

You're listening to the Your Next Best Step podcast, episode #14. And if you've ever had extreme periods of stress and you feel tired, maybe you've even suffered from burnout. This is the episode for you, because today we're talking all about how to get through burnout, really how to avoid it, and what to do if it does happen to you. So stay tuned, because we're getting started.

Hey there and welcome back. I am your host Theresa Cantley. And today's episode is all about getting through burnout. It's all about, we're going to talk all about how to avoid it, what are the signs of it, what happens, and what you can do if you are experiencing burnout. What you can do to get through it.

And it's funny because this morning, I've had this episode planned for a while. It's been all my content calendar. And I saw, I was watching the Today Show, and they were actually doing a piece all about burnout in the workplace. Because it really is becoming a real thing. And in my opinion, someone who has gone through it a couple times. And it was actually the catapult to get me out of my corporate job. I think that people suffer from burnout because of this business thinking that we're always taught. Or that we've learned along the way. This business thinking of things have to be hard. We have to just work harder. And if we work harder and we put in our time, that eventually we'll get further in life.

And I've done previous episodes all about, it's not about working harder, but it's more about doing the hard work on ourselves, getting clear on what we want, and staying focused each and every day in each and every moment of the day, on the things that really matter.

And I know for myself working with entrepreneurs, working with small business owners, this topic of burnout, it's a real thing. I mean, with stressors that are out there in the world with the economy, what's just happening on our planet, period. There are so many things that we can get stressed out about. And that are really tiring.

And like I said, I know for myself growing up, you just always, it was the same thing in school. If you worked harder, you got good grades. In your job, you went to college, you graduated. You get a job, you work hard in your job, you put in the time, you get a raise. You work harder in your job, you put in the time, you get a bigger raise. You work harder in your job, you put in your time, you sacrifice things, and eventually you'll get ahead.

And what I've learned moving from that traditional business thinking and that traditional corporate thinking into entrepreneurial thinking, there is a better way. Which we'll get into a little bit once we go through. Really, what really is burnout? And like I said, it is something that I've been through. It's something that I've seen a lot of people go through. I actually have someone really close to me right now who is going through it. And whether they are fully aware, or not fully aware, or somewhat aware. But there are so many signs, and symptoms, and things that happen, that they show up as something completely different.

Anxiety is one of the signs. Insomnia is one of the signs. And people think, "I've got something else wrong with me." But in essence, what it really is, is it's burnout from their job.

So what is burnout? Burnout is, it's a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. And I literally got that definition from the Mayo Clinic. How does it happen? I mean, there's stress. Like I said, everybody's got stress and stress is all over the place. Like I

said, in our world and in the workplace, but really how does this burnout happen? Because not everybody that works goes through burnout. Right? So how does it happen?

Number one, people feel like they have a lack of control in their job. People also feel unclear as to what the expectations are for them in their job. A lot of times, there are dysfunctional workplaces. And the dynamics in a dysfunctional workplace, and this is what happened with me, just causes a lot of undue stress and a lot of tension, and a lot of ... because you are unclear as to what you're supposed to be doing, there aren't real great expectations. You do have a lack of control.

There is a work-life imbalance. And you've heard me on previous episodes talk a lot about my feeling on work-life balance, and that really there is no such thing. It's just managing your energy and managing your time. But so often, especially as entrepreneurs, we are just so focused on building our business and we just have to build our business, and we just have to work harder, we just have to build our business. Especially if you came from a corporate environment and you started your own business and now you're an entrepreneur, we carry that mentality in that mindset of, "I just need to work harder. I just need to work harder." And you're burning the candle at both ends and you're working 12 to 14 hour days, and you realize that you left a job and you built an even bigger job for yourself.

But also, even if you are someone who runs a business and you see someone going through burnout, a lot of times that work-life imbalance, they just dedicate themselves so much to their job because they think that that's what they have to do. And it just starts to snowball and get way, way, way out of control.

Trying to be everything to everyone, especially when you're building your business or you've built your business to a certain level. You've gotten it to a certain level of success and you think that, and I've seen this a lot with businesses that I've worked with. Where business owners have gotten their business to a certain level of success and then all of a sudden it starts to go flat. And when we start to dig in, we realize that they're trying to serve everybody and do everything instead of focusing on what makes them unique and what they are super, super amazing at.

