



PODCAST TRANSCRIPT

EPISODE N° 150

Enoughness

FRENCH KISS LIFE

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Oprah said, “Be thankful for what you have. You’ll end up having more. If you concentrate on what you don’t have, you will never ever have enough.”

Bonjour, and welcome to the *French Kiss Life* podcast, where personal development meets style. I’m Tonya Leigh, certified master life coach, and the hostess of this party where we explore how to live artfully and well. Each week, I’ll be sharing inspiring stories, practical tips, and timeless wisdom on how to elevate the quality of your everyday and celebrate along the way. Let’s dive into today’s episode.

Hello, hello my beautiful friends. Guess what? You are listening to episode 150 of the French Kiss Life podcast. This means that I have sat down 150 times to record a podcast for you. And I was thinking back to that very first episode when I had no idea what I was doing.

I just had a Yeti microphone and I knew how to plug it into my Mac computer and record on Garage Band. I did all the editing myself. It was not a fancy production. And all the while, my mind was trying to tell me that it wasn’t good enough, and I just chose to ignore it and realize it was good enough for that moment in my life.

And what I know is that not enoughness steals so much joy from our lives. It steals our dreams. And so if you struggle with not enoughness, you are going to want to listen to this episode. It is for you, my friend.

But before we dive into the main part of the podcast, I do want to do a community spotlight. This is where I get to highlight someone in the community who has benefited from the French Kiss lifestyle. And today’s spotlight is on an amazing woman who also is one of my Slim, Chic, and Savvy members.

Her name is Amy Berling, and here’s what she had to say. “Tonya and the entire French Kiss Life lifestyle has helped me to grow so much over the last few years. Since working through her programs and practicing what I’ve learned, I have moved from a place of indecisiveness and feeling lost or stuck to making decisions, being more confident, and unapologetically living my best life.

Since starting my French Kiss Life journey, I’ve had a baby and lost all of the baby weight, plus an additional 30 pounds. I’ve quit my job, I moved a few times,

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overhauled my wardrobe, launched my own website and blog, and I am pursuing a career as a freelance writer. I continue to evolve each time I go through the course. I am working toward bigger dreams and goals, and I'm excited to see what's in store for me as I am taking things to the next level as a member of the Slim, Chic, and Savvy community.

Thank you to Tonya, her team, and all of the other beautiful women in this community for your love and support, and for living artfully and well alongside me. With so much love and gratitude in my heart, Amy.”

Well Amy, love and gratitude back at you, sister. I am so grateful for you and all of the women in the Slim, Chic, and Savvy community. And for those of you who are in the community who are a part of the program, you know what I always say. Everything is about energy and it's mind-blowing what begins to happen in our lives when we deliberately put ourselves in places where the energy is a much higher frequency.

Where people are thinking different, where we're not around people who are stuck but they're moving forward, and that's what makes Slim, Chic, and Savvy so incredible. Not only are you learning life-changing tools, but you're also putting yourself in a community of high-vibrational women. And so Amy, I just have to thank you for the energy that you bring and also for being an example of what is possible when you live Slim, Chic, and Savvy.

Let's talk about enoughness. I was actually inspired to do this episode because I was in New York a couple of weeks ago working with a brilliant and beautiful photographer. Big shout-out to Wendy Yalom. But anyway, we were in the car with her, myself, and our team heading to the next location.

And she turned to me and she said, “So Tonya, how do you describe what you do?” Now I am going to admit right now that this has always been hard for me because I feel like French Kiss Life encompasses so much. And I know what I mean when I say French Kiss Life, but it's really difficult to put it into words.

And so I typically say you know what, I teach women and inspire women to live artfully and well, and I have these tools that we do it and we run retreats and yada, yada, yada. But on this particular day, what came out of my mouth was divine

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because I looked at her and I said, what I do is teach women the truth of enoughness.

Now, I really want you to think about this because I was actually working with my Slim, Chic, and Savvy society ladies. Now, for anybody that's wondering, I have Slim, Chic, and Savvy, which is my foundational program. This is where I teach you the nuts and bolts of the tools that literally changes lives if you apply them.

But I also have a society, which is an ongoing monthly membership only available to the women in SCS, who have gone through the foundational program. Because women were asking me to continue to work with me and be coached by me and learn new tools, and so I created that for them.

