**18. End-of-Year Roundup: Self-Care and the Joy of Plants**

**Alexandria Lawrence:** [00:00:00] You know, it seems that a lot of people I speak with on this podcast love plants. So, where would you put yourself on the spectrum - from plant curious to plant obsessed?

**Intro** [00:00:11]

 Hello and welcome to ALSO in PINK. The podcast all about lifestyle design. How we live, the clothes we choose and how we organise our space. I'm your host, Alexandria Lawrence, a certified KonMari consultant and personal stylist. I'm here to guide you on your journey to live a happy, fulfilled life.

Every Tuesday, you'll get new insight on what it means to live well, plus actionable tips.

Redefine what's possible and create your ideal life.

And now to celebrate all my delightful guests, I'm doing a couple of roundup episodes to wind up the year. You'll hear highlights from our conversations and yes, there are certain themes that crop up. One of which is a love of plants. My Dad has even said that he's found himself looking at plants online recently. So I think that's rather lovely. We also chat about art and design, limiting beliefs and, of course, the importance of self-care.

**Narration** [00:01:17]

Let's start with plants. Musician Charlotte Fairbairn has a story to tell.

**The Joy of Plants** [00:01:31]

**Charlotte Fairbairn:** [00:01:31] I saw a comedian, a little clip someone sent me of a comedian the other day. He said a thing with millennials is that, we move house every year and we can't afford to have children. So the thing that we do is have houseplants and that stuff that takes up our nurturing capacity. I just thought of myself immediately. They're my only friends. I know you've had a laugh here, but actually tending to my plants and appreciating them is probably the closest thing I come to a daily routine. There's something about growing things and seeing things germinate and the seeds come up and the little shoot. And then when they start to put out new leaves and shoots and little buds and things, and then when they grow healthy and then you pot them out and then there's something so magical about that. And especially in this time, that has been quite disturbing for a lot of us. It's really been a source of hope for me. And so I, for example, grew these, really wacky they're like an Asian squash, plants. They have gone completely bonkers and I planted them out in a big bed in the garden and made a frame for them. And, I know, it sounds really sad, but it's brought me so much happiness and I'm just, I often will go up there every day, just to see what they're doing. Cause they, they grew so quickly. And I just want sometimes just to go and look at them and go, wow, you're so amazing.

**Alexandria Lawrence:** [00:02:59] So tell me, Charlotte, do you talk to your plants?

**Charlotte Fairbairn:** [00:03:02] I actually do.

**Alexandria Lawrence:** [00:03:07] So do I.

**Charlotte Fairbairn:** [00:03:07] Normally comforting things like when I'm pinning them up, I say, look, you're going to be okay, because I'm going to pin you here. Then you can grab onto that and you can, you'll be fine. Maybe I'm just giving myself pep talks through the plants. I don't know.

**Alexandria Lawrence:** [00:03:19] Oh, but it's wonderful. I do exactly the same thing with my indoor plants and even watering them. I'll say something like, oh, you're so beautiful today. Aren't you pretty? Yes. Look at that...

**Charlotte Fairbairn:** [00:03:29] I can really imagine that.

**Alexandria Lawrence:** [00:03:31] I don't know if I should take that as a compliment or not, but thank you.

**Charlotte Fairbairn:** [00:03:37] Does your partner get the same love and attention, Alexandria?

**Alexandria Lawrence:** [00:03:40] Mostly, yes. Something that's quite funny... before the coronavirus or, or any of that. I was away for a couple of days and Ben needed to tend my plants for me. And he said that he even found himself talking to them.

**Charlotte Fairbairn:** [00:03:57] Oh, wow.

**Alexandria Lawrence:** [00:04:00] Yes. So everyone out there... it's absolutely fine. You should definitely talk to your plants.

**Narration** [00:04:07]

Yes, that's right. Talk to your plants. So Charlotte completed her KonMari marathon with me nearly a year ago. Amazing how time flies. And she happened to move house just a couple months later.

**KonMari-ing your home** [00:04:25]

**Charlotte Fairbairn:** [00:04:25] I wouldn't say that moving can be a pleasant experience but I was slightly gleeful about the number of boxes. Cause I was like, if I hadn't done my clearout with Alexandria, this would have been twice as many boxes.

 **Alexandria Lawrence:** [00:04:37] And so when we got to the final category of sentimental items, did you feel confident to take on those possibly more intimidating items that have sentimental value?

**Charlotte Fairbairn:** [00:04:50] Again, the method really wins the day for a couple of reasons. First of all, as some listeners might know, you deliberately leave that category till last so that you've actually practiced. You've flexed those muscles and develop some skills at being able to sift more effectively through all the categories so that by the time you get to the last one, you've honed those abilities. But also that you might end up with things as a collection. And actually what you're hoping to preserve is the memories, but actually you don't need all the rubbishly taken photographs, and ones of someone's sort of head turned at a strange angle because you didn't quite get the moment and all those kind of things that we've forgotten about because we now have digital cameras and iPhones and stuff.