So trying to be everything to everyone. I've seen people, and I did this myself where you're in a job and like I said, we have this mindset of because that's how we grew up or that's what we're used to where you work harder and the harder you work, the more hours you put in, you'll be able to get ahead.

So we think we have to volunteer for absolutely everything, and do every single job that comes our way. And then what happens is we spread ourselves way too thin, and we're trying to get everything done. And we're trying to be everything to everybody. And the only thing that we're doing is not being ourselves and not being true to ourselves, which brings on a lot of stress, a lot of overload, a lot of overwhelm, focusing on random things.

So why does this happen? Those are the causes, that feeling that you don't have control over what you're doing. That feeling that you don't have control over the growth of your business. The feeling that you have to work harder and longer, and then you start about the things that are super important in your life. And I worked with an executive who was just focused so much on the work that he had to do, and the projects that were coming into the business, and the things that he had to do to get done. That he was working 12, 14, 16, 18 hours in a day and not coming home 'til super late, not eating right, and just completely, completely spending way out of control.

And one of the things that I think why this happens is because for some reason, we feel like number one, our work is overloaded for one reason or another. And we feel like if we don't get everything done, we've had all this piled on work. And if we don't get everything done, then we aren't successful. And we feel like our sense of accomplishment is supremely reduced.

So we get into this, and you don't even realize it's happening. But we get into this vicious cycle of overloading ourselves. Because if we look busy, if we are busy, we'll get ahead. They'll see that we're working harder, and that eventually we'll get that raise. Or if I just keep myself busy and if I overload myself with work. And if I just keep going, and going, and going, I'll be able to build my business once again. And it doesn't really work that way.

And what happens is these are the physical signs, the physical thing. So we just, what causes it, that lack of control. That's the emotional and the mental state that we go through. We feel like we don't have control over our work. We feel like we don't have control over our own success. We feel like there's unclear expectations if you're working in a very dysfunctional workplace. And it's just what that dysfunction does to you mentally and emotionally. Just feeling like it comes from all those thoughts and feelings, because whatever we think, our feelings end up following. Then from our feelings, our actions dictate.

So if our thoughts, if we're thinking that, if I don't get all of my work done. Then your feeling is, is that you have this ... you have that reduced sense of accomplishment. You have that, "Oh my gosh, I'm not going to be successful. I feel like I'm falling behind, and I feel like a failure." So then what happens is our actions start to go, we're just like, we just have to go, go, go, go, go, go. And we end up not focusing on the things that we really need to focus on to get stuff done. And in essence, our productivity ends up suffering.

So what does it physically look like? Physically, you dread. You dread what you're doing. You end up resenting what you're doing. You're exhausted all of the time. I remember going through burnout and I remember sitting at my desk and just feeling like I can fall asleep at any moment. You have this supreme lack of motivation to even get started on projects, to finish projects. But you just keep, even though you have that lack of motivation, you just feel like ... you just keep pushing yourself.

So our action that we're doing, because we feel we have that lack of motivation. So the action then that we're doing, it's so out of alignment with probably what we really want, that we end up just spinning ourselves into the ground. The frustration, and the negative emotions, and the being cynical.

I remember working with someone, and the burnout that she was experiencing. And you could just see the frustration. The cynical comments that would come out. Even myself dealing with burnout.

And the other thing that happens is insomnia. We talked about insomnia. Not being able to sleep. Having anxiety, supreme anxiety. So when we're feeling a certain way and mentally, because our thoughts are so, so very powerful. Our thoughts are that I have to get all this stuff done, and if I don't get all this stuff done, I'm not going to be successful. And my businesses is falling. I feel like I'm spinning out of control. Because then the feelings come up next, and then what's next? Our actions. Then what happens is stuff starts to manifest itself. With like I said, not being able to sleep because your mind is going, going, going, going, going. We can't shut those thoughts off. The anxiety that happens because

you're thinking if you're not sleeping, anxiety is ... those two go hand in hand. And things just start to manifest themselves physically as stuff just starts to spin out of control.

And really what ends up happening is, because in the beginning with burnout, we talked about we feel like we need to work harder. We have all these external stressors. We feel like if we don't get all this stuff done, we're not going to be successful. If we don't do every marketing activity and initiative, and if we're not in every single social platform out there, we have to do this every single day. And if we don't, we're not going to get visible and we're not going to build our business.