So back to the story. I was talking to my society ladies the other day during a coaching call and I said, you know what I've identified? Every single one of our issues, of our problems, of our pain, of our suffering is not enoughness. Really think about this.

Not enough time, not enough love, not enough money, it's not good enough. I'm not good enough. Everything that I coach women around is born out of not enoughness. And when you're in that state, I really want you to think about how you feel.

I know for me, when I'm in a state of not enoughness, I am anxious, I'm worried, I'm full of scarcity, I'm full of lack, I am not a match for everything that I want. And so my role as a mentor and a coach is to train women back into the truth. And the truth is there is enough, you are enough, and there will always be enough.

And it's so important that we practice living in a state of enoughness because we want to be a match for what it is that we want. Like attracts like, so have you ever noticed that when you're in a state of not enoughness, you create more not enoughness?

For example, if you're running around saying I don't have enough time, I don't have enough time, I'm never going to get it done, do you notice how it seems like you don't have enough time? How maybe something unexpected happens that you need to take care of? It's like you attract more not enoughness because you're focused on your lack of time.

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The same goes for not enough love. There's not enough love, there's no good men in the world, I'm not lovable. When you're in that state, you are not a match for all the love that's available to you. And I see this a lot around money. This is a big one. There is not enough money.

And so we're living in such scarcity and lack, it's like we have the faucet turned off on abundance because it's all out there, but it cannot flow to you when you're in a state of not enoughness. And what I've really discovered is that it really boils down to a belief that we all have at some point, and that's I'm not enough.

And it's such BS. I was actually looking up the definition of enough before I recorded this podcast, and it says as much or as many as required. What a vague term. Who determines what is enough? And so many of you are saying well, I'll feel enough when. When I've lost the weight, when I'm making more money, when I've found the dream guy, when I have the dream job, when I have it all together.

But you're not a match for all of those things because you're living in the lack of it. So our work is to do the internal piece of getting into a state of enoughness. And I know from experience that this is difficult because we have trained our brains for not enoughness. And because of that, we have a lot of evidence for it.

If you don't believe that you have enough money, when you look at your bank account, you are seeing the lack of the money you want, versus the abundance of the money you have. Or let's say you are an entrepreneur. I've been working a lot with coaches and women starting their business lately, and what I've noticed is that the brain will always try to tell you that your stuff isn't good enough.

When you buy into that BS, first of all, you will pay attention to any negative review that you may get on your stuff. Even though you may have thousands of amazing reviews, that one review will trigger you. I know because I've been there. I know what that's like.

And the other thing around this is that when you don't believe it's enough, how can you expect other people to? I decided one day that no matter what I put out into the world, it is good enough. It was a decision that I made. Will I always want to improve it? Yes. Some of y'all saw my old website. What a mess that was. But it was good enough at the time.

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And it's exactly the website I needed to get me to the point with the website that I have now, which is good enough now. And of course, I'm going to want to create a new website in the future, just because I love creating websites. I think it's fun. But it's good enough. You get to decide.

You get to decide how much is required. It is all up to you. And when it comes to who you are as a human being, you get to decide that you are enough as you are right now. Now, that doesn't mean you won't want to improve. I am always wanting to improve and evolve, but I don't want to do it from a place of I'm not enough, so I need to get over there so I can be enough.

No. I want to do it from a place of I'm enough right now and I'm excited to create more enoughness because again, everything is energy. And likes attracts like. So as you begin to live in this beautiful state of enoughness, you're going to attract more enoughness.

You're going to attract more of the things that you want because you are an energetic match for it. And if you want to break it down into more cognitive terms, this is basically cognitive behavioral therapy. Cognitive behavioral therapy says you think a thought, you feel a feeling, and then you act a certain way, and that's creating your life.

So if you think I'm not enough or my stuff is not enough or there's not enough time or there's not enough money, I want you to notice how that makes you feel. Terrible, rushed, anxious, worried, desperate, right? And when you're in those feeling states, when that's your state of being, how do you show up?

Are you more productive? Are you more focused? Are you in the state of receiving all of the abundance that's available to you? Are you feeling confident in your work? Are you putting yourself out there to be seen? Because you know you're enough, and even if you get a negative comment, that's okay, that's about them, not about you?

