

Ep #64: Guaranteeing Results



Full Episode Transcript

With Your Host

Maisie Hill

Period Power with Maisie Hill

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If you are in the horrors with menstrual cycle issues or you want to learn how to harness your hormones, then you are in the right place.

Welcome to the *Period Power* podcast. I'm your host Maisie Hill menstrual health expert, acupuncturist, certified life coach and author of *Period Power*. I'm on a mission to help you get your cycle working for you so that you can use it to get what you want out of life. Are you ready? Let's go.

Hey, folks and welcome to episode 64. So today I want to talk to you about guaranteeing results and how you can guarantee your own results and how I can help you to do that. Because as of today the doors to join The Flow Collective, my monthly membership are open. They're open until Monday at 9:00pm UK time. And we are about to kick off our spring programme inside. And there is going to be a strong focus on creating results.

So I want to talk to you about that today because we're going to be doing some things that we've never done before to help you achieve your goals, so whatever they may be. Because I want you to get what you want in life, whatever that looks like to you. So some of you have got external goals like promotions or getting paid more, getting a new job, making new friends but some of you will have internal goals.

One of my clients recently celebrated in the community that she can't remember the last time she ate a meal and mentally counted calories as she was eating. And when I thought about that shift and that result that she had created it just brought me to tears. Think about the impact of that and the significance of it for her.

Someone else had a massive goal of being mentally and physically prepared for a round of IVF. And I guess you could say there are some physical markers, some assessments that you can do medically, results of blood tests etc. I would say that really, it's all about how you feel in yourself, your assessment, and your sense of yourself rather than someone else's external assessment. And I'm pretty sure that's how she was working with this goal too.

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So when we're talking about goals it really is goals of all kinds. My goal for all of you is to feel at home in your body and in your mind so that you can create the life that you want. And that's what I infuse into everything I do, whether it's here on the podcast, in the membership, in my emails. That's the result that I want for you. So although it's a result that you will ultimately create for yourself it's also the result that I want my work to have and it's pretty special when those two things come together.

So I want to talk about putting all results on the table and what that means and then how to guarantee them. And I'm going to be sharing some of the features and tools that we have inside The Flow Collective to help you do that so that you can get to know what we do inside there. I'm going to be selling The Flow Collective to you in this episode because the doors are open and what we do in there is so incredible, so helpful, so valuable that it would be criminal for me not to tell you about it and sell you on joining.

So whether The Flow Collective is on your radar or not this episode is going to be helpful. So even if you don't plan on joining us yet I recommend that you listen and just take away all the gems that I'm going to be sharing with you. Are you ready? Let's do it.

So when someone sets a goal, when you might set a goal, your focus is nearly always on doing things or on doing things differently and that can be helpful because taking action is a good idea, we do need to do that. And when you have a goal, doing things differently is one way of creating a new set of results. So if we're always creating the same sets of results in our lives it's because we're doing things the same way, approaching things the same way.

But the huge caveat to this is that your results are always going to be limited unless you change your mindset. So this is why you can do things differently and still end up with more or less the same result. There might be a bit of a shift but maybe not enough that matches the effort that you put in which is so confusing and frustrating and usually leads to feeling resigned in some way and settling.

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And this is why so many people also get burnt out when they're trying to achieve something, their focus is on doing more and on doing more from the same thought process that they've always had or have had for a long time. So it's no wonder that there can be this degree of hesitation in setting goals. And that's what I think about when I am considering my clients.

And I know that if you listen to the podcast, if you've read my books or if you're familiar with my work in any way then it's like that you're mindful of your hormones and that you consider your health. And that's amazing. I am so glad that you are doing that. Definitely be considering your hormonal health, reducing sources of stress. That in and of itself will be beneficial.

But as I spoke about last week you can get stuck. If you feel you're taking care of yourself then let's be celebrating that. And at the same time consider if there are places where you're compromising on what you want for your life because you're concerned about adding more to your plate. And fearful of the impact of what that will be on your mental and physical health, or maybe in your relationships in your personal life.