The only thing that ends up suffering is your productivity lacks. Your job performance really goes down the tubes. You forget things. That's another thing, the cognitive issues that happen because A, you're not sleeping. B, you have anxiety. C, you're just exhausted. You can see how it spins out of control.

And like I said, I understand this whole burnout thing because I've been through it myself. I think a lot of it, like I said, stems from just how we were brought up and how that old school business think is that you just have to work harder, and longer, and you just need to just keep your head down and keep working. And eventually, you'll get there.

And I think the other thing also that plays into this is looking at social media and comparing ourselves to everybody else. I think that also has a lot to do with it, and thinking, "Oh my gosh. Look at myself," and then look at where they are. Look at what they're doing. Oh my gosh. And comparing yourself. Because then what does that do? That fuels that desire to work harder, and longer, and keep going. And I have to do this, and I have to be in every single group, and I have to do all the things. Then eventually I'll get myself to be successful.

I understand this because I've been there myself. Years ago when I was in corporate, the first time I went through burnout, I remember being so stressed out and I was working on building a new website that was gigantic. I was working on also building a new product catalog. I was working in a very dysfunctional environment, where there was a ton of stress, a ton of unhappiness. Trying to make a difference and trying to just keep going and having that thought of, "If I just work harder, if I just work longer, if I just get this done, my boss will be happy with it. It'll make a difference. But I just need to just keep going." Working weekends, working until late, coming in early, working through lunch. I remember sitting at my desk, and I just remember crying. Just starting to cry because I started to think to myself, "Oh my gosh, my tombstone. At the end of my life, people are going to be standing at my funeral and my tombstone is going to read, 'She was a really hard worker.'"

And I remember thinking to myself, "Oh my gosh, this is all I have in my life is work." All I'm doing is working. I have been sacrificing all kinds of things like going to parties, and going out with friends, and spending time with my husband, and doing the things that I enjoy, and having fun. And I thought, "Oh my gosh, is this all I have for my life?"

And at that moment, I realized I needed to find a better way and do something different. And eventually, I ended up ... fortunately I ended up with a traumatic brain injury. I had a vertebral artery dissection the week after I thought that, which led to all kinds of other complications.

But what that thought did was it snapped me out of I need to do something different. What I'm doing is not working. At the time, I didn't realize I was burned out. I just knew that I was supremely stressed and

supremely miserable. And whether or not that caused the dissection, we'll never know because it was a spontaneous thing.

But, thinking that and thinking, "Holy mackerel, is this how my life is? Is this all that I have?" And the answer was no. The answer was no. I have a grander purpose in my life. I have a bigger purpose on this planet, and I was put here to do something way bigger than this. That was the first time I experienced burnout.

The second time I experienced burnout was when I first started my business. Because what happened was I carried that mindset of work harder, work longer, keep going. Because once you get to be successful, then you'll be ... once you achieve this, then you'll be successful. Once you achieve all of these things and do all of these things, then you'll be successful. I read so many books and studied so many different successful entrepreneurs, and I had the morning routine down, and I had the night routine down. I had my day all scheduled out. And I mean all scheduled out.

I had every ounce of my day planned, every ounce of my day scheduled with meetings, and doing things for clients, and getting work done, and what I was doing. I didn't even realize it, because I had carried over that traditional mindset and that traditional ... what I knew how to be in a corporate environment. I carried that over to the entrepreneurial world. And one day I realized I had built, instead of building a business, I built myself a job.

So I owned a business, but I wasn't owning my future. And all I was doing when I asked myself, "Oh my gosh, what am I committed to in my business?" And recently, my mentor asked us the same question again. And it was what am I committed to in my business?

I built this business because I wanted to build a brighter future for myself and help people. But what I was committed to is consistently burning myself out. Why? Because I did not play it. I didn't have the right mindset to be in it for the long game. I let my thoughts dictate and take control of me. And what happens again is when you think something and you look at a circumstance. You have all these projects to do or you look at the circumstance of I have to build this business.

And then what we do is we put our own assumption on that, which is our thought. And I have all these projects to do, and the thought is I'm falling behind and I'm failing. And I feel like a failure. So what do I do? I just work harder. And that's when our action starts. But if we go back to what our original and the result from that is that we end up working long hours, we're tired, we're exhausted, and we burn out.

