



**Does Change Call Your Name...
But Freak You Out A Little Too?**

We get you and that's why we've invited these three amazing women to join us for conversations about CHANGE & what it takes to push into scary new places in life and business.

Enjoy the conversations and use this Reflection Journal to jot down your own insights and play with questions that will help you apply the topics to your own life.

Here's To Big Change!

Kelly McCausey

If you LOVE diving into Mindset, Abundance & Selfloveability, I hope you'll [join my Mindset Junkies Mastermind](#) that meets every Tuesday at 11am Eastern!



Episode #042

The Power of Letting Go: Rebuilding Life, Love, and Identity with Wendy Faith

(Click The Link To Listen To The Episode!)

Whether you're facing big changes or simply questioning your next step, this episode is a warm, honest reminder that it's never too late to choose yourself and create a life that truly fits. Let Wendy's journey remind you: the grass sometimes isn't just greener (on the other side) but it just might be a whole new world waiting.

Quotes from Wendy:

About rediscovering yourself after identity loss:

"I feel like every day I find a new part of myself that I had kind of banished along the way that's like bringing more parts of myself into the fold and it just feels so whole and wholesome and, and peaceful in my own skin."

About things falling apart:

"The things that I have found both times when things were falling apart was that they needed to fall apart so that they could come back together in a Much more aligned, true, authentic way."

“Once I could feel safe in my own body & safe in my own kind of wisdom, that shifted everything for me.”

Reflection Questions

Wendy spoke about shedding old identities as a mother, wife, and business owner. What identities or roles have you clung to in your own life, and how have they shaped your sense of self?

Reflecting on Wendy’s story, what fears come up for you when you consider making a radical change in your own life? Where do you think those fears come from?

Wendy described her journey through trauma, loss, and ultimately coming out. How has trauma or a major life transition impacted your ability to trust yourself and make big changes?

After reinventing herself, Wendy described her new life as more expansive and colorful than she'd ever imagined. What would a "radically reimagined" life look like for you? What's one small step you could take toward it?

The conversation touched on the importance of learning to trust ourselves. How do you recognize and cultivate self-trust in a world that often encourages us to listen to others over our own intuition

Episode #043

Who Am I Without It? Exploring Identity, Alignment, and New Beginnings with Jena Lorén

(Click The Link To Listen To The Episode!)

Listen in as Kelly, Tish & Jena chat about how our upbringing, societal expectations, and emotional patterns can create unconscious “tethers” to old versions of ourselves.

If you're ready to stop playing small, start asking “**Who am I without it?**” and spark change in your life, this conversation will light the way.

Quotes from Jena:

“I don't know who I am without the marriage. I don't know who I am without the business. I don't know who I am without that role.”

“What does it feel like not to be that anymore? Not to have that role, not to be the mom, not to be the wife, not to, you know, whatever you're letting go of, not to be the coach, not to be the business owner, whatever you are, you've actually now attached yourself to that identity, which is not a bad thing. But it is sometimes an unconscious tether that you now have to explore.”

Reflection Questions

Jena talks about the concept of misalignment and alignment in our lives. How do you personally identify areas of misalignment, and what steps have you taken (or could take) to address them?

The question “*Who am I without it?*” comes up several times regarding roles and identities. What role or identity do you feel most attached to, and how do you think your life might change if you let it go?

Jena mentions the “egoic archetypes” and how our egos attach to things out of fear. Can you recognize any ego-driven patterns in yourself that might be holding you back? (*Take her free quiz What Is Your Egoic Archetype?* at <https://quiz.bravemasters.com>)

The episode explores taking radical ownership of your life. What does radical ownership mean to you, and is there an area of your life where you could apply this concept?

Jena talks about the value of unknown and life's impermanence, especially through her experience of becoming nomadic. What's something you're holding back from because of fear of the unknown, and what might it look like to embrace that uncertainty?

Episode #044

How Surrender Sparked a Revolution in Maruxa Murphy's Life

(Click The Link To Listen To The Episode!)

Together, Kelly and Maruxa unpack the identities and roles we cling to, the societal and personal expectations that can hold us back, and what happens when you let go of the stories that no longer serve you.

Maruxa and Kelly get candid about grief, growth, self-worth, and what it really means to surrender to transformation. You'll walk away, inspired to rethink what's possible and invited to show up more fully in your own life.

Quotes from Maruxa

About surrendering to change & embracing new possibilities:

“How do you practice being so fully aligned into your values, the vision for your life, who it is that you want to become in the world, if you will? And then fully surrender to see how it all turns out, make life a game.”

Reflection Questions

Both Maruxa & Kelly touched on the idea that loving yourself first is necessary for transformation. How has self-love shown up as a foundation in your own big life changes?

Maruxa mentioned that sometimes we act out of ego rather than from our true essence. How can you recognize when you're operating from ego versus essence?

Kelly and Maruxa reflected on the stories they told themselves about their value being linked to roles (like being a wife or a problem-solver). How might questioning these foundational stories affect your perspective or choices in life?

The episode highlighted the importance of surrounding yourself with “wisdom keepers” or supportive people during transformation. Who has supported you through big changes, and what difference did it make?

Maruxa describes reading "*The Surrender Experiment*" (by Michael A. Singer) as a turning point before her major life changes. How do you think practicing surrender, as described in this episode, could impact your ability to navigate uncertain or challenging times?

Episode #045

Leaning Into Discomfort: Building a Life Full of Love, Gratitude, and Growth with Kelly & Tish

Kelly and Tish talk about the theme of vision (how we imagine our futures, what holds us back, and the sometimes uncomfortable reality of outgrowing our old identities), adapting to change, stretching comfort zones in relationships, and learning to accept more love and goodness than ever before.

Reflection Questions

Both Kelly and Tish talked about how uncomfortable it can feel to receive genuine love and support in relationships. Have you ever felt this discomfort, and what do you think causes it?

The idea of “upper limit problems” from The Big Leap came up (where we unconsciously cap how good we allow ourselves to feel). Can you think of a time when you might have sabotaged your happiness or success because it felt “too good”?

Kelly used the example of her nephew Garrett, who lived fully even while battling cancer, to illustrate choosing presence and joy even in hard times. What might it look like to practice this in your own challenges?

Kelly talked about leaning into gratitude when she starts to feel uncomfortable with how good life is going. How might gratitude help with expanding your capacity for joy and abundance?

Both hosts shared stories about how old beliefs and stories shape current experiences, especially around relationships and receiving help. What story from your past is still shaping how you approach life today?



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