

#143 Necker Island Experience w/ Crista Grasso Part 2

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SPEAKERS

Michelle Glogovac, Crista Grasso

- M** Michelle Glogovac 00:01
You're listening to my simplified life and this is episode number 143. Hi friends welcome to another episode. I'm your host, Michelle Glogovac, and today is part two of my experience on Necker Island. And as I shared it with Krista Grasso. Last week, you heard about what it was like for us to meet as your Antonette to meet Kim Fook the napalm girl, Kathy Burke, Emma Isaacs, and this week we're going in to how we're taking that experience and living it out in our everyday lives. And what our experience was like hearing from Gabby Bernstein and meeting and talking to serve Richard Branson. This was such an experience. It's one in which we made memories that we will never forget, the beauty of the island is ingrained in our memories, but also in the tons of pictures that we took, and we've been sharing. I'll continue to share them. And the wonderful friendship that Christina and I have gotten to create and grow by being on this trip together. So I hope you enjoy part two of this two part series on Necker Island.
- C** Crista Grasso 01:56
I'm back with Michelle Glogovac again, and we are going to continue our discussion. Michelle, welcome back.
- M** Michelle Glogovac 02:05
So good to be back. It's been a hot second.
- C** Crista Grasso 02:10
All right. So when we met last time, we talked a little bit about the experience, feeling really grounded, just kind of coming back and wanting to keep that feeling going and wanting to just shift so much of what we're doing. And we started to also get into some of the sessions with

some of our speakers, which was great. We talked about Sarah Blondin we talked about is your Antoinette and we talked about Kim fuku is known as the napalm girl. And so today, we want to keep that discussion going and share a little bit about some of the other speakers and some of the other sessions and I want to start with Ms. Kathy Burke. I loved Kathy and I had not had the opportunity to know of her or her work in advance. Did you know of Kathy,

M Michelle Glogovac 02:56

I did not know it was the most pleasant surprise ever. I, I like her I love her. She's so She's the former CEO of Hunger Project Australia. And she was our facilitator. And she also helped us wrap things up and figure out how we're going to take this whole experience at home to home and to make the most out of it. And she's another one of those calming, grounded forces, who's just a firecracker at the same time. And my favorite outfit she wore was her Dangerous Woman shirt. Yes, she is dangerous. She is a a force to be reckoned with. And yet she's this little person who, you know, is so strong. And I love that looking at her, you wouldn't think that she could be so powerful because she truly was I felt

C Crista Grasso 03:50

she was definitely very powerful. And I loved the visioning activity that she took us through on the final day in the way that she did guide us through how do we incorporate this back into our day to day lives. So we don't lose the experience in the magic of the moment, which was really great. And I think one of my favorite Cathy moments was she gets up there and she's telling her story. And she says and then I discovered punk rock. And her you wouldn't necessarily see her as somebody who loved punk rock until she said that. And then that's, of course all you say. But I myself may be a huge punk rock fan. So we were reminiscing about some of our favorite punk rock bands. And being in the US and she's in Australia. We had some different bands that we both loved. But she comes up to me afterwards and she was imitating me in my American accent which is funny to hear. Somebody described me talking as having an accent because of course to mean they're from Australia, they have the accent. So it was hysterical when she was like I woke up this morning just thinking about you talking about rants and in hearing the way that she was imitating me was hysterical. I was like, I'm not from the south. She was I missed this. It was hysterical. But yes, so we both have a love of all things punk rock, and we will probably stay connected over our love of music that people would probably never expect either one of us listening to.

M Michelle Glogovac 05:16

Oh, I love it. I remember the moment I met Kathy, she had, she had just spoken. And she made me cry. It was the very first morning, first 30 minutes, and I'm just bawling my eyes out. And then I was talking to Emma trying to get like a snack or some water. And she came over and she said, it looks like you had a moment. I went, Uh huh. Yes, strange lady I've never met before you made me cry. She was like, there'll be many of those. And we just hugged and she's like, we will talk I love.

C Crista Grasso 05:47

That's Kathy in a nutshell.

M

Michelle Glogovac 05:49

Yeah, you had a moment I made you cry, you're gonna cry some more get over it. It's a beautiful thing. And then on the boat ride as we left, she just put her hand on my knee and kind of squeezed it and looked at me in the eye. Banks, this is uncomfortable, and I'm gonna cry some more. So look.