But if we go back to what our original commitment was, I'm committed to building my business. I'm committed to helping other people build their business. So if we look at what we say our commitment is, and then we look at what happens when we're burning out and the thoughts that happen and how we feel about stuff. Then the actions that we take, you can see where the misalignment is. Because if we're committed to growing our business and building our business, but the actions that are taking are not doing that. But in essence, they're keeping us frustrated, getting us frustrated.

We're exhausted. We're not conserving our energy. And our energy is our greatest asset. So what happens, we're playing it to be a short blip. Because if you continue to burn out, what's next? You want to give up. You want to let go of this dream and this business that you're building because you're just so freaking tired. You're tired, you're burned out, and you just want to give up.

And like I said, I was there. And when I examined it, and even back when I was in corporate. If I look back now and I'm thinking, I think back, I was committed at that time, I was committed to being a director of marketing. I was committed to helping researchers to take their life's work and get it out there so that they could help cure more people.

But if I looked at what that commitment was, regardless of the dysfunctional environment that I worked in, that commitment and then what I ended up doing. Then the thoughts that I put around my job, and the feelings that I had around my job, and then the actions that I ended up taking, it was totally out of alignment. So in the entrepreneurial environment when I first started my business, it was the same thing.

So what I had to do was I had to learn how to think like an entrepreneur. I had to learn how to be in it for the long game so that I could stop burning out. And if I started to go down that road because I am not afraid to work, I am not afraid to do the hard work. But I had to learn how to do the hard work, and not just simply work harder. Because working harder a lot of times leads to randomness, leads to overworking, leads to overwhelm, and leads to burnout.

So number one is again, I'm going to go back to this statement and we need to not just own a business. We need to not just lead a business and lead people. We need to learn how to own our future. We need to learn how to lead people by showing them a bigger picture, by showing them a bigger vision for what the business is committed to.

So if you found or if you might ... listening to this podcast, if you feel like maybe you are going through burnout. And like I said, I've been there myself. And the only way out of it was I needed to learn a new way. The first thing is, is to just stop. Just stop, and take time. Give yourself some time to just look at the bigger picture of where you are.

And the thing is, is, and this is one of the biggest things that I've learned being an entrepreneur, being a creator, being a thought leader is exactly that. Is to learn how to control my thoughts, to figure out what bigger future I wanted for myself and I wanted for my business so that I could really step into owning my future and not just owning a business. It's a shift in mindset. And giving myself some time to take a step back and look at the bigger picture of, "Okay, where am I, what does the business look like, where do I need to pivot, or shift, or get things back into alignment?"

And one of the first things that for me that I needed to do was I needed to learn how to control my thoughts. To look at a situation and learn how to, if I was thinking something negative or I was thinking something that was going to take me down, that swirl of going into burnout, I needed to learn how to shift my thought into something more positive.

So if I looked at a situation and it was, or when I work with people if it's the situation is or the actual fact is, the business isn't growing. Or the business has fallen flat. Well instead of thinking I'm a failure, the new thought could be I'm going to put together a plan to move the business forward. Or it's time to shift gears and get focused on what we need to do to move forward.

So one of the first things that you can do to avoid burnout, or if you're going through burnout. Number one is to just stop and look at the bigger picture. Number two is to learn how to recognize those thoughts and do something to change that thought so that it doesn't start to make you feel negative,  
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feel bad, feel about what's going on. But instead, that thought when we can switch it to something that is more positive or would support that bigger commitment that we have. That's when we can start to feel good about what we're doing.

So the first thing is just stop, look at the bigger picture, figure out what you can do to master ... not master, but get control of those thoughts so they don't start to take you down a black hole.

The third thing is, is to reset or revisit your commitment. What are you committed to in your business? And part of what goes along with this is also taking a look at what your core values are. And what the core values are in your business then looking at ... so if you go back and look at all the activities that you're doing, or all the things that you have planned, do they support what those core values are? And if you've been burning out and you've been feeling frustrated and you're not motivated, and you're not sleeping and you're anxious. I am sure that if you go back and you revisit what your commitment is in your business and you revisit what your bigger vision is, and what your core values are that you originally set. And if you didn't set them, this is a really good time to set them. But if you look at that, I would be sure that they're not in alignment with the actions that you've been taking.