Actually, I only needed one or two things to really preserve a memory. And actually, if you get rid of the ones that are less good, you end up with a collection that is greater than the sum of the parts, because the few photos that you have left are the nice ones. I think, I feel like what I've retained is stronger in the memories because it's concentrated and because it's only the vital bits and that's much more valuable than keeping everything just because you want to keep everything you know.

**Alexandria Lawrence:** [00:06:03] What was the benefit would you say of having a consultant work with you?

**Charlotte Fairbairn:** [00:06:06] I think the benefit was absolute. I think if someone's doing a clearout it's possibly that they have not yet developed the way in which they wish to filter their possessions. The first question is, do I need or want this? And quite often, if you ask that for yourself, you can justify a lot of things. You really can. You can justify almost anything to yourself, but actually having someone to say, do you really need that and want that? And help go through the questions of what is it, what the value of it is and actually does it require space in your house and your life and all that, and holding you to account, was for me invaluable. And, I think that you have an excellent mixture of quite strict, but, but encouraging.

**Narration** [00:06:56]

**Alexandria Lawrence:** [00:06:56]

Ines Stuart-Davidson also has a deep connection with the natural world. She's a graphic designer and photographer and works at Kew Gardens.

 It seems that when people in all walks of life think of their happy place, they often picture something in nature, something that takes them away from feelings of anxiety or overwhelm that they might experience in daily life. What would you say your happy place is? Do you have one?

**Kew Gardens & Nature** [00:07:28]

**Ines Stuart-Davidson:** [00:07:28] Definitely being at Kew. Because I've got so many memories of it as a kid, like in the snow, in the rain. One of my earliest memories of it is walking into the Marianne North gallery and just loving all of it, all the organized, like photos next to each other, of beauty and science, like perfectly blended in. I don't remember saying this, but a family friend said that when I walked out, I went, I want to be a botanist. So I've got it wrong. I mean, I'm not a botanist, but I'm a graphic designer and I like working with nature. So I think that's really good as well, but you know, it's never too late to like go and learn something different. If I want to go and work with plants one day, I'll go and change that.

**Alexandria Lawrence:** [00:08:11] So what would you say the most important element is in nature photography? How can everyone listening up their nature photography game?

**Ines Stuart-Davidson:** [00:08:19] I think that having a good camera is key, but I think that photography can make your life so much better. As a hobby, it's a great stress reliever. So when you look around at the beauty surrounding you simply can't help, but understand how small you are when you realize how vast everything else is. Focusing on detail, you can focus on form, texture, color seasonal. I mean, there's just so much.

**Alexandria Lawrence:** [00:08:48] Is there a particular time of year that you really love photographing, or a season?

**Ines Stuart-Davidson:** [00:08:53] I think spring and autumn are my favorites just for different reasons. Spring you've got everything just bursting out after it's been grey for so long and autumn, you can really focus on like the textures and detail. I like going out a lot in the rain because you've got all the raindrops on the leaves, and I really enjoy photographing that and then turning it black and white and, you know, changing the contrast. Or when you've got frost early in the morning and you can see it creeping along all the plants. I just love that.

I think sometimes when I go to Kew on my own times, I just tend to photograph everything. Whereas when you set yourself a theme for that one day and say, Oh, I'm only going to do texture today, you get some amazing results that you probably would have missed normally. So I think it's actually good sometimes to set yourself a goal for that day.

 **Narration** [00:09:44]

**Alexandria Lawrence:** [00:09:45] And we venture into some interior design territory as Ines talks of her love of curiosities.

**Ines Stuart-Davidson:** [00:09:53] What I love about my parents' house is that they have just so many curiosities and things collected from around the world. I love their house a lot because it's just like its own mini museum.

And so I guess I've adopted that in my own flat. Like I've got an old letterpress drawer that I've basically hung up on the wall and all my little curiosities hang in there. So I've kind of blended from what I've learned at home, into my own flat. And a lot of my furniture is repurposed. I didn't want it to all just look like it come from the same place. I've just been, always interested in little wonders basically, which is probably why I really enjoy going to museums. Cause I get personal connections to things and I take a photograph of it. And then I think, oh, one day I could use that in a drawing or something.

**Alexandria Lawrence:** [00:10:41] Yes. I love that little wonders in your own cabinet of curiosities at home. I think that's a lovely approach to curating your beautiful creative little world. And Ines, would you say that you have a vision for what your ideal life looks like for you?

**Ines Stuart-Davidson:** [00:10:58] So last year, I worked on something which is a Japanese concept called ikigai. And, uh, found my sort of reason for being like why I like to get out of bed in the morning. So I ~~sort of~~ listed my values things I like to do, what I'm good at and realized I should just pursue my curiosities and don't stop questioning and explore life with a wider perspective. So I think for me, that's quite important. I think I sometimes feel trapped a little bit in this sort of modern lifestyle of having to do things quickly. And I think I just also need to realize when I'm a bit burned out and say no to things that I don't really want to do. And for sure, don't try to fit in with others. Own your individuality. ~~Um,~~ I'm learning that people come and go and the right ones stay. I think that's really important, especially after lockdown.