Because over the years so many of my clients have told me that they felt they had to choose between taking care of themselves or going for a certain goal. And that's so understandable. Many years ago I was in this position myself. And back then I was still the boss. I was still self-employed, but I was making choices from the place of I can either pick my health or I can pick paying my bills and professional success. And the idea of both being possible would have blown my mind back then. But that's because I was operating from the place of it all being about what I do.

And oh my goodness, how I wish I knew about thought work back then because when I think about all the people I turned away and said no to because I thought I was at my capacity. And I was scared about the impact of taking on more clients, I wish I knew all this stuff back then but hey ho. This is where we are now. So it can be very one or the other. And I get quite fired up about this.

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And I know that many of you are thinking the same thing, that you have to pick. And what ends up happening is that you settle. Just in some way you settle for less than what you actually want. And I don't want you to settle. I don't want you to compromise. And I don't want you to be exhausted, and stressed, and working all the hours. And struggling to sleep at night because you're still doing emails or you're worrying about the things that didn't get done, or if what you got done was good enough. But why should we have to compromise?

I want you to put all the results you want on the table, not one. And about a year ago I was coaching one of my clients on this. She was trying to decide what to do. So she was eying up a master's programme. She wanted to get a promotion. And she also wanted to get married to her partner. And she was basically thinking, which one do I pick? Because we've been trained to think that we need to pick, or that if we do more than one thing there will be negative consequences, that it'll come at a cost.

And I've had this happen to me. Back when I was in the process of getting a book deal for *Period Power*, my first book, there was this day when I was devastated because I found out a publisher that I was hoping to work with wasn't going to make an offer to publish it. It worked out all for the best. I ended up having so many great offers and got to work with Bloomsbury and I've just had the most incredible relationship with them, such an amazing team. But on that day, I was in bits.

And it happened to be, I thought it was a good thing at the time, it happened to be my first day seeing a new therapist. And I was sharing about the emotion of it all because I was really upset. And talking about the work, the stress that had been involved in putting the book proposal together. And then waiting for responses and deciding about offers and all of that. And at the time I had a toddler. And I was talking about my relationship, family life as well.

And she told me that I couldn't have it all. And with hindsight I can see now that that was just her thought and her beliefs, and she was just offering that

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to me in a way that I'm sure she thought was going to be helpful. And it actually was helpful. It was literally the best thing that she could have told me because when you tell me something like that, my response is usually, "Watch me." And it took me a while to figure out how it's possible and I did figure it out.

And not to throw any shade on therapists by the way, I've had great ones but this one I did not go back to. And to return to what I was sharing about my client. When I was working with her on this, I invited her to put it all on the table. And just to play with the idea that all results are possible. We don't need to know how they are but just the idea that they might be. And that includes doing them without burning out.

And I know that this might be breaking your brain as you're listening to this. That your brain might have started to argue with me. And if it has, that's okay, it's just your brain doing its thing. But if it is doing this, I want to invite you to pay attention to what's coming up. What is your brain offering you, the objections that it has?

I know because they've told me, many of my clients think that I've got some kind of special setup in my life that makes it possible for me to do this. And I have literally gone through it with one of my clients step by step, hour by hour because she was just convinced that I had all this support, and a housekeeper, and I don't know, all the things. Or that I somehow had more time than she had. And she was just astonished to realise that I don't. And that if anything it was the opposite, she had more in place in terms of external support.

Different when we're talking about the internal support that we have for ourselves. And it will be really helpful for you to see what's coming up, whatever it is because then we can get to work on exploring these thoughts and beliefs that are there. And it's just so much more fun to put all the results you want on the table just to fuck with how we've been socialised. That's why I love to do it.