So it's a good time to reset and relook at your core values in your business, what your bigger vision is for your business for the future. And then also, to look at what have you been committed to and what do you want to be committed to moving forward.

Those things help you to get like I said, to look. When you start to go down that road of thinking thoughts that are not in support of this, to go back and have this in the forefront of your mind, to have your core values, to have your vision, to have your mission in the forefront. That will help you to stay committed to the things that you really want to do, and stay committed to that bigger vision that you have for the future when things start to maybe spiral.

It helps you. I know for myself, since I have gone through this exercise of stopping, and recommitting, and looking at my vision, and being able to when I start to feel myself get that self doubt that creeps in. And those thoughts of, "I'm a failure," or "This isn't working," or "What am I doing?" Or when those thoughts start to creep in, to catch it quickly and say, "Oh no no, this isn't true." What is true is that I am working on building a bigger future, and we can catch ourselves and switch it to a much more positive, supportive thought.

The other things that you can do our unplugging, just learning to unplug on the weekends. Getting some more sleep. Making sure that you get eight to nine hours of sleep. And if you have during the day, if you start to feel tired, carve out some time in your day that maybe you can just take a half an hour, just close your eyes for a minute. And really get that rest that you need.

The other thing is don't be afraid to commit. Don't be afraid to de-commit, I should say. Have a plan for your day, and this is the biggest thing. Have a plan for your day, and your week. Take a look at that plan. If you have something on your schedule that doesn't fit that with what you want to do and it doesn't support that bigger vision that you have for your business, don't be afraid to de-commit from it. Don't be afraid to say, "You know what, I'm not going to be able to make this meeting. My schedule just doesn't allow for this meeting at this time," or whatever you want it to look like. And don't be afraid to de-commit from things. That's one of the things that does lead to burnout is over commitment. Being everything to everyone. Being everywhere for everyone.

And we can go back, and we can reset that vision, and we can reset what our core values are, and we can reset what we really want for ourselves. That's when we can get super clear on what we need to do for the day. And we don't overbook ourselves, and we don't over commit ourselves. And we can have a plan for, "All right, this is what I need to get done this week." We can set goals and we can say, "This is what I want to get done for this week. And I know that I'm going to do these three things every day." And anything other than that, if we get it done, great. If not, we can push it into the next day. But we have a clear plan of what is super important to get done for that day, that week, that month, that is going to move us forward.

One of the things with burnout the first time I went through it, I didn't really set goals. And this was way back when I was in corporate. And I think when we don't have goals for what we want to accomplish for the week or for the day, or even for the month that supports that grander vision, I think that's another thing also that leads people into doing random action. The clearer we are on what it is that we really need to get done and the more dedicated we are to that, and the more dedicated we are also to saying no more often and de-committing from things that don't really support what we're trying to accomplish and things that we really don't love doing. The more we can do that, the clearer we are on what we need to do, the less overwhelm we end up feeling.

The other thing is throughout the day, and this is one thing that I know a lot of people have trouble with as well. I know I'm as charged, sometimes I have trouble with it, is making sure that we recharge throughout the day. Working in 60 to 90 minute increments, and giving ourselves 10 minutes in between to reset and recharge.

People want to just work three to four hours just constantly, just continuously and just push through. And it doesn't work. So the more we can give ourselves time throughout the day and we can schedule it right in there to recharge. I like to go outside, walk around the block. Sometimes I'll just sit downstairs, and sometimes I'll just close my eyes and just reset. I know one of my mentors Brendon Burchard, he's got a little meditation that you can do. You can check it out on YouTube, but it's a release meditation where you're just saying, "Release, release, release, release," for consistently, I think he does it for 20 minutes maybe. On his YouTube if check out YouTube you'll see his meditation. Or if you've read his book, High Performance Habits.

For me, I do it for five minutes. I just close my eyes in between activities or even if I start to feel myself getting frustrated. If I'm writing a lot and I feel like I have a block, I'll just say that to get myself okay. And then really, every time I do it for five minutes, I just feel better and I feel like okay, I can keep going.

But whatever that looks like to recharge throughout the day, especially if you've got a long day, you know you need to get a lot of stuff done. Making sure that you're giving yourself enough time to get things done. You're not over packing your day and you're also giving yourself some time to recharge throughout the day.