C

Crista Grasso 06:07

Yeah, so Kathy was amazing. And I'm just I think one of the things that I loved so much about the experience was getting exposed to these people that I would not have ever known. I mean, Sarah, I know is really kind of blowing up. And so I might have heard of Sarah otherwise. But I didn't hear of Sara in advance. Right. The one person I did, of course hear of in advance, which I think most of us knew is Gabby Bernstein. And so that was a pleasant surprise. We get to the airport. And she's sitting there because she was on the plane over with us. And we look and I'm like, Gabby. And she was like, Yeah, I'm kind of I'm your surprise for the for the trip. And so we got to spend the entire week with her, which is great. And she lives in the same state as me. So her, her son goes to school in the same state as me. So we were you know, just bonding over some good goodwill East Coast things. But that being said, what's your big takeaways from Gabby? And what was your kind of thoughts on what she had to share?

M

Michelle Glogovac 07:02

You know, it was so it was so funny to be in the airport in Puerto Rico. And Gabby Bernstein just walks up. I was like, I knew you'd be here. I just knew it. I know who you are. And I'll see you on the plane. With me, I'm like, Yeah, you're here. Okay, cool. But then to get and sit down with her. When we got to the next island. That was really nice. We're just sitting here. And you know, Gabby, Gabby's a big deal, right? She's got a million followers. People know who she is, she's got all these best selling books. But here, we were just people talking to people, women talking about their children talking about food, you know, just being simply present and human beings. And I think that was a big thing for every single one of these people. But especially for someone like Gabby that, you know, people feel like she's untouchable, per se, because she does have such a massive following. And as a big deal. I follow Gabby, but I was not truly familiar with all of her work. I thought that she was full of Woo. And she's kind of goofy. But you know, in in her session, it was more about different types of therapy, which was great. I didn't know about her experience this past year about her losing her son, you know, a late term miscarriage and having experienced that myself, not late term, but a miscarriage overall, you know, it, it makes people even more human to know that we've shared these, these experiences together. That was a big one for me, but just to see her, you know, sitting across the table is like, yeah, I've met celebrities, I know that they're all human. It's different when it's a celebrity who's an actor on the screen and plays a different person, and you get to know them versus this is somebody who goes and she speaks to, you know, different things. And I'm looking forward to diving into her new book, happy days that we all got a copy of because I don't know her personal backstory of all of the trauma that she's been through. I thought it was great that we recognize that we've all been through traumas that there's different types of

traumas. And we need to acknowledge that as individuals, but then to honor that from, you know, the people around us, and we don't know everybody's true story and what they've been through. And that's part of getting to know other people. So I think that's the beauty in it.

C Crista Grasso 09:26

Yeah, I agree. And one of the things I loved so much about her talk, and the way that she approached it was she started off by saying that every group has their own thru line. And it seemed like she really was trying to observe the vibe in the feel for our little group together on the island and what they needed to hear. And she, of course, tied it back to her book. She might have even talked about the exact same things regardless, but I love that she put it in the context of what she felt like was the through line for our particular group and the experience that we were all going through. I thought that was a really nice touch that she did with her talk. And I think it really helped people resonate with it and kind of ground into it even more.

M Michelle Glogovac 10:07

I'm so glad you mentioned that. Because sitting here and reflecting myself, there's certain parts that we forget. And so this is even more beautiful that we're recording this together, and you're bringing back for me memories that I'm like, oh, yeah, and you know, I wrote it down, I have it in my notebook. But to be able to have this conversation of Oh, yeah, I almost forgot about that part. You know, this is, this is a wonderful, you're gonna make me cry.

C Crista Grasso 10:31

Now. I mean, that is a theme of our neck, or why stop. And

M Michelle Glogovac 10:39

the overall theme was, Michelle cries a lot.

C Crista Grasso 10:42

I am really not much of a crier in life, I will admit, but I cried a whole lot on that trip, too. I don't know why it just like brought it out of all of us. So it was just kind of the Neckar way. All right. And so that takes us to the man of the hour, of course, or Richard Branson. And you know, just opening up the island for us, which is his home. And just seeing what he created and the impact that he is able to make on the world. That to me, I think was the most eye opening. And I know you read his book in advance, I had not. So you had a little bit more insight into some of the work that he's done. But I know how influential he is. I know how impacted driven he is. But I don't think I really fully realized just how much work he does, and how much he's trying to do to better the world better the planet, you know, just better our species as a whole. Like, it's really just so impressive to me, in all of the ways. And so I'm gonna let you chat a little bit more about that. And then we could share some of our fun Richard experiences. And I want to share

some of the q&a as well, because he had some really great takeaways and some, some big things that I've taken away from the experience of things that he shared. But I want to turn it over to you and your kind of thoughts there.