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And what's even more fun is that there's a strong chance that it is going to sound ridiculous to you when you put all your results on the table. What I mean by that is just thinking about all the things that you want for your life and putting them all out there, no compromise, no negotiation. We just put them all on the table.

But this might be sounding so ridiculous to you that that can actually be helpful. Because then your brain is just like, well, I don't know how this is possible but what the hell, let's just entertain the idea. And that's a really fun way of approaching it which is what my client did. And now she's halfway through her master's. She's in the middle of going for a promotion and she's planning her upcoming wedding, all whilst taking care of her health.

And I know you're going to want to be like, "Well, how on earth has she done this?" But she's not the only one. Many of my clients are stretching themselves personally and professionally whilst also taking excellent care of their health and respecting their cycles. It's so inspiring to see and they can do this because they have explored their thought patterns and the impact of them. They have discovered how to be emotional, how to actually process their emotions so that they're not just building up until you pop or collapse.

And that's what I teach you how to do inside Harness Your Hormones. And that's the programme that you get when you join The Flow Collective. So there's a whole module on teaching you how to self-coach and use the thought work protocol that I share with all my clients. So you'll use this to coach yourself on anything. And then it's also the foundation of so much of what we do inside the membership. There's also modules on how to track your cycle and actually use the data that you collect.

And even very seasoned cycle trackers tell us how helpful this module is because there's always one step that they haven't been doing. And of course you're going to want to make sense of what your hormones are up to and understand your cycle. So there's a module where I walk you

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through that. And I know that for many people who join the membership they want to improve their cycle or work with their cycle in some way.

So of course there's a module on some really straightforward techniques that you can use no matter what your cycle is up to or even if you have no cycle because not everyone who joins us has a cycle. We have people who have hypothalamic amenorrhea, PCOS, folks who are pregnant, who are postpartum. Even a few people who are post-menopausal. But there's so much packed into that course. And every time we have an intake of new members, we always get such positive feedback about Harness Your Hormones and how it was worth signing up just for that.

There's also a module on how to create results as well. And I came up with Harness Your Hormones because I was thinking about how I can help to guarantee your results. So Harness Your Hormones is what you'll spend your first 30 days in The Flow Collective focusing on because it's there to set you up for success from the get-go.

Now, there are other skills that are going to help you when it comes to putting all the results you want on the table, and one is being able to tend to your nervous system. My clients are all in the process of figuring out how to tend to their nervous systems, I am too because this isn't a one and done process. Because when you get to know your nervous system, you will notice the difference immediately.

There's a whole webinar on this that you get access to once you've spent your first 30 days implementing the strategies inside Harness Your Hormones. But then you'll start to look at your nervous system, start to get to know it and to partner with it, to care for your nervous system. And this will be continual things that you return to because this is ongoing for all of us, that includes me.

So you'll learn how to regulate your nervous system and radically reduce the stress in your life. Sometimes that means changing what's going on around you, but most of the time it's actually about changing what's going

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on within you. And this is huge because once you do that, once you can regulate yourself when you're in a stress response, once you can create safety for yourself that means you don't have to rely on other people behaving a certain way or saying things a certain way in order for you to be okay.

Think about how freeing that is. Think about how much mental drama that prevents you from having. Think about the mental space it gives you so that you can actually rest. So instead of doing what looks like resting, like lying on the sofa. You're actually resting your brain, instead of lying on the sofa supposedly resting whilst your brain goes to work on worrying and stressing about things that have happened or might happen.

And even the things that have happened are still your interpretation by the way. And that may not be as accurate as you think it is because human brains go to drama just because of the brain's negativity bias and that tendency to inflate and exaggerate things. All brains do it. But when you use thought work, we can start to unwind those patterns and beliefs and you look at things in a more factual way, which means that then you can choose your response to them rather than just reacting.

And because your brain is a better place to be in because you're less stressed, you have the capacity and the clarity to make strategic decisions instead of what you may be used to doing, which is making decisions from pressure, and from panic because you're in a stress response. And when you can create that safety for yourself that means you can have the conversations that you might usually shy away from.