Because the biggest thing is you need to protect your energy because without your energy, and that includes your brain. Without your brain, without recharging your brain, without recharging yourself physically and mentally and emotionally and protecting that energy. Without that, you can't do anything. You can't get anything done. And it's when we don't do that and we just keep pushing, and pushing, and pushing, and we ignore the warning signs of the frustration that comes in, the anxiety that comes in. That exhaustion. When we ignore those things, that's when it starts to spin out of control. And



you can see day after day, after day, after day, after day, after day going through that, and it becomes excessive. Especially if you're working in a dysfunctional work environment. Especially. And if you're the one that's causing that dysfunction because you are burned out, well then it's time to go back again and reset. Take a look at your vision. Take a look at your mission and your core values, and what energy you're bringing into your business. Whether you own the business, you manage the business, you're a leader in the business, you're an executive, whatever. What energy are you bringing into the business?

And when we can start to do all that stuff, that's how we can start to play the long game. Because we're in it for the long game. We're in it to make a bigger impact in this world. We're not in it to be a blip on the screen. And if we keep doing the things that burn us out, and stress us out, and get us frustrated, then we're going to be a short blip. Because you can't keep going like that for long periods of time, because you just swirl out of control. You want to give up. I've talked to a lot of business owners who eventually closed their doors or wanted to close their doors. There's ways that you can get out of that. You can let go of that struggle.

There's ways that you can learn to own your future and not just own a business, to really step into that vision that you have. But what it requires is for you to learn a different way. To unlearn all of the things that we thought we knew about scheduling our day and what it really takes to be successful, and learning a new and different way.

So if you're going through burnout, I highly encourage you to take some time, take a break, take a vacation, unplug. And really give this stuff some thought. Give yourself a break.

First of all, give yourself some credit that you are doing your very best at whatever it is that you are doing, whether it's growing a business, building a business, working in a management role or a leadership role. You are doing your absolute very best, and you're doing great. So give yourself some credit and some grace.

But also, the other thing is beyond anything other than this, if it's still hanging around and it's coming up over and over and over again, don't be afraid to get help. Don't be afraid to seek therapy. Talk to friends, talk to a mentor. Get some mindset help. That's what I did. Learning to control your thoughts, your feelings, and figuring out what is the root cause of a lot of these things that if they're coming up over, and over, and over again. And just giving yourself a break and practicing some mindfulness work, and doing some relaxation activities. If those aren't working, don't be afraid to get help. It is a sign of strength to seek out a therapist.

I have a therapist that I talked to, someone that's helped me to get through a lot of the blocks that I had in my business, and the things that kept coming up. And to help me to figure out what I could do to learn a better way.

I've worked with a lot of different mindset coaches as well, business coaches who have helped me to get through a lot of this stuff, to let go of that old business thinking that was keeping me stuck and to step into a new way. So don't be afraid to get help, because this is not something that you have to do alone, and you should do alone. And it's also something that you can get through. You can keep going, and you can let go of those things that are holding you back and build something really, really amazing. And do the gifted work that you were put on this planet to do. To let go of those limiting beliefs and to be able to shift your thoughts to more empowering thoughts so that you can keep moving forward.

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And I can tell you that it's all possible because I've been through it myself, and I've gotten to the other side. But like I said, in order to do so, you need to learn a better way.

So I hope this episode helped you, and I would love for you to leave me a comment. Let me know what part of this episode was really impactful. And if you are going through burnout, let me know how I can help. I have a new program coming out and a new ... we are going to be launching a new three part workshop series called the Business Growth Formula. And it is for business owners and entrepreneurs, managers, leaders, and businesses who have gotten to a level of success. And now things have fallen flat. And part of that is because maybe they've burned out.

And I would love to help you. So stay tuned for the information that's coming out on that three part workshop series. But I would love to also just hear from you as to what part of this episode helped you, what you found most impactful, and things that you're doing to maybe start to shift some stuff for yourself.

Burnout is a real thing, and I think it's on a huge rise in our society. And it's something that we need to address, and it's something like I said that you can get through. We just need to learn a different way.

So thank you for joining me for another episode. I am so grateful for you. I'm so grateful for you listening every single week, and I can't wait to see you back here next week for another episode. So take care, and have a great rest of your week, and I will see you soon. Bye for now.