The purpose of this presentation is to convey information. It is not intended to diagnose, treat, or cure your condition or to be a substitute for advice from your physician or other healthcare Professional.

Parenting With Purpose During Uncertain Times

With Lisa Nichols

Covid Hope: I hope that poor black and brown communities that they feel more seen than ever and more heard than ever as a result of that having a leap, a quantum leap in healing.

Doing Well Now: I'm hopeful about all of the younger generation witnessing all of this upheaval, what they get to choose to do with it and how we serve it to them. So I'm very mindful of how I'm going to serve this to my son and his wife and their children, so I'm excited to see what comes out of it..

Three Points

1. Provide your child certainty in uncertain times.
2. Creating a safe space for children to share how they REALLY feel.
3. How to turn confrontation into care-frontation.

Speaker BIO:

Lisa Nichols is a media personality, a corporate CEO whose global platform has touched and impacted the lives of close to 80 million people around the world. She's come from the place of being a struggling single mom, living on public assistance, to rising to becoming a millionaire entrepreneur. And it's through her courage and determination that she shares in all of her talks or keynotes her platforms, where she reaches so many people that it's from that place that she has inspired ordinary people, just like you, to break through and discover their untapped potential.

© Mindful World Investments 2020

She is the founder and chief executive officer of Motivating the Masses Incorporated, where she has developed workshops and programs that have transformed the lives of men and women, as well as businesses around the world.

She's also a bestselling author of six books, a noted media personality, and she's celebrated for the impact she's had on the lives of teens. This is new to me. I did not know that through Lisa's nonprofit foundation called Motivating the Teen Spirit, she's touched the lives of over 270,000 teens, prevented over 3,800 teen suicides, supported 2,500 dropouts in returning to school, and has helped thousands unite with their families.

Dr. Stacy Thomas: Hi, and welcome to the Mindful World Parenting Summit. I am your host, Dr. Stacy, and I am so excited for this interview with Lisa Nichols. Lisa Nichols is hands down one of the world's most requested motivational speakers. She is a media personality, a corporate CEO whose global platform has touched and impacted the lives of close to 80 million people around the world.

She's come from the place of being a struggling single mom, living on public assistance, to rising to becoming a millionaire entrepreneur. And it's through her courage and determination that she shares in all of her talks or keynotes her platforms, where she reaches so many people that it's from that place that she has inspired ordinary people, just like you, to break through and discover their untapped potential.

She is the founder and chief executive officer of Motivating the Masses Incorporated, where she has developed workshops and programs that have transformed the lives of men and women, as well as businesses around the world. She's also a bestselling author of six books, a noted media personality, and she's celebrated for the impact she's had on the lives of teens. This is new to me. I did not know that through Lisa's nonprofit foundation called Motivating the Teen Spirit, she's touched the lives of over 270,000 teens, prevented over 3,800 teen suicides, supported 2,500 dropouts in returning to school, and has helped thousands unite with their families.

My goodness lady, talk about impact, talk about impact. She's here today to talk to us about parenting with purpose during uncertain times, and I cannot think of a better person to share this wisdom with us. Welcome, Lisa, to this Summit.

Lisa Nichols: Thank you so much. Thank you, Dr., for having me. I'm excited to be here.

© Mindful World Investments 2020

It's a necessary conversation, timely conversation. We can talk about parenting to change at any time in the world, but now we must be committed to lock arms and hold on to each other, and wisdom is everything. When we know more, we do more. And I want to step into this conversation by first thing to every parent that can hear my voice. I want you to know that you are whole and complete as a parent and amazing with all that you are. I needed to always know as a mom that I was doing the best I could and what I was doing was wonderful, and I could always do more. I can always learn more.

I can always grow more. And so, this is the conversation to expand on the wholeness that you already come with, the enoughness that you already operate with. I think as parents, we can be extremely loving to others, we're suburb nurturers, and there are times where we can blame ourselves as if we could have done things better.

I know I do that. Did I do it right? We should question ourselves because it doesn't come with a handbook. I'm just excited to enter into this conversation.

Dr. Stacy Thomas: All right. Thank you so much. And for those people who may not be, it's hard to imagine with so much of you in the world view and people who know your story, but it's possible, right? And I'm wondering because its mind-blowing to me to think about being in that place of being so alone, the responsibility of a child, struggling to really literally put food on the table, and I'm wondering if you could tell a little bit of that story because there are so many families now, like the reality that people have lost their stability.