And you can drop any people pleasing tendencies because, listen, this is one of the big ones that causes so much stress and exhaustion is trying to please everyone else and thinking that you can't say no, that you can't rock the boat and that you don't want to disappoint anyone, you don't want to let anyone down. Please, please hear me now when I say that other people do not care as much as you think they do. And even if they did feel disappointed, why is that a problem?

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Disappointment is an emotion. It's part of the human experience. That's all it is. It's okay for people around you to feel disappointed. And besides, if they feel disappointed it's because of how they're thinking and none of this is your responsibility just as it's not their responsibility to say things to you in a nice way in order for you to be okay. I want you to imagine receiving feedback from someone else and not jumping to internal criticism, or defensiveness, or shame because when you can do that then they don't have to pretty things up in order for you to be okay.

It's just information that they're giving you and you get to decide how you want to respond internally and externally to that feedback. And this all comes from being able to regulate your nervous system, from being aware of your thoughts, from being able to feel and process any emotion. What would you do if you could do this? What results would you put on the table? Please put them all on the table just for a minute. What do you want?

I want you to dream with me for a moment, what is it that you want without justifying it, explaining, or apologising for what you want, without negotiating with it and settling in some way. What do you want? It's so important that you know this just for you. And we don't ask ourselves this enough because we're just so used to accepting what's given instead of asking for more, asking for more of ourselves and of our experience here.

And what's inside The Flow Collective is going to support you as you go through this process of asking yourself what you want. Over the next few months we are going to have this strong focus on goals. And the types of goals that you all set are going to be broad in topic because you're all going to be picking what matters to you. And for some of you it will be something that's cycle or health related. For others it might be a professional goal or a personal one. And if you've got no idea what yours might be, that's okay.

There's a process that I'm going to walk you through where you'll figure this out and it will become obvious to you. But we're also going to be coaching on goals as well because I know that drama can come up even when what needs to happen is obvious. Have you ever had that happen? I have.

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When it just becomes clear what you want or need to do and because there's no longer any confusion and spinning in the I don't know, there's this moment of confrontation where it's clear and you feel it in your gut. And you feel a bit uncomfortable or very uncomfortable about it. It's like the, oh shit moment. And also some of your brains will want to debate and negotiate with your goals. And that's just what happens, it's part of the process. So we're going to be coaching on that so that you can move forwards.

And this is the theme for spring, it's all about springing forwards. So the backstory to this is that I've been thinking about the impact of the last couple of years and how that relates to the seasons of the year and the seasons of your cycle. And how we can do things differently because your health and wellbeing is non-negotiable. But your dreams and goals are also non-negotiable, both of them are non-negotiable.

So about six months ago I started having this idea of coaching a small group, the aim of it being to go for your goals but to do it in a different way, without hustling, without stressing, by tending to the nervous system. But I knew it wouldn't be something that I would offer for a while just because I'm so focused on my clients in the membership. And at the same time I also wanted to be able to offer it. So long story short, I decided to make this something that's available to the members of The Flow Collective.

I have no idea if we'll do it again. So if you want to take part then sign up now because there literally hasn't been a better time to join us. And there's going to be no hustling as you go about this. That's really important, no rushing, no being stressed because you know that's not how we roll. And I don't want that for you either because if you go about things in this rushed way, in this busy way then what will happen is you will deepen your belief that that's what it takes to meet your goals.

Those neural pathways will become deeper and deeper. And that's why I was like, okay, we've got to do this now. I can't wait to do this. We need to do this now because we want your neural pathways to be rewiring. And the

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sooner you start that the better because the existing neural pathways will kind of slow down, they'll be dialled down a bit.