When we're in that state of not enoughness, you're not showing up fully as the greatest expression of ourselves. Because the greatest expression of ourselves always knows that we're enough and there's enough, versus when you are in that state of enoughness, you're thinking I'm enough, you're thinking I have the time

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that I need, you're thinking there is no hurry, which is actually one of my favorite mantras.

There is no hurry. I just slow down. I relax, and then I get so much more done. But other thoughts that are in the state of enoughness, there's more than enough customers. There's more than enough money. There's more than enough love. It's around me all the time, all day, every day. I simply need to tap into it. I need to be open to it.

Then you show up in rooms with your heart open and you start attracting all of these opportunities and people into your life because you're in a state of enoughness. You are a match for it.

So I want to share with you some simple ways that I have trained my own brain for enoughness because you all need to know, I grew up in a state of scarcity. I grew up in a trailer. There wasn't a lot of money. I was always the kid that got the hand-me-downs. So from a money perspective, there was never enough.

Fortunately, there was a lot of love in my life, so I've never felt a lack of love. And that's something else that I feel like I need to point out is that our not enoughness is usually rooted in childhood stuff. So again, for me, there was never enough money. I did feel like there was enough love in my family.

I have very loving parents, loving family members, and so there was an abundance of love and so I've never lived in that state of not enough love. But definitely money, and then also just personal. I'm not enough, which is the most painful one.

And it manifested in crazy ways. So around I'm not enough, that's what led to my weight problem. Because when you think you're not enough, how do you treat yourself? You don't show up in your life doing the things that you want to do because you have the story that you're not enough, and then there's so much pain because you know you're not doing the things that you want to do.

And so you start eating and you start putting on weight, and you start gathering more and more evidence of see, I told you, I'm not enough. And so I share that with you because I've had to train myself back into the truth and the truth is enoughness.

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So let me share with you some of the ways that I've done this. The first one is to put yourself in environments and around people of enoughness. This one is so big. Because we're often taught not enoughness from people who didn't believe in enough.

So when you start putting yourself around those people who do believe in enough, you will begin to find your perspective shifting. I'll never forget being in Monaco one time. I think it was my very first trip there. And I was around this man, this gentleman, who turns out he was a billionaire.

And he was like, I love money. He was like, money is so fun. And I was like, what? No it's not. It's hard. It's painful. There's not enough of it. That's what my mind was saying because I was being challenged from a person who lived in that state of enoughness.

And so we have to be mindful of the people that we surround ourselves with. Now, at the end of the day, we're always the ones creating our own feelings. But it's so much easier to think differently when you're surrounded by people who think like you want to think.

And that's why no matter if it's listening to a podcast like this or reading books or joining a program that has a high-vibrational energy within it, you will notice that you begin to shift and change your perspective because you're being challenged to think very differently.

And it may be just one thing that another person says who's in that state of enoughness that completely rocks your world and changes everything for you. An example that comes to mind recently is a friend of mine is starting her business and she's so freaked out.

She's afraid that no one's going to like what she's created. She's afraid to put it out there. And I said to her, I said listen, you have nothing to prove and everything to give. And she was like, what? Because she had always believed that she had to buy approval. She had to prove her worth because she was coming from a place of I'm not enough now so I need to prove to everyone that I am.

But when I said that to her, she was like, that just shook something inside of me. You mean I have nothing to prove and everything to give? And I was like yeah. I

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was like, imagine walking into a room or offering your services and it's like, I have nothing to prove to you and I have everything to give to you.

Imagine how you would show up differently. And she went on to put her product out there and within the first week she made \$25,000. That is what happens when you put yourself around people who believe in enoughness. They will stretch you. They will invite you to look at the world through a very abundant lens.

So make sure that you have enoughness people in your life and you may be saying, but Tonya, everybody around me is full of scarcity and lack and I don't know how to get out of it. Well, I've been there. And the way you get out of it is that you start practice being enough and having enough, and you start surrounding yourself with the energy of that.

And it doesn't have to be physical friendships yet. It may just be, again, a podcast like this, reading certain books. Even hanging out in certain environments. That's why I love luxury hotels. Before I had money to stay in one, I would just go sit in the lobby and just take in all of the enoughness.

I wanted to be a match for the kind of woman who could stay in a place like that, so I remember sitting in the lobby and instead of focusing on the lack of being able to actually stay in a room there, I just really appreciated the energy in which I was taking it in.