Lisa Nichols: Yeah.

Dr. Stacy Thomas: And they're trying to continue to do this job of parenting.

Lisa Nichols: Absolutely. There was a time in my life when I was seven and a half months pregnant, I had to go ask for government assistance, and that was one of the hardest days of my life. I still have the picture burned in my head when I realized that I couldn't do it by myself.

And that though this baby was my responsibility, I needed someone else's help to see at the time, I didn't know it was going to be a boy, but I needed someone else's help to help me navigate through the rough terrain. And I remember standing in the government's assistance line and the clerk that was processing me, she said, she called my name, Miss Nichols, and I came to the counter and I said, "Excuse me, can you look up at me?" And she said, "Ma'am, I don't have time. There's a lot of people in line. I said, but I need to tell you something." She goes, just say it. I said, but I really need you to look at me when I say it. She goes, "Ma'am, I don't have enough time. Can you just hurry up?" And I hit the table, she jumped back, and I

© Mindful World Investments 2020

said, “I need you to look at me. I need you to look at me when I tell you that I'm going to be a good steward of your house, that I'm not going to stay here for long. I know there are some people that are on government assistance for years. I'm not going to be one of them. I'm not judging them, but I just want you to see me when I tell you that I just need a bridge over some troubled waters. I'm going to pay well. I'm going to be a good investment for you.” And I look back at me saying that, and it was '93. I knew that there was more than me, but I also knew I needed help at that time.

And I just wanted her to see my face. I don't know her name. I often wonder if she ever put Miss Lisa Nichols from the line on Century Boulevard in Los Angeles with Lisa Nichols that she may or may not have seen somewhere. But I remember that was the time when I said I need to just know I'm going to be okay and my son's going to be okay.

And, there were times when I wanted to throw my hands in the air and go. I need someone to show me how to do this with this little life. How do I, what's the best decision for me and this little life? What do I do? And I had my own set of circumstances when my son was eight months old. His father went to prison and, unbeknownst to me, he was dealing with any crimes.

I was completely clueless, or else we would have had a totally different experience. And my son is 26 years old at the time of this recording, and his father is still in prison. So I had a lot of strain, as a woman.

Dr. Stacy Thomas: Okay, go ahead.

Lisa Nichols: So, my son is 26 years old at the time of this interview, and his father's still in prison. And I had a lot of shame around that. As a parent, I kept thinking, and there was a long time when I beat myself up with, "I should have done this differently instead." And I soon realized that I had an opportunity to make the best of what we had.

And I couldn't do that while beating up on myself. You can't row a boat in two different directions at the same time. And needing to get on government assistance, having food stamps, not having the money to buy Pampers for my son, and having him wrapped in a towel for two days, who his father is, and what his father was challenged with. All of that made me have to make a decision to be more invested in my son's future.

I was beating myself up for how we got here. But the key thing was Dr. was I was willing to invest in my future first. And some parents may disagree with me, but I didn't put my son before me. And that was the sacrificial martyr type of service.

© Mindful World Investments 2020

I said, hold on, I deserve happiness. I deserve to be proud of my life. I deserve to protect my future memories of myself by who I'm being right now. The beneficiary of me making that choice becomes my son, who is right behind me and important but I can't put him before me. And I have seen so many parents put their children in front of them.

And then there was this unfair link to your child that they're all your joy. That's unfit that my son represents all my joy, so I have to rescue myself for myself, and then I have to rescue myself for my son. And I'm grateful to look back at my life, and I get to say, I have the memories that I did that for us.

Dr. Stacy Thomas: I so appreciate that declaration, when you had to go to that, get that assistance. I see that as you share that with me, I see that it's you putting into the world like I am not, this is I'm going to take this, I'm going to take this as my step up as my lifeline. And you spoke it into existence.

Lisa Nichols: I spoke it right there into existence. I know everybody in that waiting room. And she probably thought at first, she thought I was being violent or I was demanding and then when she realized she just looked at me and she said, "Yes, Ma'am." Then she never took her eyes off of me after that. And she said, “here's your paperwork.” And I went right back to a very soft place. I said, thank you. We all just want to be seen and be heard and trusted. And we want to know that we get a thousand-second chances. And we are currently a combination of all of our past choices, but we are becoming the future version of ourselves based on our future choices. And that today right now is a moment of the restart, redo, reclaim, recommit, redesign, whatever you want, but I just kept giving Lisa the chance to recommit, redesign, rejuvenate. I just kept giving myself permission to redo. Not saying anything was wrong, but okay now today I get to redesign it. How do I want it?