So I like to think of this as there's a well-trodden path through a field. That's the existing neural pathway. It's the path that's been walked on time and time again. So when you look in the field it's clear to see and you just always follow it because it's there and it's the path of least resistance. But here's what we're going to do instead. I'm going to help you to see when you're standing in front of that pathway, the same one you've gone down habitually for years. And you'll also be able to notice when you've gone down that path and just notice, I've gone down this pathway.

Okay, I'm operating from the same place that I have been in the past that isn't so helpful, that isn't compassionate. So you'll notice when you're on that path and you'll get to make a decision about if you want to try out a new one instead. And to begin with you will still go down that old pathway but you'll be aware of when you're on it. You'll catch yourself when you're on it. And you'll be able to decide if you want to do things differently.

And when you do that, when you use awareness of your thoughts and your feelings. You'll realise what's going on and if you want to, if it's kind and helpful for you to, you'll walk down a different path, one that doesn't quite exist yet. You might have gone down it a bit before but not enough for it to be well developed.

And what happens when you do this is really cool because whilst you are creating a new pathway the oldest, most developed one gets a rest from being walked on. And then the grass and the shrubs start to grow on it. And the more this happens the easier it gets to go down those new neural pathways that are going to create a different sets of results and a different way of getting there. And it's so important that we do this because if we don't do it what happens is we rush our way to a goal. We hustle our way there. We experience stress and health consequences.

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There's disruption to our personal lives along the way. So then you maybe meet the goal. You've done it, which is amazing. But you still have the same mindset, the same neural pathways. So then you think you have to keep doing the same thing because how you got there is how you'll be when you are there. This is why we coach.

So I want to walk you through what happens when you sign up. When you join, and you can do that using the link in the show notes. You get immediate access to our stunning brand new membership portal that really does what we do justice. It's a thing of beauty. It's brand new. We have just moved house. And it really helps you to access the things that are going to help you the most as a member. I'm so proud of our new home and everything that has gone into creating it. I can't wait to show it to you.

So you'll get in there, you'll watch the orientation videos and then get started with Harness Your Hormones because as I said, implementing those simple strategies is going to make an immediate difference. But this isn't about me telling you how much magnesium you should take or very specific nutrition and lifestyle recommendations. I love all of that. And we do have amazing resources to do with nutrition and Chinese medicine, things like that.

But Harness Your Hormones is so simple and straightforward and easy to apply no matter what your situation is. Because what I want is for you to be able to apply the strategies and see an immediate effect. Then once you've focused on that for the first 30 days you get your first collection of webinars and worksheets that unlocks, and this is where you'll begin to partner with your nervous system and start tending to it. And it's where you'll do the self-love webinar and worksheets. And I'm not going to lie, that one might be a bit challenging which is perfect because it's worth it.

There's also nutrition for hormone health, oestrogen detoxification in that collection too. And you're going to experience such shifts, I can feel goosebumps in thinking about what it's going to be like for all the new members who join us this time. But it's not a race to get through it all. The

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point isn't to check everything off. So I really encourage you to be results focused in the membership and in life. And to always get what you need from each part of the membership instead of approaching it like you need to use all of it in order to take one step forward.

You don't even need to use every part of the membership. It's set up like a buffet where you just get to use the bits that interest and help you. So let's talk about what else is in the buffet, what else is on the table for you to choose from. We've got two workshops coming up this month that are going to be really powerful and helpful. The first one is where you're going to do some self-coaching with me on a call. So you'll learn how to do it in *Harness Your Hormones*. But even if you haven't got around to watching that you can still come to the workshop and put it into practice with me live.

So everyone's going to come. I'm going to walk you through how to self-coach yourself and you'll actually do it in the workshop so you'll leave knowing exactly how to do it so you can start doing that yourself. And the second workshop is called *Spring Forwards*. And that's when we are kicking off the spring season in *The Flow Collective*.