And that's another really important thing for you to understand is that when you start to put yourself in the energy of enoughness, and it may even be being around someone who has a lot of money, for example. The worst thing you can do in those moments is to start focusing on your lack or it or comparing yourself to where they are.

Celebrate where they are. Celebrate sitting in the hotel lobby. Get into the energy of enoughness. If your best friend just met the love of her life and you've been struggling to find yours, while it's normal to have jealousy and envy, that's simply just showing you a desire that you have for yourself.

And when you identify that, then celebrate those who have it because then you're going to be a match for it. But if you're hating on people with money, if you're hating on people who are in love, if you're hating on people who don't have to work that hard, you are separating yourself from the energy of it.

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So yes, surround yourself with enoughness people and celebrate those people as well. Celebrate them from afar. When I see people around me succeeding, even though they may be so far ahead of me, I celebrate them. I am so excited for them because I know the more excited I get for them, what's really happening is I'm getting excited for me for that future opportunity.

So again, surround yourself with enoughness. The enoughness kind of people, and then I just added celebrate them. That was just an additional tip because really, the energy of celebration is so beautiful and it just opens up that channel so that those same opportunities can flow through you.

So the second thing that I love doing and this really, really helped me get into a state of enoughness is look for the enoughness in every moment. When you start to feel scarcity and fear and lack and worry, it's a beautiful opportunity to retrain your brain for enoughness.

So let's say for example you open up your Wells Fargo account and you're looking at it on the computer and you see a number and your mind wants to take you to that scary dark place. In that moment, you can go to the place of enoughness. Right now, you have enough money. You have enough money in this moment.

Now, your brain's probably going to be like, but no, I've got a bill coming up, I don't know how I'm going to pay it. But listen, in this moment, you're okay. You always are. And that's what I have to remind myself all of the time. In this moment, I'm always okay.

It's when I get into the future and projecting scary stories or I'm living in the past full of regret, that's when I don't feel okay. But when I just stop and I really get into this present moment and I look for the enoughness, it is always, always there, my friends.

But when I am focused on what I don't have, when I am focused on what I think is lacking, when I am focused on problems, I slip back into a state of not enoughness. And I know nothing I want is hanging out in that energy. And so my work is constantly to get back to a state of abundance and joy and enoughness always. That is my work.

And everything that flows from that state I become a match for what I want. And I want you to remember that you get to define enoughness for you. I was thinking

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about this before I started recording. For some people, having only \$100 triggers so much lack and fear and scarcity around money. But you could hand that \$100 to let's say, a teenager or to someone in the third world country and they would feel so abundant.

They would feel rich. They would feel wealthy. Why? Because their thinking about it is so different. And so choosing enoughness will always benefit you more than choosing not enoughness. So in every moment, look for what's going well and right. Look for what's abundant in your life. Look for the enoughness.

Okay, the next tip that I have is a huge one and I just got to practice it today. And that is do the opposite of what not enoughness tells you to do. Okay, so let me give you an example. Today, I'm actually as I'm recording this, I'm packing to leave for Europe tomorrow. I'm going to be gone for seven weeks.

And so to say that there's a lot that needs to be done is an understatement. I have my team needing stuff, I need to finish packing, I'm getting my daughter ready for another move. There's a lot going on over here. And my brain was telling me I did not have enough time.

But because I know not to listen to the brain when it's telling you scary things, I did the opposite of what it was telling me to do. So basically, I was sitting at my desk, I was working away, and I look over and I see Winston and Blue, my two dogs, staring at me with these just precious puppy eyes. And I knew what they were saying. They were saying, mom, will you take me to the lake?

And so even though my brain was telling me you really don't have enough time for this, my heart was telling me that I did. And so I took a little break and I took them to the lake, and then I came back and I'm in such a better state.

I was thinking about this. Had I tried to record the podcast before I did that, I don't think it would be as good as it's becoming right now. I think this is a really good podcast, by the way. I hope you do too. But I challenged the not enoughness belief.

And I've seen this even with my family. I was telling you we grew up without a lot of money and there was a sense of lack for me personally, I will say, because I was looking around at what all the other girls were wearing and I knew we couldn't afford it. So I created the story of lack.

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But for my parents, they didn't have that same story. Now, keep in mind, same amount of money, but my parents really did live in a state of abundance. My mom knew how to stretch a dollar. She knew how to make our little trailer beautiful and it was well-decorated and the yard looked good.

