisions. And I am saying this as a recovering people pleaser and 100% from experience. So no shame if you're feeling this right now. Now I finally understand, it's okay to be gentle, yet firm and direct.

Your soul has a purpose and it's not to cater to other people's visions. It is to follow your own calling. So whenever you're getting called into other people's visions, remember these words. Saying no to what deeply doesn't matter means you are saying yes to what does.

**3. Next up is creating a powerful morning ritual.** Yes I know, I know you've probably heard this like 5000 times but please hear me out.

Creating morning rituals can help significantly in setting clear intentions and moving our energy forward with clarity and focus. So it's one thing to set those clear intentions with number one, it's another to say no. But if you don't do this on a daily basis you're going to lose over time. Because this allows us to connect with our inner self, our higher power and set goals and intentions for the entire day.

These rituals don't have to be complicated or time consuming. Writing in your journal, maybe a ten minute meditation, affirmations, a short walk, maybe a quick dance—which is something I started incorporating this year—a cup of your favorite beverage. Those are all some examples. It doesn't have to be crazy but when you can tune in to see what practice you need and center yourself, you will prepare emotionally, mentally, and energetically for the day to come.

I cannot tell you how much this has shifted my own life really helping with prioritizing and setting boundaries. Because oftentimes we have maybe kids in the morning and we're making breakfast or running around getting ready, we jump right on calls and it just leaves us feeling frazzled. So if you already have a morning routine, congratulations, you've already mastered the step.

Or think about how you can make it a step further, take it a step further. But the reason I include this however, is because for years I would start a morning routine, say as a New Year's resolution or hearing how powerful it was for other people. But then life would happen, kids would happen, something would happen and I would get off track.

So now I'm on day 324 in my journal. I do not miss a day. What shifted it was only my own commitment to myself. And the result is so much more flow and ease each and every day. So I promise you from experience, if you do not have a morning routine and you're listening to this, commit today and you'll never regret it, literally start out with five minutes and go from there.

And I'll also tell you, if you're not a 05:00 a.m. person, that's okay. There's a lot of people out there telling us you have to get up at 05:00 A.m.. And I did for a while, but I would always find myself so tired later in the day. So now I get up at six, which is still fairly early, do my morning routine before the family is up and I'm good to go. So play with it, see what works for you and I promise you, you will never regret it. Okay?

**4. So last up is reach out offer and ask for support.** Being an entrepreneur can be so rewarding as a life and career choice. And the combo of empowering others while designing your lifestyle and the schedule you've dreamed of can be so fulfilling. However, it can also be very isolating to work from home by ourselves and figure it out all yourself. We need support both personally and professionally.

So first I want to talk about personally. This is something that I found myself when I was in hustle mode, working more often, not really taking the chance to see friends and family as often as I used to before my

business. So now I literally schedule time in to see friends and family in my calendar ahead of time. So what can you do to make sure that you're really spending more time with the family that you live with, with friends, with family, of course, the people that you want to and that you're aligned with.

Creating a professional support system is so important as well. I'm sure you're already doing this on some level, but finding, like-minded, passionate professionals whose work complements yours, forging JV partnerships, joining Masterminds where you have accountability and access to expertise and support can be so important.

However, sometimes it can also cost a lot. For about the past three or four years, I've joined super high level Masterminds that cost like 30 grand a year. It was kind of crazy if you look at it now.

I had made some amazing relationships and I don't really regret any of it, except my bank account does a little bit if I look back. But trying to figure out on your own can suck the joy out of creating a thriving business. So what I've done now is actually thought about how can I create relationships without investing all of my money into it as well? You shouldn't have to pay for amazing relationships. So a little bit more about that in a moment, but let's go ahead and recap.

If you're ready to ditch the hustle, do these four things to begin seeing more fun and freedom flow into your life:

Get clear on priorities.

Say no to everything that does not align with those priorities and your vision.

Create a powerful ritual to slow down and begin your day.

And get connected.

And on that last note, stay tuned because I have a huge announcement to make next month where you can get connected to more women that are taking this more feminine approach to business while also getting massive results in their business. I truly believe that having the right circle of women around you is the biggest life upgrade you can take right now to stay strong and thrive.

I wished that I could find a community that created strategic collaboration opportunities to build a perfect business faster, easier and with way more flow. I wished that I could find a community that prioritized relationships so there were women to turn to for the great and not so great moments in my business. And I also wish that I could find a community that was truly inclusive and created space for vulnerability, but not complaining and allowed women to show up as they truly are. So stay tuned for more on a community that I think you're really going to want to hear about. But first, I want to share an even more exciting announcement with you.

If you are looking for fun and freedom in your business and love to travel, I invite you to come to France with me. I shared in a previous episode that I took a two month sabbatical last summer and traveled through Europe, which was truly life and business changing. Like I said, I had been feeling the urge to slow down, to speed up for some time, and it turned out that it was the perfect remedy. When I left last summer, I declared I would be back to Europe in 2023, but I had no clue what that looked like because although my husband loved it, he did not have any interest in returning so soon.

Then magic happened, and my friend and client, the amazing Rachel Ngome, who teaches women how to create generational wealth and who lived in France for years back in the day, asked me to co host a retreat with her. The universe provided an opportunity that I know was meant to be.

I would love to spend time with you in person in one of the most beautiful places in the world. We named this magical retreat Fun and Freedom in France because we believe that you can create a lifestyle full of freedom without the hustle. We're inviting 20 women to join us in this epic experience to create your best year ever and return home a better and more relaxed and more motivated business owner, spouse, mom, whatever titles you hold at the time of this recording, there are six spots left.

So if you're ready for some fun and freedom, if you dream it, you can do it. That's my motto. So if you are being called to join, there's a six pay option and you can say yes and pay over time. Check out all the details and sign up via the link in the show notes or simply DM me on Instagram @TiffanyNeumanCreative and we can have a chat, sending you so much love and holding space for so much flow, freedom and fun to come into your life and business.

**OUTRO:** That's it for this episode. Thank you for listening to The Legacy Lounge Podcast. Connect with me on Instagram @tiffanyneumancreative I would also love to hear your feedback to see what resonates with you and what you'd like to hear in the future.

If you love this episode, please provide a review and we will be forever grateful. You can always find links and resources shared on the show by going to [yourlegacybrand.com](http://yourlegacybrand.com).

Remember what you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others. What are you doing today to pour into others and to leave your legacy?