Dr. Stacy Thomas: As you're talking about, you needed a speaker, you needed to be well within you, and then the challenge is just that is actually what the child wants because otherwise, they don't get to meet you. They don't get to actually experience you, and they don't get a chance to be who they are. And so, it strikes me as I listen to you that this is the core, is this the core stability that we're talking about?

Lisa Nichols: Absolutely. Authenticity. Authenticity is our superpower. Authenticity that runs through the center of our head to the center of our body, down to the center of the earth, do you. No one can do you better than you. And my brother, Dr. Reverend Michael Beckwith says, "If you don't do it, you won't be done." And to have your child witness you hold on, discover you. They don't need your superhero. Your child needs to see you put your cape on. They need to

© Mindful World Investments 2020

see you without your cape on. They need to see the holes in your cape. Mending the cape. They need to see you forgiving the person who put the holes in the cape.

Cape on, that's the cherry on top of the cake. It's all the journey. So being the superhero or the superhero that you are gives your children value and substance, as my grandma says, sustenance.

Totally the substance and the rug the bar to go to. If everything stays perfect or great or good, or if your children don't ever see you need to choose you, being you, then the moment they're hit with the need for them to find a part of themselves that they haven't discovered yet, they won't know how.

My son Jelani works in my business. He leads a part of my business now. I can tell you with absolute certainty; there were at least 11 times over the last maybe 17 years that I tried to quit. Now, all you've seen me do is show up on the keynotes and on zoom, but you've never seen what happens in my bedroom. You haven't seen what happens in my family room. You haven't seen me on my bathroom floor. And my son, he has, cause it's just been him and I. And on at least 11 occasions, Doctor, I said, Jelani, mommy can quit if you want me to baby, putting all the pressure on this child. I could stay at home more at the time I'm on the road over 200 days off a year.

I can stay at home more. I can be at more of your games. Really done with the way I was doing things and using my parenting as an out. And I don't know if anyone knows what I'm talking about, but we really can use parenting as a real sexy excuse to sit down on our dreams. Not to have to pick up on resiliency. I'll pick up my dream, but I don't want to have to pick up all this resiliency, determination, and patience. So I'm going to sit it down for this period of parenting. Because we can find it's that beautiful martyr like that's a sexy glossy martyr. And so I tried to do it at least 11 times. And Jelani was the victim of that. And also did that, “Mommy, don't do it.” And each time, he said it in different ways. Because the first time I said it, I think he was probably about 11, and Jelani didn't want me to quit, he didn't want me to quit.

He said, “Mommy, if you stopped doing this, what do you think I'm going to have you do? Cause you do this so well, Mommy.” It was just a question. He just pulled it, and I went well, I don't know. The last time I wanted to quit was about five years ago, and I had done business with the consultant, and the consultant frauded me.

And I was devastated by the fraud. I thought that the fraud, I was counseled by my legal department, that the fraud was going to cost me about half a million dollars. The fraud has

© Mindful World Investments 2020

actually cost me about $2.2 million. But at the time, half a million dollars was too much. I said, “I can't survive this as a small business.”

And so I looked up at Jelani, who at this time is 21, and I go through the spiel again. Mommy could just quit right now. Why don't, I can quit right now, and we can be really comfortable. We're fine. My son looked at me at 21, and he said, “Mom, you have a calling on your life.” This is not a job. This is my purpose. “So I know it's hard right now, but you have to find.” Now one is far more eloquent. Now my son is amazing. So it's not an option to start or stop. You have to find out how to get through this. You have to do that. That's not an option, mom. And he slowly took every option of quitting off the table for me. I don't think I'll ever go to him again. I've tormented the child enough, but I say that to say that your children were watching you get back up, your children watching you not live a peaceful life with those around you, but watching you develop your forgiveness muscle by forgiving. By loving the perceivably unlovable, like finding peace and grace during this turbulent time. Not Pollyanna Doc, I'm not all. All is good, kumbaya. No, I'm not saying that I'm sad. I'm saying it's messy, and it's ugly, and it's uncomfortable. I know, is this too shall pass, and the human spirit is unbreakable. You don't have to know a lot of things right now, but you just need to know those two things. If this too shall pass, there will be the other side. And the human spirit is unbreakable, it's unshakable, and it's unstoppable. Your body takes bruises.