But for me, I was in lack but my parents were in abundance. And so every week, they would tithe to the church 10%. Just what they did. They did the opposite of what their brain was probably telling them that they should do. And my mom and dad to this day are so blessed financially.

Now, they're not millionaires. They live a very modest life, but they have a very comfortable and beautiful life. And my mom to this day tells me it's because they tithed 10% to the church every single week. And I'm sure her brain was telling her she was crazy when she was doing it.

But I feel like my parents, even though they didn't have a lot of money, they did live in a state of enoughness. Now, for some of you all, your brain is telling you that it's not good enough. Maybe there's a book that you have written that you want to put out into the world, or maybe it's a course that you want to sell, or maybe it's your artwork, or any kind of creative endeavor.

And your brain is telling you it's not enough. Do the opposite of what not enoughness tells you to do. It's the only way you can break that cycle. For some of you, it's around love. Your brain is telling you that men can't be trusted, that you're not lovable, and when you listen to that part of yourself, what do you want to do?

Hunker down in the house and not go out. Do the opposite. Go out there and prove to yourself there's amazing men in the world, that you are extremely lovable, that you always have been and you always will be. If you want to stop living in a state of not enoughness, then you have to stop doing what not enoughness tells you to do.

So there's that one. And then the final one is so simple and yet so hard to practice. But it's decide that you're enough and it's enough and that you have enough. It really is a decision. Decide that you're enough. Who gets to decide that other than yourself?

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And there is no payoff for delaying your enoughness to some future date. When x, y, and z has happened. Again, you're holding yourself out of the energy of everything that you want. There was a day when I just was so bored with my story of I'm not enough. I was just done with it.

I'm like, number one, it feels terrible, and even though I was addicted to feeling terrible, I was like, I'm ready to be addicted to feeling something other than misery. And I was just bored with it. I'm like, there's so much more to life than sitting around running this story that I'm not enough.

And so I had to practice my new decision and my new decision was I am enough. I have nothing to prove and everything to give. There is enough. Around me in every moment, there is an abundance of resources and money and people and love. I just need to become a match to it. I need to become a match for it.

And also, it's always enough. Whatever I do is always enough. That was a decision I made. It is always good enough. And from that place, I'm so much more inspired to put things out there, to share my love of personal development and all the things I'm passionate about, paired with France and style. All of that stuff. And it's always good enough.

Then I can just relax and show up and share from my heart. Not trying to prove my worth. Not trying to prove that I'm good enough because I know the truth of who we all are and it's this; you are enough. Whatever you do is good enough and there is enough.

That is your mantra to practice this week, this month, this year, as long as you need to practice it, my friends, to really get it into yourself so that you can feel it. Let's all practice living in a state of enoughness because that's really what French Kiss Life is all about.

It is time for J'adore. The part of the show where I get to share something that I love with you. And today's J'adore is super-duper special. Is that a word? Super-duper? I just made it up but that's what I do. But it's my Slim, Chic, and Savvy immersion program.

This is the program that has helped me create the life I'm living today. It is filled with the tools that took me from being overwhelmed and overweight and

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overworked and constantly reacting to my life and feeling stuck, feeling like I was just going in circles. Y'all know what I'm talking about.

It's that feeling. You wake up every day and you're like, it's the same kind of day. It's like Groundhog Day except a really bad Groundhog Day. And so I've been teaching this program for many, many years, almost a decade now. And we've had thousands of women go through the program.

And every time I run the program, I'm just so excited to see the changes that women are making in their lives. Everything from weight loss – we had one lady in the last class that lost 20 pounds and she was like, it felt so effortless compared to the way I had been going about doing it.

But this is a lifestyle program, so it's not just around weight. The tools that I teach within Slim, Chic, and Savvy you can apply to anything in your life. To creating better relationships. I've received emails from husbands telling me it's the best investment they've ever made in their family because of how it affected their partners and therefore the energy in their home.

But the best part of what I get to see in the women in Slim, Chic, and Savvy is how they start to feel on a daily basis and how they begin to navigate those days when they're not feeling so great. They learn hey, this is part of life. I'm not going to be rainbows and unicorns 24/7 and that's okay, whereas before it wasn't okay.