M Michelle Glogovac 12:04

Yes, I read losing my virginity. I finished it last moment on the flight to Puerto Rico. It's 573 pages. So it is long. But if you know me, you know I'm a stalker. I love a backstory. I love to know everything I can about a person before meeting them. I think it's very telling and, you know, on the outside, yes, I knew who Richard Branson was, I knew virgin everything right? But to read his entire story, and how it all started to understand that he really never intended to be a multi billionaire. He you know, it's not it's never been about the money. It's always been about what else can I do to make things better. And that started when he was a teenager. So to see that, to read that and to know that go into this experience, knowing this was incredible. And I yeah, I got to sit down next time and have dinner for two hours, which, yeah, pinch me, I was just hoping to meet the guy, I didn't know I was gonna have dinner with him. But yeah, to see that a nonprofit that he started when he was maybe 20 years old, is now what Virgin Unite is today. And that's absolutely incredible that he started something kept with it. And you know, his whole, when it comes to business, it was always take the money that you've earned, and reinvest it. And you know, diversify, don't make it all into one single industry. Because if one industry goes belly up, then you're screwed. But if you've got it in all of these different industries, then the profits can help each other. And that's how his philosophy for business has been, which is incredible, and totally opposite of what I think anyone else says, you know, niche down, you know, focus on one, he's like, No, we're

C Crista Grasso 13:56
gonna do it all.

M Michelle Glogovac 13:58

So that was incredible. But to get to, and I did tell him as I had said, in the previous episode of You know, you're now my friend, I said, I read your book. I know everything. We are now friends. So he accepted that I appreciate it.

C Crista Grasso 14:15

One of my favorite Richard moments was that night that we were having dinner with him, and he was talking to you about your book, he had said, everyone should write a book and you were sharing that you are writing a book. And he had shared the title, his recommended title for the book of keep it simple, stupid. But what I really loved was what he shared about simplicity, which is what I'm all about, it's clearly what you're all about. The name of your podcast, right? My simplified life.

M Michelle Glogovac 14:44

Michelle Glogovac 14:11

Probably be the name of the book, this point.

C

Crista Grasso 14:47

If you don't already listen to Michelle's podcast, you definitely should. But that being said, it was the fact that he shared you know, make things as simple as possible when you're trying to get a message out there. Make it as simple as possible, keep things simple. He just hammered that home. And again, that's what I'm all about, you know, that's like my whole business model. So that to me was he kind of started off the conversation there. And at that point, I was listening to every word he said, not that I wouldn't have been anyway, but he was speaking my language right from the beginning.

M

Michelle Glogovac 15:20

Yeah. And that started with me telling him I've read your book. And so I know everything there is, and he goes, what are you going to start yours? And I said, I already did. And that's how we got to start talking about what it was about. And he goes, Well, you got to call it keep it simple, stupid, you have to be simple. And it has to be catchy. And so somewhere in the book, that will be that memory will be shared for all to read. And I will send him a copy when it comes.

C

Crista Grasso 15:46

Absolutely. And so I want to share my Three, I kind of broke this down. I was thinking about this before, we started chatting today about what my three biggest Richard takeaways are. And it's really hard to boil it down to three. So I'm super curious to hear what yours are. But I think one of the things that I just appreciated so much that he shared was all of his failures, right? We know the businesses he has today, some of us may remember some of his prior businesses, there's probably many, many more that certainly there were many I never heard of before. And there's probably many that many people haven't heard of. Yet, when you look at him, he's arguably one of the most successful entrepreneurs in the world. And it's because he just keeps on going and keeps on going and keeps on going and keeps on going. And one of the things that I really loved that he shared was, he was saying that, you know, whenever he has a challenge, or whenever he's faced with something, he will do absolutely every single thing he can to make it successful. But if it's not successful, he accepts it and moves on. He knows he did everything he could, and he's not going to dwell on it, he just accepts it and moves on. He doesn't let it get him down. He doesn't let it you know, ruin his optimism. He just I did what I could, there was nothing more I could do. And he moves on to something different. And I think quite often we get stuck in the spin and the turn in the woulda, coulda, shoulda, and if only. And it just seems like he has no time for that he's moving on to that next brilliant idea, because he has many of them. And so I really liked the fact that failure has definitely never defined him. It just is just one stepping stone along the way. And he just keeps on going and keeps on you know doing brilliant things. So that was one. I really loved how everything is so on brand, even though he has a lot of different businesses. He has some that he does that are for profit. He has some that he does that are more filling, profit. And yeah, everything the branding is still very consistent. He showed that fun video of the kids who being ages. Yeah, what were virgin voyages, right? Hysterical super on brand, just from the beginning of you know, his journey.