And I know it's going to shift things for you and get you all fired up. Because when we've done these workshops at the start of January the past couple of years the feedback we've had has been that it's just so transformational and really sows seeds for all sorts of things that follow. So we're bringing this in at the start of spring so that you can have that transformation at the start of the season and so that you can design a simple doable plan for spring that is all about your goal, whatever that goal is whilst also being extraordinarily compassionate towards yourself.

Because often setting goals comes from not enough-ness, thinking that you're not good enough and that you need to be better, and that you need to be improved somehow. And that's not what this is. And we're also not strongarming ourselves into taking action which often comes from that not enough-ness. And as I said, you can get some degree of success with that.

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There's many people who have progressed in their careers but the whole time they're feeling like crap. And even if they reach the pinnacle of their industry if they get to the top they're still up there criticising and shaming themselves. So this is why we've got to look at that all important relationship with yourself and those internal conversations that you have with yourself all the time. Because what's the point in all of this if you're not going to be loving yourself. There's that self-love webinar inside the membership and an amazing workshop.

One of my clients used one of the worksheets for a 100 days in a row and in doing so she changed her brain. This is how you change your neural pathways. This is how you change your mindset and go about things in a completely different way. Now, I know because I've experienced this that when we come together in a group experience like a workshop it's amazing. And then you leave that experience, and you go back to your normal life and all that entails.

And that's why we have live weekly group coaching calls. They're also recorded so you can access our backlog of previous calls. And you can listen to them on the go via our private members only podcast. But what I love about group coaching is that you can receive coaching without ever going in the hotseat yourself. And you can also get coached on things that you hadn't even considered before. This is the value of seeing others get coached and being able to then use that coaching in your own life.

We also have monthly calls that are solely for our BIPOC members. So when you sign up everyone receives an email saying, "Hey, if you are black or a person of colour then just reply to this email, let us know so that we can give you access to that specific page on the website where these calls are kept. And so that we can send you the link to join these calls." Because these calls are just for our BIPOC members to attend and watch the replays of. Other people don't get access to. And they're also BIPOC led.

So, Mars Lord who you know and love from the podcast, she coaches on these calls. And you can come and get coached on anything. What you

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bring to get coached, it doesn't have to be about race or ethnicity. Though the coaching that you'll receive is always through the lens of understanding the impact of misogynoir. Not to mention we also have the most incredible community.

From the very beginning of The Flow Collective we've had amazing people joining us. And you'll get to experience what that's like when you join our members only Facebook group. It's where you can get support, you can celebrate your successes, receive feedback on your self-coaching, explore things when they don't go so well because this isn't about doing things perfectly.

One result of joining and taking part is that your capacity for failure is going to increase and so is your capacity for success because sometimes it's fear of failure that holds us back and sometimes it's fear of success that holds us back. So this is a community where you get to test out failing, and failing forwards, and being seen in your success and your brilliance.

We have also just introduced a new feature. Are you ready for this? As well as the group coaching calls, the tips and the strategies, and the webinars, you can now get, drum roll, individualised one-on-one coaching. I'm just having a moment over here because this isn't something I expected to be able to offer for years. So I'm really proud of this accomplishment and what it signifies because now when you want to get coached, or you want to take your self-coaching for feedback and then to explore things at an even deeper level you can take it to ask a coach.

So this is where you can submit a request in writing and one of our certified coaches will reply to you in writing. And all the submissions and responses are shared but they're shared anonymously. So you can go onto the membership portal, and you can read through the coaching that others have received too. You can search for the thing that you want to check out. It's always a relief to see that other people have the same stuff going on as you. And it also means that you can get coached if you don't want to get coached on one of the group calls.

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The price is currently £69 a month for all of that. So instead of charging thousands upfront, it's £69. And if you're listening to this episode at some point in the future it may be more. But if you join now that's the price you pay for as long as you're a member. And you're not tied into a contract of any kind. You can leave when you want. I want the members to be people who want to be there. So to sign up just use the link in the show notes or go to maisiehill.com and click on The Flow Collective.