Your emotion takes bruises. Your human spirit says, "and we will march on; we are gladiators." And so it's in these times where you are demonstrating with the way you walk through the day, the way you unsubscribe to all of the noise, the negatives. Unsubscribe to all of the divisive conversations. The way you unsubscribe to all of the fear bases. The way you check into the reality that fear is not a spiritual practice.

Worry is not a practice of power when you live in that and when you own that and when they witness it. That's far more important than when you sit them down across the dinner table and what you dictate to them. My son said to me the other day, I convened a meeting with my staff, and my son is on my staff, and I convened the media, and I said, “I am a voice. My company is called Motivating the masses. My not-for-profit is called Empowering the Human Spirit and Motivating the Team Spirit.” I said, “I have to have a voice doing this social climate doing this political climate, and I'm not a political person, but here's my voice in a way that inspires people and leaves them feeling empowered regardless of their political origin, nationality, or their religious origin.”

And I got emotional in the staff meeting. We're on zoom, and tears are streaming down my face. And I said, “I want my dash to matter. And I don't know what I'm going to do you guys, but I'm

© Mindful World Investments 2020

going off the reservation. I'm going off-script. I don't care about the programs we have coming up. I need my voice to empower, to inspire, to encourage, and to have people feeling whole."

And more information to come. I don't quite know what it's going to look like. I get off, and I'm sobbing. I'm crying. My staff is sending me love, notes, and chats, and I end the call. And my phone rings on FaceTime, and it's my son and his new bride. And my son has a face full of tears, and he looks at me, and he said, "Mommy, I just wanted to call you."

"And I want you to hear from me directly. I'm proud of you. You constantly remind me of the kind of human being I want to be. In whatever you do, I'm 1000% behind you." And I realized that it's not in having all the answers that make them feel inspired and empowered. It's allowing them to witness us navigate through the question.

Cause somebody needs to hear that it's not always having all the answers or waiting until we have the answer to present it to our children. What inspires them the most?

It's allowing them to witness, which is counterintuitive to what we think is parents. You think behind closed doors, work it all out, and then show the kids the answer. The witnessing of the navigation through the question builds their tenacity, their determination, their resiliency. It builds the glute muscles and the hamstrings and the quads and the price that's in the biceps. It's not watching us with a toned body. It's watching us grunt the squat. Emotionally, spiritually, financially, mentally, that's a workout, and we need to allow our children to witness the workout.

Dr. Stacy Thomas: And also, the fee. The unwavering belief and just yes, I'm up for this, I'm doing this.

Lisa Nichols: We need them to witness us take a question mark and replace it with an explanation point. Take it everywhere. If you want to empower your children right now, look at all the questions and put the questions in front of them, and then replace it with an explanation point.

I can do it with any question, will we be okay? Absolutely we will be okay! Our human spirits are unbreakable. Are black and white people going to ever get through this? Absolutely because the human spirit has no color. Take the questions and let them see the question. Float the question in front of them.

And then the next major point. You also, when you do that Doctor, you will steady their unstable ground right now. I know I keep talking about my son, but my son said, "Mom, I want to thank

© Mindful World Investments 2020

you." I'm not a perfect mother, so I want to preface everything I'm saying with I have made my share of mistakes.

I have made my share. I've had to ask for forgiveness from God and my son for some of the poor judgment. My son said, "Mom, the greatest gift I feel right now from you is that you're so solid and stable in your peace of mind about us navigating through this that whenever I get uncomfortable, I borrow your stability." He said, "my wife and I both borrow your stability."

Dr. Stacy Thomas: So it is that assurance as they see you do the work with the belief, we need to always have that belief that, if we don't have belief, we have nothing.

Lisa Nichols: And speak life into the future that's coming.

Dr. Stacy Thomas: Yeah. But we're doing the work. This is the exclamation point, or this is the reality, this is where we're going. This is how we're aligning ourselves with that truth.

Lisa Nichols: Yes. And if you find that it's hard to find those things to be joyful about, it's hard. So much is happening right now. And you have to watch out as a parent, as a person that the loudest voice isn't always the right voice, right? It's just the loudest voice.