Until today, I still feel like things are really consistent. And that that branding is really important. And it goes back to what you were sharing that he said to make it catchy, right? Make it simple, make it catchy. And I even the sand was red.

M

Michelle Glogovac 18:13

Yeah, there were parts of the sand that felt like it was branded. And that was just nature.

C

Crista Grasso 18:19

But seriously, everything super consistent. And then I think my biggest overall takeaway, the thing that I'm taking away most from this entire experience was the impact that you're able to make when you're able to generate true wealth. And I think so often we think when we look at our business, that we can either make an impact, or we can be wealthy or generate wealth. It's either or I see so many people being like, Yeah, well, I'm really impact driven. So it's not about the money. And then there's other people that are very much like well, I want to hit seven figures and eight figures. And it becomes almost like this ego driven charge to try to hit the next milestone. And what I love about him is that he, there's probably no stopping the amount of wealth that he's going to generate in this lifetime, he has certainly generated more than many of us will ever see. But to him, it's just simply his vehicle to be able to make an impact and to give back and to be able to influence positive change. And that is my overall biggest takeaway is how can I how can I make a difference? How can I take those things that I'm so deeply passionate about, in the I care so much about? And how can I get that out into the world in a big way? And how can I leverage the success in my businesses and in the things that I'm doing to be the fuel that kind of propels that forward? And that to me was one of just the most beautiful things and I had known a lot of that about him going in, but I just got to see it on a much deeper level throughout that experience. So those were kind of my big richer takeaways. Again, it was hard to boil it down to three but those were the three I got it What about you?

M

Michelle Glogovac 20:01

Well, and two things on the impact there. There's a part in his book where he says he realized one day that he could pick up the phone, he could call Tony Blair. He could call Bill Clinton. He could call Qaddafi, you could call anyone you wanted, and they would answer the phone. And that was the moment he knew he could change the world, because everyone would take his phone call. And it was that simple. The other thing was that whenever he has gone to make an impact, it has not been self fulfilling, it has not been look at me look at what I can do. It's been him looking at the resources he has available to himself, and how he can use them to do better. How he has a Boeing seven was I think it was a 747 and needed to get people out of Baghdad, and he went, Okay, we'll just take this one out of service, and we'll go fly, put in, you know, medical supplies, and then we'll take out the women and the ill. And British Airways was like, Oh, how dare you do that for the publicity? He didn't do it for the publicity. He didn't do it for show. He did it because he could do it. And I think that's a big key. And And also, it goes back to Azure as well. And the question around performative ally ship, which was something that I had never, I don't think that I would have ever asked about it. I don't, because it's not something that I do either. And so performative ally ship would be, you know, I post my, my black Instagram post of like, you know, this is the blackout for Black Lives Matter. And the next

day, I go back to posting whatever it is on my podcast, and this and that, that's performative allyship to say, Yeah, I stand for this, and then you move on with your life versus continuing to show up to do the work, to not just speak about it, but to do it. And that is what Richard does. And yes, we call him Richard Rahner first name basis. But you know, that that's the difference where we see so many people say, Yeah, I stand up for this, and I want this to change. And, you know, I don't like this, and oh, this was so much. But then that's it, they go on with their regular lives, you know, they're not doing any of the work. And yet, if they are doing the work, you also don't have to promote it. You don't have to say, Look at me, look at what I did. You know, you do it in the background. And you simply put your head down, and you get it done. You're not looking for, you know, acknowledgement of wow, look at what Michelle is doing. This is incredible. Just do it, do the effing work. Do what it takes. And I that's what Richard has done. That was what assures message was and the to to see it, I think it was so great to hear Azure one day, and then to literally see Richard putting it in action the next day. And that, to me was a big takeaway to see that you don't have to be a big performance thing. You know, it's simply doing it and doing it for the right reasons. And showing up. That was a big takeaway. You know, we went on this this quote, unquote, booze cruise right one day, and everyone wanted their picture with him. All of these people were coming up to him. And that's something I've never done that I've never gone up to a celebrity and said, Hey, can I take your picture? You know, as much as I might have wanted to, I never did I, there's that line that I don't, I don't cross and just in general. And I took that time to go up to him and say, I know, this isn't what you want it. This is never what you launched for your life. You didn't envision people coming up and wanting a picture with you? What is that like now? And he said to me, you know, it just comes with it now. But I wish everyone would fist bump me and not handshake because we've got COVID in the colds and the flu, but it's not catching on the way I want. But for the most part, he says people just want a picture. They're fine, they move on. And that's the majority, and he's okay with it. But that's never what he intended. He didn't intend for fame for fortune. He just intended to make a difference. And it's really interesting to see that he's become what he's become, you know, without intending to. And yet he can make such a change in the world. So those were big ones for me. Yeah,