The doors are open from today, the day the podcast airs until Monday the 14th of March at 9:00pm UK time. And the sooner you join the sooner you can get started with all of this goodness. I have literally worked my brain so hard in order to help you to guarantee your results. And to set things up inside the membership so that the odds are so stacked in your favour that your results become inevitable.

Now, it doesn't mean that you don't have to do anything. Although I will say, it is interesting how many people do experience a shift just from signing up especially if they've never done anything like this before. If it's new for them to invest in themselves then when they decide I want this, and I need this, and I'm going to go for it, and I'm doing it for me. When someone signs up from that place, they do get a shift and a transformation. So there is that.

But this is an invitation for you to show up and I want to be clear on what I mean by that. I don't mean you show up to every single call and use every single resource we provide so that you can tick things off. That's not how the membership was designed. It's not the point of it. Some people love to come to the calls live. Others love to listen and go for a walk. And some people swear by the worksheets. Other people never go near them. And some people just get loads of value and help from reading what's going on in the community. And other people love to post.

So however you want to participate is perfect. There isn't a right way. But what I mean by show up is that you show up for you and you get what you came for. I want to offer actually a really powerful thought that I have about

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myself is that I always get what I came for. I always get what I need. It doesn't matter what's presented to me, I will just take that responsibility for myself and get what I need and want. And that thought has served me so well. Because our community is also a place where you will be seen as resourceful, and capable, and powerful because you are.

Everyone brings their shit but from this place of being self-responsible. There's no feeling sorry for each other, no posts where people just complain about their lives, and just kind of expect everyone else to make them feel better. It's not one of those groups. I've been in those. I've left them very quickly. That's not how we do things. It is a safe space where you will be able to be vulnerable and to share. And you'll receive support, and help, and encouragement but there's no just kind of let me come in and just dump all my stuff here.

And I'm so proud of our community for being this way. That's why there really is no other place like it on the internet. Just our community really embrace this way of doing things because who wants to go and hang out in a space where people just complain. And it's also nobody's job to make anyone feel better.

So that's not how we do things and that's what makes our community so incredible, that it is somewhere where you can bring your struggles, where you can receive help and feedback. But there's this great vibe because nobody's complaining and everyone's showing up in this powerful way. Because this is a space where you get to build belief in yourself and what's possible for you. You get to be around other amazing people who are all doing the same inner work as you. Imagine for a moment what that's like.

The impact of being surrounded by other people, of being in a community where everyone is showing up in this way, where they're giving things a go that they've never done before, where they're using the resources. They're getting support in the community as they do it. Then they're coming back to share and celebrate. It's incredible to see, it is the best. And I would love for you to join us because if you listen to the podcast and you find what I

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share helpful then I know that you're going to love The Flow Collective because the podcast is simply a by-product of what we do in the membership.

Okay, so here's how to sign up. You can use the link in the show notes or go to maisiehill.com, just click on The Flow Collective and from there you can sign up. Once you do that, within about 10 to 15 minutes you'll receive your login details to the beautiful new site. And then you can come and say hi over in the community. So the doors are only open until Monday the 14th at 9:00pm UK time. And I can't wait to see you in there. We are going to have a blast over the coming months.

I am such a huge fan of spring as in the spring season of my cycle and the spring in the calendar year, or the seasons of the year because I love all the possibility and the expansive thinking that comes with it, all the potential and the rapid growth that arrives with spring. So think about those shoots emerging from the ground. And then it's like they emerge and then they just shoot up. And they can do that because of the nourishment that is there and that's what The Flow Collective is.

So I can't wait to see what results you create in your life as we do this over the next few months. So if you're feeling like you're ready to emerge and have fun seeing what's really possible for you in your life then come and join us. Let's dream big and put all our results on the table. I'll see you in there.

Thanks for listening to this week's episode of the *Period Power* podcast. If you enjoyed learning how to make your cycle work for you, head over to maisiehill.com for more.