And because the media can be loud, we can believe it to be true. And that's not the case. So, find your truth. And let your truth be the pole that goes to the center of your head down through your body, down to the center of the earth, and then be entertained by all the stuff that's trying to sway you when the poll says I'm not moving from my country, But I know, like I know people saw me in secret say, I know like I know. That's not up for negotiation. I know that humanity is greater than this moment. I know that it's noisy right now, based on the conversations that are being thrown in front of us.

I know that people would like us to be divided and apart, but I know the human spirit will rise above the circumstance. I know that I have a responsibility to my children and my children's children on how I behave right now. I know that. And so that keeps me steady every day. Do I get upset? Do I get hurt? Absolutely. I'm a human being, but I live on my faith and what I know more than what I see. And so in these times, when you tell your children, and you educate them, and you say, let's cast a future cast right now. Who do we want to be 18 months from now? Who do we want to be five years from now?

What do we want to look back and say, we did, we contributed to five and ten years from now? Future forecast because when you forecast with your family, then you stop sweating the small stuff. You don't want to sweat the small stuff because your future is so much bigger and

© Mindful World Investments 2020

grander. Your contribution to humanity is so much bigger and grander than you become consumed with that possibility more than the noise that's around you.

So future forecasts with your children. I just did a three-year plan with my son three or four days ago. He left so excited. He was like, “Mom, how long have you been doing this?” I said, “Honey, since you weren't like five. Yeah. And I'm building with you now, and you can do it age-appropriate.

You can do it with a nine-year-old. Do you want to give a teenager the gift of raising their bar? Don't tell them to grow up. They're not there. They're already as an adult as they're going to be. When people say grow up, what does that mean? I'm my age. I don't know how to grow up beyond my age. That's not available to their mindset, so telling them to grow up means nothing to them. However, to give them an opportunity to forecast the future forecast. Let's design your next five years. My nephew sent me a text the other day. He said, “Auntie, a year ago, you told me if I saved my money to buy a car, you would match me dollar for dollar. And I was like, okay.

And then he said would you like to see a copy of my bank statement? I said yes. And he showed me a copy of his bank statement, and I immediately cash-applied the match to that cause that's what I promised, but I forgot about it. I forgot about that. That kid knew he needed to do two things. He needed to graduate top in his class.

I need you to be in the top 5%. And now I need you to save money, and then auntie's going to help you. And he showed me his top 5%, and he showed me his bank account balance. Then the next thing I said was, “okay, what does the next three years produce that you want me to support you with?” So keep them running toward the future version of themselves. He was running towards the future version of himself.

He was in school to be a veterinarian assistant. So I said, get the veterinarian assistant jacket. Take a picture in it. He goes, “but I can't wear that jacket. I'm not one yet.” I said, “yes, you can, borrow one from someone who already is, take a picture on your phone.” That was his screensaver.

Dr. Stacy Thomas: Love it. Love that.

Lisa Nichols: A future version of myself. What are you chasing? What's the gentleman's name?

Dr. Stacy Thomas: Matthew McConaughey.

© Mindful World Investments 2020

Lisa Nichols: Matthew McConaughey. He said in speeches, and it's one of his award-winning speeches. He said, “I never arrived because I always find the next best version of myself, and I start chasing that version of me.” Brilliant. Help our children do that. Don't go out too far cause it has to be attainable. Children need closer proximity of achievement than adults. Don't go past 12 months. Some ages don't go past six months. Some may just go up to 90 days with my other nephew. Ninety days because he doesn't have any patience. He says I need it now, auntie. Okay. Let's do 30 days. And so that's how we rise above this.

Dr. Stacy Thomas: But also, yeah with vision and that hope and action. And that we don't need to, we have to like to filter through all the things that are going to be counter to what we need that is part of what we can create that in this turmoil, we can create.

Lisa Nichols: Absolutely. That you need to engage superpowers that neutralize all the noise. And the superpower is family connection time. The superpower is goal setting like you keep goals clear, and you look at them, and you make them attainable, and you make them, and you put a real window. And once you hit them, you celebrate yourself. Don't go out and just go, okay, Mexico. No, hold on. Celebrate. Throw yourself a zoom party, like invite five or six people on. It's like I gathered you all here today because I hit a milestone.

You didn't hit a major stone. I hit a milestone. I'm on my way. Now I have four milestones before I get to my macro win, but I've hit milestone number one, and I just wanted to stop. So can you all lift your favorite glass? And I just want to celebrate progress. That's what I do. And everyone's, oh yay! And then people start saying when is your next milestone going to be? I want to celebrate with you again, and now there's a sense of compatibility and procreation as well.