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Crista Grasso 24:17

definitely. And you said something there that I think is so really important. So I want to re-emphasize what you said, is he used the resources he had available to him. And we all have different resources available to us. It might be the way that we think about things it might be the connections that we have, it might be the financial resources that we have it there's all sorts of different resources available to us in different ways. But again, to go back to what George had said about you know, you don't have to change the whole world you have to change your world is what can you do with the resources that you have? Whatever those are, you don't have to wait to make a certain amount of money or wait to have a certain amount of time, or wait to have a certain amount of connection. Like there's things is that you can do today, if there's something that you are passionate enough about, and you care enough about, and you really want to start to make that impact. There's no reason to wait. And you can use the resources you have. So I love that you shared that.

M

Michelle Glogovac 25:12

Yeah, it. And you know, I think for me, especially after reading the book and knowing that he could pick up the phone and call these people, and it kind of tore me apart, because I'm like,

Why can't pick up the phone call these people, you know, how am I going to make a difference, so caring for mature, that was positive reinforcement of like, I don't have to pick up the phone. But then Emma reminded me, you know, we've got these six degrees of separation, they keep getting smaller, I just read that social media now puts us at, like, 3.6 degrees of separation from everyone. But to be in this circle now, of we know, Richard, that literally puts us one degree from everyone big in the world, you know, politicians and celebrities and all of these other people. And so no, I can't call Richard Branson up. And you know, say, hey, I want to change the world with this. But there's that now there's a new connection and a new layer that's formed, that can help with that whole ripple effect in that impact that we can make. And for me, that was very eye opening that, no, I'm not as big as Richard Branson, but I am making an impact in my own way. And I'm also surrounding myself with people who can also make a greater impact. And to me, that's, that's a big deal.

C

Crista Grasso 26:27

Absolutely. And I don't want to round out this podcast series, without giving a huge shout out to Emma, in the business chicks and the amazing group that made our experience possible. So you know, really, I just am so grateful to them into the amazing group of women that they brought together. I mean, I just I loved everyone we get to spend the week with, and it really was a hands down unforgettable life changing experience. As cheesy as that might sound, that is absolutely what it was for me.

M

Michelle Glogovac 26:58

I totally agree. And it was life changing to get to spend that time with you to to get to know you on a new level, it means a lot, fuck you come to tears. It was it was truly special. And it was something that I will carry for the rest of my life. So I appreciate you for coming on the trip and for, for being with me and being my roommate and experiencing all of this with me. Thank you.

C

Crista Grasso 27:24

I agree fully, and something that some of you may have participated in, but some of you may not have is we did a share cast. So it's currently still up depending on when you're listening to these episodes, it's at rich, fulfilled life.com. It may not be there depending on when you listen. But we went live every day. And we shared our experience, and we shared our takeaways. And one of the things I was looking back and I was watching some of them and what I loved not only was getting to see the experience through everyone else's eyes, who came along with us, but also seeing our experience of getting to know each other better and better throughout the week to I thought that was also really special and really great. And so if you want a little behind the scenes into what it was like and to just see the beauty of the island, and to hear Michelle and I's takeaways each day in real time, just you can head over to Rich fulfilled life.com. And if it's still up, grab the share cast and, and see all the things but Michelle, we have to do this again sometime. Seriously, I really want to go back and when I go back, if I want to go back and share the experience again with you. Yeah, just make it so much more special. But let's run this whole series out with what are you gonna do to keep the magic of Mecca alive, and not go back

to the hustle bustle, day to day without really taking everything we've learned everything we experienced and allowing it to change us for the better change our business for the better, and allow us to really make that impact we want to make.

