

Transcript

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You're listening to the My Simplified Life podcast and this is episode number 247. 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 Glogovac, author of How to Get on Podcasts.

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the podcast matchmaker and CEO and founder of the MLG Collective. 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 Glogovac, and today I am so excited because I am celebrating five years of this podcast.

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We are almost at episode 250. I've been doing this since 2019, and I wanna pinch myself because that is a long time to be showing up week after week to be talking to all of you to have met some incredible people because of this podcast. So I wanna share with you some things that I have learned along the way. Before I do, I do wanna give myself a little plug because I am launching

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chapters to chats. It is a book club all around how to get on podcasts where we are meeting eight times every single week after you read a chapter. You will do the homework and then get with me and I will give you real-time feedback on your pitch, your topics, your media kit. And so it's going to be a lot of fun. We are launching October 8th and meeting every Tuesday for eight weeks from then.

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So the link is in the show notes, it's on my website, it's in my social media bios. Join the book club because you will wanna be there. Of course, without this podcast, I would not be even able to announce that I launched a course around the book that is published around podcasts. So what have I learned in these five years? The number one thing I would say is I've learned to use my voice. I've gotten really comfortable.

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with hitting record, showing up, not being afraid to offer up my opinion, to share my knowledge, my experiences, and to do it in a genuine way. What you see is what you get. It's the biggest compliment I receive when someone says that when I listen to you on your show, when I meet you in person, when I have a Zoom with you, work with you, you are the same exact person. I talk the same way, I act the same way.

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it's that quote unquote authentic because I'm simply who I am. And having this show has really made me feel comfortable in my own skin. The very first episode and for many episodes and for interviews, I used to script them. I would take hours typing away, writing down what I was going to say and then reading it. And luckily I don't think you could tell that I was reading it, but-

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I do not read from anything. I do write down some topics that I want to hit. I will have an overall theme. There will be things, bullet points more so for me when I do a solo episode of what I want to hit so I don't forget. I actually have my bullets in front of me right now, but when it comes to an interview, I show up. I will have researched the guests. I will have read their book, so I know what I want to talk about. I do not pre-write.

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any questions and that is how I show up as myself. Whatever question I come up with, I simply ask. If they don't want to answer it, then that's fine too, but I have yet to have a guest say, no, let's talk about something else or I don't really want to answer that question. It's truly a conversation between two people just as if you were listening in on a phone call. That's exactly what this is and what I love so much about it.

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Something else that has really been a big part of this show and my life is the relationships I've built. I have gotten to create brand new friendships, working relationships. It's been incredible. It's one of the things that I'm most grateful for and you'll often hear me say that this podcast is kind of a selfish gift to myself because I interview people I wanna get to know.

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And what better way when you reach out to someone and say, I'd like to have you on my show. It's not, I want to pick your brain. It's not, can we have a coffee chat? It's, I want to give you a platform so we can have a conversation. And it's moved mountains. It's what's gotten me, you know, blurbs for my book. It's what's put me in different circles with people that I want to get to know, that have made a difference in my life.

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and I know that they're making a difference in your life. So this show has allowed me to create those relationships. I've made friends from showing up on a podcast, on my show, them showing up on my show, me on their show, and really connecting because we're meeting strangers that we would definitely not otherwise meet in the real world because when are we out there, especially after the pandemic, when were we out and about meeting new people? We weren't. And...

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Podcasts have allowed me to personally do that, to get to know people that I am not running into because they're on the other side of the continent. They don't reside here in California with me. They're not my neighbor. And so I've gotten to interact with these people, to become friends with them. And it's absolutely incredible. I am so grateful for all of the guests that I have had on, for all of the people who have become my true friends.

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I always like to tease people when we exchange phone numbers that we've taken it to a new level. It's now a new friendship level and we have each other's phone numbers and can text each other and do text each other. So I absolutely love that this podcast has done that for me. Something else is around my children. This is a legacy I have created for them.

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They have been here since the very first episode. They know what a podcast is. They have been on a couple episodes. They tell their friends about it. They're probably my best PR tools that I have. And I'm creating something that they can have for the rest of their lives. You know, when I had my pulmonary embolism and I was in the hospital, I sat there and I thought about what happens if I don't make it.

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And I began to think about the videos you see of people who pass away from cancer and how they've created these videos to give advice to their children and what a gift that is. And I knew that if something happened, I didn't have that kind of time. But I've created 247 episodes with even more batched and scheduled ahead of me talking to them.

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They will never have to guess what I believed in. They will never have to guess what my thoughts were, what I felt about motherhood, my career, friendship, funerals, all of these things have been encapsulated for them in my own words, and it's my own voice that they get to have forever. And that is such a gift that even I forgot I'm giving it to them by doing this, by showing up every single week.

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So this legacy of what I've put together for them ultimately is an absolute gift. And I don't know that we can do this otherwise. When they were born, I set them both up with emails. They both have a Gmail account and I will send them an email when something big happens or there's a story I want to remember or anything like that. I will email them so that they get my real time thoughts around this moment in time that they probably won't.

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remember. And by having this podcast, they get to have an even bigger view of what went on in the world while they were growing up, what my thoughts were around it, what it was like for me as their mother, as a business owner, as a first-time author. It's all right here for them. They never have to wonder, what did mom think about this? Because I told them. I've told all of you.

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and I've created this for them. So I consider this part of my legacy that I'm going to pass on to them and hopefully future generations get to show up and hear, what did grandma Glowgivic think of this for many, many generations to come for good, bad or worse? That's what this is. I also have gotten to build a community around this to not only learn from other people, but

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I'm still surprised when someone reaches out and says, I listened to you and I loved what you said about this or I went out and I bought this book because you recommended it. I still don't quite get that you guys are listening. I record this because I love doing this. I love being able to show up and share what my thoughts are. I love getting to interview people and getting to know them.

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And it's very much a pinch me that people are listening, that you are listening to me, that you show up every week waiting to hear what I'm going to talk about, who I'm going to interview. And I appreciate that so very much. I am so grateful that you will spend your time with me every week and that we've built this community, that you want to hear who's coming up next. And...

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that you listen because you know that there's going to be value in who's going to say something big in what kind of a tool I'm going to hopefully offer to help you along your journey and to build community and friendship and camaraderie. It's just so amazing and something that we really need, especially right now in our world. And so I love that about this show. I love that it has brought me into

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the lives of people I didn't know before. I can't even count how many guests there have been on, but it has to be over 200. And it's amazing. I've gotten to take trips to meet people in new rooms. And then when I'm in these rooms, I meet more new people that I bring on to the show and it just continues to grow. And it to me is so fulfilling. I absolutely love what

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my simplified life has done for me personally. It is something that I cherish, I love, I'm so grateful for. I can't be more humbled that you listen, that you allow me to come into your ears every week and that people want to come on the show and to share themselves with me and with you and that together we get to share that. So I am reflecting on these five years. I am

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So, so grateful to each of you for showing up and listening. I am so grateful that I no longer write the episodes out before sharing them with you, that everything is just off the cuff, that we show up as we are, and that we get to share this time every week together. Thank you for all of this. Thank you for an incredible five years. I look forward to the next five. I have no plans on going anywhere else. So...

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You are stuck with me for the long haul and I'm so grateful to you. I really appreciate each and every one of you, every download, every listen, every DM, every email. Thank you. Thank you, thank you, thank you. And cheers to five years of my simplified life.