

TRANSCRIPT

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You're listening to the My Simplified Life Podcast and this is episode number 211.

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Welcome to the My Simplified Life podcast, a place where you will learn that your past and even your present don't define your future. Regardless of what stage of life you're in, I want you to feel inspired and encouraged to pursue your dreams, simplify your life, and start taking action today. I'm your host, Michelle Glogevac, and I'm excited to share my stories and life lessons with you while taking you on my own journey. This is my simplified life.

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Hey friends, happy new year and welcome back to another episode. I'm your host, Michelle, welcome back. Today, I want to ask you a question and it is, what is your story? This is often a question that I think we have trouble answering because the buzzword is, we all wanna be storytellers. And what's your story? How do you tell your story? Well, where exactly do you begin? It reminds me of a memoir.

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where you're writing about yourself, but do you share the entire story? Do you share just a certain aspect or moment in time of your story? Where is it that you begin and that you end? Or do you share everything in between? I think it varies. And if you've ever done any law class of any type, I can tell you that the professor will always answer your question with, it depends. Because there is

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really no right or wrong answer, and there's a lot of answers that are in between. So when we talk about your story, what is it that you are willing to share? What is it that you're comfortable in sharing? And I wanna go back to last week's interview with Silvia Vasquez-Lavato and how she

talked about authenticity is not only showing up as you are and being yourself, but it's in accepting yourself, accepting

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everything that you've been through, every story that there is that makes up all of the parts of you, every piece of the puzzle that is you, to accept that, to acknowledge it, to share it, that is authenticity. And so when you share your story, you have to share all of the parts of it, whether it upsets someone that was involved because of something they did to you.

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or it brings up really uncomfortable topics. But these are all part of who you are. It's part of your makeup, and it's the reason why you are who you are today. It's the reason behind all of the actions you take, the words you speak. It's all because of what you've gone through. We can be very serious about this and talk about...

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past traumas or childhood and all of those things, we can talk about all of the good parts too. You know, getting through school, launching a business, getting a corporate job, whatever it is, these are all parts of your story. I mention all of these parts in my book, *How to Get on Podcasts*, because they're all different topics that you can speak on. There are different journeys throughout your life that you can share.

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And so these are all parts of your story, your personal story, which includes everything that you've been through, your career story, and how you got to where you are in the career that you're in, your business journey, your knowledge story. All of these are different parts of your entire story. All of these stories are chapters of life, per se.

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talk about books is what really makes up the book of you, the true story of you. So when I think about my story and what makes up me, there is a lot that I haven't shared, and these are all

questions that I ask myself. Do I write a book and include all of this? Do I share it with all of my podcast listeners? And the very same worries that Sylvia brought up

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are worries that I have. And I know that there are people who write memoirs who might wait until certain people have passed on because they don't want them to be included. And it's definitely something I think about of if certain people were to read it or to hear it and to know that I have shared with the world what has happened or gone on, what then, what will I shake up?

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in the world, how will this affect my life going forward? Will it cause more drama? Will they be angry with me? Which is truly hilarious to think about. And also goes back to what Sylvia said when people can be annoyed with you and yet you've done nothing wrong and it's really on them. That's exactly what I'm talking about. And if these are all questions I'm asking myself, then I know you're asking yourself as well.

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So when we talk about podcast interviews, you can go as deep or as shallow per se, and I don't mean that in a negative way, as you want to go. Everything is about how you pitch yourself, what you wanna be known for, what you wanna share, and so it's really on your territory of what you want to put into it, of what your story is. But then I wonder at what point do we share the entire story? And this is something that I'm grappling with.

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especially as I think about what is it that I want to write next. Do I want to write a novel that might include some non-fictional details? I kind of do, because it's more comfortable to put out there a piece of work that is fiction in which nobody knows what actually happened. Nobody knows what's really truthful and what's not. That's much easier to put into the world than it is

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to take complete ownership of our story, of what we have been through, because it can be a lot, and it oftentimes takes therapy to get through it, to understand it, to know that it wasn't our fault,

no matter what the trauma was that we experienced, that it's someone else who needs to take ownership of it. And as I'm recording this, and I don't have notes for it, it's truly off the cuff.

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I feel like I'm also beating around the bush of, what part are you not sharing, Michelle? I question, is that what you, the listener, is thinking right now? Of what skeletons are in the closet that you haven't shared or are considering sharing? And it's true, my childhood was, it was kind of messed up, if we wanna be honest. My father passed away when I was very young. I was raised then with an alcoholic mother.

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There was just, it wasn't good. It simply wasn't good. And as I grew older, I really didn't understand that this was not okay. And it wasn't until I went into therapy to know that I was allowed to have boundaries, to take ownership of my life and to say, no, I don't want this to happen. No, I don't need to go home for a holiday. To say no.

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to live my life the way I want to. And this is a big part of my story. Along with, you know, how did I not only overcome that, but then I didn't speak to my mom for 10 years. And now I've gently, slowly allowed parts of her back into my life. And that's another part of my story. Being a woman who wanted

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when she was in fourth grade because I loved children to go on and miscarry my first and have a really big struggle having my second, which is my firstborn, Declan, and then to immediately have my next child, Katherine. This is all part of my story. How do you overcome that grief of losing your first child? Because for me, it was a huge, deep, dark depression.

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This is part of my story. There's so much more that goes into the details of my childhood that it would be a great book. Because some of it, it's just, you can't fathom that certain stuff happened. And I think that's true for so many of us. And I know this when I read memoirs and

then meet the people who have written them and to know, oh my god, you've been through so much. And here you are, sharing yourself

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with the world, I am so grateful for it, which is why I think that more of us need to share our story. More of us need to put out into the world of, look at what I've overcome, because I'm a badass. I've done it, you can do it, and let's share our stories. So I wonder if 2024 is the year of the story, the year for each of us to get comfortable, take ownership of what our story truly is.

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and to share it and to truly be authentic. Because as much as I say that I don't like the word and I don't because what you get is what you see with me. I give you my opinions, I give you myself, and yet I do recognize that there are certain parts that I haven't shared, at least not fully. And those are the reasons why I said before I haven't shared them. And maybe it is time to share them.

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It's yet to be seen. As the year goes on, I'm sure I will continue growing as a human being, getting more comfortable and accepting everything that has gone on in my life and being comfortable sharing it with you. Because despite the individuals who are still alive and the fact that they could hear it and be upset with it, it's still my story. It's my story to tell. It's my story to accept.

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It's simply my story. And so I ask you as we start this new year, what is your story? Do you wanna share your story? Are you comfortable with accepting all of the parts of your story? And if not, what is it going to take to become accepting of it? To live truly in authenticity and accept who you are and everything you've been through. I wanna hear your story.

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I want each of us to be comfortable in sharing our stories. And that goes for you as much as it goes for me. And so let us have this be the year of our story. That's the intention that I'm going

to go in with of sharing more of myself with you. And I hope that's okay with you. I need to be okay with it for me, and I want you to be okay with it as well. And I encourage you to share your story. I wanna know everything that's gone on with you.

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the good, the bad, the ugly, and the triumphs and what's made you the badass that you are today.