

Transcript

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you're listening to the My Simplified Life podcast and this is episode number 241.

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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. I'm your host, Michelle Globeck, author of How to Get on Podcasts, the podcast matchmaker and CEO and founder of the MLG Collective.

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I'm excited to share my stories and life lessons with you while taking you on my own journey. This is my simplified life. Hey friends, welcome back to another episode. I'm your host, Michelle Globeck, and today I want to talk to you about the looming upcoming election. Now, I don't know about you, but the past few weeks I have felt a lot of more joy, hope, and inspiration. And a lot of the reason that I am feeling this way is not because I'm not a person

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only because of who is running, but also because of how people are reacting to it, as well as a bunch of books that I'm reading. And I want to share with you all of these books. I've read all but one. I've just started and I'm in the middle of it and I'll share with you which one that is, but how they all come into play. And it's not about who you're voting for. I want to talk to you about having these conversations with one another, no matter who you're voting for, no matter which side you are on.

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no matter if you're on a side but want to vote for someone on the other side, there are important conversations that we need to have, starting with why it's important to vote, starting with how we can talk about voting and the election without hatred and emotions that just light people up in a negative way. So I'm going to start with the first book.

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And many of these books I'm actually going to have the authors on in the coming weeks. So be sure to continue listening to the podcast because they will be showing up right here and you get to hear from them. The first book is Red Helicopter by James Rhee. And it is all about kindness and math. It's about being a leader and how you have to bring kindness and math in together in order to be a great leader.

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I find that we are lacking kindness in our world. We are not kind to one another. And I don't mean saying hello or holding the door, but really going out of your way and showing up for someone else when it's not expected, when you don't expect something in return for it. There was an Instagram post this morning that I read about kindness and how with allyship, people are looking for a handout. I'll scratch your back if you scratch mine.

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That's not the attitude we need to have. We need to go into what we do with an act of kindness, a mindset of how we can make the world a better place. And if we start looking at being kind in our conversations with one another, kind in the way we vote on certain things, you don't have to agree with the way a law might lie. You don't have to, we can take the big topic of abortion.

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You don't have to be pro-choice yourself. But to me, it's not your choice to make the choices for others. That's simply kindness. We don't tell each other how to raise each other's children. We don't tell each other what job they should have. We don't tell each other how to run others' lives. We're in charge of ourselves. And if we act with kindness, then we'll also act with respect. And all of this will bring about

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just better things, empathy. It will bring about conversations that are kind, that don't end in foul language or hatred or putting each other down, but simply being kind. When James talks about math in his book, and you'll hear from him actually in two weeks, he talks about having our

balance sheet and our assets. And our assets are not the tangible things. It's the people and the relationships in our lives.

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And if we look at that and we act with kindness, then our lives are going to be much richer all around. So I highly recommend reading Red Helicopter by James Rhee. The next one is one that I have just started called Permission to Speak by Samara Bay. I have just started it, but it is all about finding your voice. It's about not letting others keep you quiet.

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or to change your voice or the way you speak. And I bring this book up because in talking about the election that's coming up and talking about politics and talking about your beliefs in general, you need to have faith and belief in your own voice. You should not be shut out for what you're going to say or your opinions. You need to be able to speak your voice. And so I'm excited to hear all of what.

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this book is going to bring, especially as I have my voice, I'm using my voice, but I feel like it can always be elevated. And that's my hope in reading this book, is to elevate my voice and my purpose. The next one I recently finished is Heal Your Way Forward, the Co-Conspirators Guide to an Anti-Racist Future. This is by Maisha T. Hill, and Maisha has been on the podcast in the past.

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So you can go check out her episode. And it's all about how you can be an ally. How as a white person, whether or not you believe that there was something racist in your background, not that necessarily you were racist, but you were raised with a privilege that our friends are not. And we need to look at how we talk about it. We need to make sure that we show up in our allyship in the proper way. And...