Now they're able to sort of laugh it off and move on and get back into what we call their sweet spot. Time after time, I have women tell me it's one of the best investments I've ever made. I think about one of my dear, dear SCS members, Lauri. She told me, she was like, you know what, I accomplished more in 10 weeks of Slim, Chic, and Savvy than I did in 10 years of therapy.

Because what we do is we honor what's happening, we honor the past, but we don't stay stuck there. We move forward and I give you the tools to do that. And I know investing in ourselves is scary but I think investing in your spiritual and emotional and your mental health and your growth is one of the best investments you'll ever make because it's creating your entire life.

When I created Slim, Chic, and Savvy, I had the me in mind that I used to be. And I know it's like many of you. You have dreams, you have things you want to

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create, but you don't know how. You feel stuck. You feel like life is happening to you instead of you happening to your life.

And so as I begin to change, as my transformation began to unfold, I was documenting the tools that helped me get there. And that's what I've put within Slim, Chic, and Savvy. So basically, when you join Slim, Chic, and Savvy, you're not just joining a program. You're joining a community.

You get lifetime access to the program. So sometimes women will say well, it's a lot of money, but you know what, the women who've gone through it for eight years, they're like, best deal ever. Because each time they go through it, they set bigger goals. They have bigger dreams. They evolve even more because what I tell them is that we're always going to be evolving.

And yet I feel like there's this belief that there's going to be this day when we get there. When we arrive. But I think about what my friend says. When you're done, you're dead. And so what I see happening within Slim, Chic, and Savvy is women embracing the practice.

And when you love the practice, it's something that you make a part of your everyday life, and that begins to shape your thoughts, your belief systems, your choices, how you feel, which then creates a whole new life experience for you.

So I'm sure you can see that I am so passionate about this program because again, I get the testimonials in my inbox. I see women in the group celebrating all of their wins, celebrating, reaching their goals. And what I love is I know that these tools are with them for life, that they can never go back to the woman who just didn't know because now they have the tools to navigate their lives with ease and elegance and grace, which is at the core of living Slim, Chic, and Savvy.

I'm also excited about it because we just released the brand new Slim, Chic, and Savvy, the last launch, and the women have just been raving about it. Now it's videos. I went to New York and filmed it for like, 10 days. And so again, you have videos and transcripts and worksheets, and then we have coaching calls and you have access to the Slim, Chic, and Savvy community.

And this community, let me just say, is one of the best things about this program. And you have to get in there to really experience it and know what I'm talking about but I see women becoming life-long friends. Women will post – there was

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just a couple of the gals in the group who met up at the Biltmore Estates to celebrate one of their birthdays.

I've seen the women in London getting together and having tea. It's just so rewarding to see women connecting with other like-minded and high-vibrational women because when you start getting into that kind of energy, that energy of enoughness, you will be blown away with what is possible for you.

So if you are ready to join a program that is proven and a community of women who have your back, who are excited to welcome you and celebrate with you, and you want to be coached by me where I will dish out tough love. I will, that's my job. Because I want to see the best for you. I want you to see your enoughness.

I would love to invite you to join me for Slim, Chic, and Savvy. You can head over to slimchicandsavvy.com and read all about the program there and let me know if you have any questions. But if you choose to join us, what I can tell you is that your life is about to change in the most beautiful ways when you do the work.

Now, if y'all just want to show up and read and consume more information, it's not going to work for you and that's why on day one I set you up for success within this program. As soon as you join, you get access to the art of discipline workshop and women have told me that workshop alone was a game-changer for them.

Because I know that tendency to buy another book or buy another program and it just sits on your shelf or on your laptop and you do nothing with it. I know this is an investment of your money and your time and your energy. It's also an investment of my energy and so I want to work with women who are like, you know what Tonya, I know it's going to be messy, I know I may get stuck, I know that there are going to be days where I don't show up, but I'm committed. I want to do this.

And those are the kinds of women that I want to work with because I will have your back. So come and join me in slimchicandsavvy.com. I look forward to possibly supporting you within the program. And with that said, have a beautiful week my friends. Look for the enoughness in every moment. Surround yourself with enoughness, and decide that you are enough no matter what. Cheers.

If you enjoyed this episode and you want to dive even deeper into the French Kiss lifestyle, let's start with a makeover; a mindset makeover. You can download my

Enoughness

free training, The 3 Mindset Makeovers Every Woman Needs by visiting www.FrenchKissLife.com/mindset – because after all, mindset is the new black.