Dr. Stacy Thomas: So powerful. Let me ask you to use this phrase that you use called "how to turn confrontation into carefrontation. I just need to know about this, tell me.

Lisa Nichols: So we all know what confrontation is. It's that rigid conversation that leaves probably one person feeling as if their dignity wasn't honored or left intact. The other person either feels frustrated or hurt. But if I'm hurt at the degree that you're shut down, then the cost of my being heard is way too high.

And so confrontation can be turned into carefrontation, meaning you get to have hard conversations. That's a part of growth. That's the concept of iron sharpens iron, but have hard

© Mindful World Investments 2020

conversations with commitment, this is number one, to leave my dignity intact. So you search for a way in which you do that.

Now the really fast version, I know we're not on an interview for too long, so I'll give you the fast version of how it works is one you plus three me. So the first thing you do is plus three me, and the way you plus three me is giving me three things that are true about me, that you know that remind me and validate who I am. And the way you do that is you can say, what I admire about you is, what I love about you is, what I respect about you is.

So I like to use those words, love, admire, respect, like, honor. So I choose those words, and I say, what about what about you is, what I respect about you is, what I honor about you is, what I love about you is. Then the second part is what would work better for me is... Because once you plus them, now they're up inside, yeah, but it's not a setup.

You don't do it to break them down. You do it authentically. And then no buts, you say, what will work better for me is that when we're communicating that you allow me to finish my sentence. What would also work better for me is that when you can't do something that you've committed to doing, that you let me know what the recommitment is? What's the recommendation? Can you counter propose another time versus it being in the abyss? What will work better for me is that our conversations stay between us. And if you want to share with someone that you let me know so that I'm not blindsided. So you see you plus three, you make a request, and at the end, you reaffirm because what's important is that you and I stay on the same page because I love, and I honor you, and I celebrate you.

Dr. Stacy Thomas: I love that. That's amazing. Amazing. So good. So good. Lisa, I know you're a busy lady, and you've given us so much today, so many gems, but there are just a few questions I just want to get your take on if we can make just real quick. One, we're in this time of global upheaval, and many would say this is a time of global paradigm shift is happening. That's what this is all about. And what is your hope for how humanity might evolve as a result of this moment?

Lisa Nichols: I must speak very particularly. I hope that poor black and brown communities that they feel more seen than ever and more heard than ever as a result of that having a leap, a quantum leap in healing. As it relates to healing, we can pass on a level of healing to our children that we haven't seen because of this paradigm shift to mine. To our white allies, a community of our brothers and sisters. I see an expanded way of living in terms of empathy, compassion, and awareness.

© Mindful World Investments 2020

I see our brothers and sisters now having a blinder put down and always knowing that all of that exists and operating with that level of love and compassion. I see us as humanity respecting each other's presence more because we've been separated. Respecting and honoring, and celebrating social connection because we've lived through social distancing. And that we're committed to our health at a whole new level.

Dr. Stacy Thomas: Yeah. Beautiful. I'm with you. That's my dream too. What makes you feel hopeful about the future?

Lisa Nichols: Honestly, the young adults that I'm seeing. I see young adults who don't even understand the color conversation. They believe that their social-economic status can be created based on who they choose to be. They got a lot of learning, but watching them and not all of them, not everyone, this not an absolute, but watching the resistance to constrict their mindset. Watching their willingness, I'm hopeful that they'll allow us to impart some wisdom on them and they'll add that to their spirit of freedom and to their boundless love across color lines, that they'll add our wisdom to that and their children will then have an experience that we didn't have.

I'm hopeful about all of the younger generation witnessing all of this upheaval, what they get to choose to do with it and how we serve it to them. So I'm very mindful of how I'm going to serve this to my son and his wife and their children, so I'm excited to see what comes out of it.

Dr. Stacy Thomas: Amazing. Okay. And you've shared so many great concrete things that people can be doing and new conversations and ways of coming out of this. But if there was just one thing that you would like our viewers to action today that you think would make a significant impact on themselves and their families, what would that be?

Lisa Nichols: Now it's no shock you, but I would say.. Sorry, it's hard. Cause if you go to pause. Okay, cool.

Dr. Stacy Thomas: Okay, fantastic. So if there was one thing they said of you,

Lisa Nichols: Okay. I would say too.

© Mindful World Investments 2020