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The way that Maisha writes this book is so beautiful. She gives so much grace. She doesn't want us to shame ourselves. She wants us to learn and to work through this entire process and to show up day after day after day, not a one and done, not a performative action of putting a black square up on your Instagram for 24 hours and then taking it down and never mentioning anything again about Black Lives Matter.

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It's about showing up. It's about not just walking the walk, but talking the talk and making sure that you do this and you live your life that way. I really feel that this is a book that everybody should be reading, especially as we see quite frankly, so much hatred right now in our country. We see people putting down others based on their skin color and that is not okay by any means. So let's work together. Let's read books like this.

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that help us understand what's been wrong in the past, what's wrong in the present, and how we fix it in the future so that we can do better and our children can do better and all of the generations ahead of us can do better. The next one, oh, I love this book, it just came out, Democracy in Retrograde by Sami Sage and Emily Amick. I think I'm saying it right. This is going to teach you so much about

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being a civic citizen. And I loved reading this because it gives so many different ideas and ways of how you can show up and be a good citizen. It doesn't have to be that you canvas on doors. You don't have to phone bank. If you wanna do that, that's amazing and that's awesome. And I encourage it. But there are things as simple as talking to your neighbor and getting to know them that you can do that's going to bring community together. It's going to make you be a good citizen.

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and we need this, this also comes back into the kindness. If we're kind, if we're outgoing to one another, then the world's gonna be a better place. Our country is gonna be so much better. So as we go into this election time, how do we have these conversations? They talk about that. What happens when there's an opposing view? When do you shut down the conversation because you know it's not going anywhere? Read Democracy in Retrograde.

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get inspired for all of the different ways that you can participate and do it actively, no matter what kind of time commitment you have available. This is going to be an amazing read. I flew through it. I really enjoyed it. I think you will too. The next book, I think I have put it on every single social media I have. You are going to hear from the author next week. And this book I ordered in June.

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It came on my birthday with Democracy in Retrograde, and it was within a couple of weeks of that that Kamala Harris announced that she's running for president. It is called We're Speaking, The Life Lessons of Kamala Harris by Hitha Palipoo. It is amazing, and it's going to give you all of the facts of who Kamala truly is, what her life has been like, what her career.

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and her accomplishments have been, because there's a lot of false things out there in the media. We've seen that she put away thousands of black men for marijuana. She didn't, that's a lie. And so there are the facts. These are the facts and Hitha writes it so beautifully. She incorporates some of her own personal story with her parents as immigrants, with Kamala's mom as an immigrant, what growing up was like for her, how she was raised by a single mom and...

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I just appreciated so much of the honesty and to get to know Kamala Harris as a person before she was even running, to know who she is about, why she is who she is, and to get those lessons myself. I highly, highly recommend it. If you're following me on any other social media platform, you will see that I have recommended this book everywhere. I am singing, hit those praises. You have to go get We Are Speaking.

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And then of course, I would be remiss if I did not tell you to go get how to get on podcasts because we need to talk to one another. We need to share our stories and our experiences. And yes, that book is by me. This is going to teach you how to put yourself out there, how to tell your

story, how to connect with people, how to pitch yourself to be the person who shows up because we all have a story. And whether it's about...

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politics, the election, campaigning, bringing your children into the conversation, having conversations with others, making time, doing a career switch and running for office. There's all kinds of different things, especially right now, that you can talk about on a podcast. So do yourself a favor and figure out how to pitch yourself, how to show up as a great guest, how to make this a part of your business and your brand. You will not regret it.

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And so that is my final book for recommendations to get through this election cycle and beyond, because it doesn't just end in November. We have to keep having these conversations. We have to continue getting to know each other, to be good citizens, and to truly be kind to one another. The kindness factor is what is going to drive and change everything.

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By being kind, we're going to build empathy for one another and have an understanding of who others are, what life experiences do they have, what is something that we haven't experienced that someone else has that we can learn from to build that empathy, to encourage kindness, and to learn from one another. I'm gonna link to all of these books in the show notes, and I really encourage you to go out.

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read them, listen to the audio book, go follow these authors on social media because you will learn so much. And if anything else, be kind, be kind to one another.