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Michelle Glogovac 28:57

I've got some goals that are you know, practical, such as I don't want to check my email, nonstop, it's usually up all the time, I want to shut it down. I want to continue with the meditation, the breath work, to take time out of every day, even if it's just 15 minutes for myself to be with myself. without distractions, I think that's really going to be key in being present for everything. To be more focused on impact and working more and more with nonprofits. These were the big things for me to continue with the relationships that were created over the past week, and to reflect on the photos whenever I can to pretend that I'm in that magical place. And to also look just around me to recognize the beauty that is here at home as well and that I don't have to just go to an island to experience that. But to notice the beauty and the sights and the sounds that are simply around me is how I'm going to be more present Keep Necker alive. However you

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Crista Grasso 30:04

actually agree with so much of what you shared. And part of what I've done is I've carved out a new morning routine. Granted, it's been to a whole whopping days that I've done that, I'm confident that I will continue to do it. But I did give myself that space in the morning, were usually with a fresh new little puppy that I have he's high energy and needs all my attention first thing in the morning. And so my prior morning routine got really disrupted when I got him. And so I've actually started waking up earlier, I've started waking up in advance of what we affectionately call puppy breakfast time. And so I have that space for myself to do my breathing, to, I'm going to download Sarah's meditations. And to do a little bit of meditation, it's when I'm doing my journaling for the day. And I'm really giving myself that space. And before my day actually begins. And like you, I do want to carve out time midday as well to do the same. So I don't just get pulled into things, and kind of lose track of that positive momentum first thing in the morning. But the people that we met, you know, I already shared incredible and so I do want to maintain those relationships, and not just have it be, uh, oh, yeah, they were great and forget all about it. So I actually did something I almost never do is the day that I came home, I did not work, I did not open my laptop. But what I did do was I reached out to and messaged people directly to say how nice it was to meet them. And then I wanted to continue to stay in touch. And usually I have the best of intentions to do that. But I don't actually do it. So I've started that. And I want to continue with that as well. And then you know, business wise, I do have some big goals. And I do have some things that I'm putting into place. But really, I think it comes down to the relationships, the habits, the routines, and taking the time, as you said, to just find the beauty all around us every day. Because while I might not be stepping out into an infinity pool to drink my morning coffee, and watch the ocean, and flamingos, I still have a lot of beauty all around me that I can be appreciating each morning.

M

Michelle Glogovac 32:04

Absolutely. And I love what you said about connecting with the other women because I didn't take out my laptop on Monday at all either. Which is very weird for me. I didn't even take it out

on the plane. But the constant DMS of oh, I felt this Oh, are you still feeling this and, and connecting with those those women is certainly there. And I'm just so excited to have this new group, you know, with me, and that we've all gotten to share this together and will continue in life forever, hopefully connecting with each other. Well, friends, I don't know about you, but it makes me want to go back to Necker today, I can honestly have just lived there and enjoyed the slower pace of life, the being present in every moment, the noticing of the beauty that was all around me. And I have been able to take that and keep that at home with me. I'm looking right now at the palm tree outside that swing in the wind. And it reminds me of the palm trees that were outside of my window. Just that there's no ocean behind it, there's blue sky, but I'm still able to appreciate the beauty that is right in front of me. I've continued on with my meditation practices, some breath work. And I'm really excited to have some of the people that were on this experience with me Come on the show later on this season. So you will definitely get to hear from some of the other guests from some of the speakers. And we're gonna keep this experience going as long as possible, at least until next time I get to Necker Island, and then we will do it all over again. If you get the chance to go on such a trip, I really want to encourage you to do it. It can be expensive, I get that. But if you put your mind to it, you will be able to afford it. Your business will grow because of it. You as a person will grow and I think that's what's most important in all of this. I've come to know a part of me that I didn't know existed. I've found more grace, calmness, peace, presence, and the list just continues to go on. I also met the most beautiful human beings ever. And if it weren't for this experience I wouldn't have so do something that's out of your comfort zone. Take yourself on a trip, go meet new people and really get in touch with yourself and it's going to expand in so many other areas of your life. I promise you that. Until next week, friends, look at the beauty that surrounds you because it is all over and it's right in front of you