**Alexandria Lawrence:** [00:11:53] And also surrounding yourself with the right kind of energy. People often say that you are sort of the five people who are closest to you in terms of energetically, how you feel and, um, maybe your approach to how big you think, your goals and dreams.

**Ines Stuart-Davidson:** [00:12:10] Definitely. I mean the beauty of nature and all of its effects upon the senses. I mean now that's pretty much what I live for. . . Like, I love feelings ofawe, wonder and amazement. Things are just bigger than myself, like being in the mountains and just breathing in the air, or being by the sea. My mom and I went to La Palma in January and we just went to a, a pine forest and just soaking in all the terpenes and everything was just so nice. It was just so wild with plants. There were so many plants everywhere. I was actually really overwhelmed. I hardly took any pictures, but it was just really nice to justsoak it all in.

**Alexandria Lawrence:** [00:12:48] Yes, nature puts everything into perspective, doesn't it?

So, yeah. Do you have a, a lifestyle tip, like a top tip for living well?

**Ines Stuart-Davidson:** [00:12:58] Limit your time on your phone and go outside and get in touch with nature in a more meaningful way. It's really the most important thing I think. With all this negative news about loss of biodiversity, and, we've lost so much knowledge of nature and we're losing tribes that have that knowledge. We really need to connect on a different level. And I think even just going out and going to the park and collecting things together and making. Even if you don't think you're creative, you definitely are creative just, you haven't found the right thing maybe for you yet.

**Review Ad Spot** [00:13:35]

**Alexandria Lawrence:** [00:13:35] Well, hello. Can I just say, thank you. Thank you for listening. And if you're enjoying the show, it would mean the world to me if you'd rate and review ALSO in PINK. I'll make it super easy for you and you can even win a prize.

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**Narration** [00:14:47]

Art director and curator, Martin Clark also has plants on his mind. His exhibition, The Botanical Mind opened at Camden Art Center this autumn.

**Being more plant-like** [00:14:58]

**Martin Clark:** [00:14:58]

It feels like a great moment actually, to think about plants again. You know, we've all been forced to become a bit more plant-like. We've all had to slow down. We've all had to stay in one place. We'll have to attend to our sorts of environments. Our worlds have shrunk a bit, and that's a bit like plants. You know, people sort of denigrate plants cause they don't move around and ~~you know,~~ they're not like animals, but actually plants have a very different sort of knowledge of place and they just relate to their environment in incredible ways actually. And so, um, yeah, with the whole pandemic going on, it's felt quite a timely moment to, to think about plants.

 **Narration** [00:15:33]

**Alexandria Lawrence:** [00:15:34] We also talk about sustainability and the art world.

**Art & Sustainability** [00:15:39] And have you had a chance ~~to,~~ to think about a longer term change? How flying or... bringing in artwork from other countries... Do you know yet what implications that will have for future exhibitions? Will you go more local, or do you know at this point?

**Martin Clark:** [00:15:55]

It's a really good question. The thing that makes it difficult is that we've always been so committed to sort of internationalism and to a really outward looking global perspective. And being somewhere like London, we're very lucky, cause it's a hugely kind of multicultural city and that's absolutely part of what we celebrate, through our exhibitions and through the work that we do. But it also has always felt incredibly important to be bringing artists and bringing ideas and positions and viewpointsand people from other places to the galleries and showing that work.

So the challenge is how we do that without having this impact through flying and flying people are flying objects. What I'm thinking is that, we want to get to a point where, yes, we will definitely be working more locally and we need to be supporting artists in the UK and in London, and it's a really difficult time for anybody in the creative industry. So it's a good moment to be doing that. And then in terms of that more kind of international vision, we're thinking about rather than shipping large objects, painting sculptures, which is very expensive and it's very, um, yeah, it's very, unenvironmentally friendly.If we can bring a person, and then they can be with us for extended periods of time, then maybe we can provide the conditions for work to be made here and made for exhibition. So, um, it's still early days, but we're thinking that a model where rather than moving big objects and lots of big things, huge exhibitions around the world, you know, if you move an individual and then, give them studio space and time and support them, then, um, yeah, work can be made in this country or on site, towards an exhibition.

**Narration** [00:17:30]

**Alexandria Lawrence:** [00:17:30] And Martin had his colors done with me earlier this year. He was one of my first seasonal color analysis clients. He reflects on that experience.

**Seasonal colour analysis** [00:17:41]

**Martin Clark:** [00:17:41] To start with you putting colors on me that I would never have thought of wearing and which I also almost thought, you know, there was these sort of unwritten rules that they wouldn't suit me because of my coloring you know, and my skin tone and my hair color. And so the revelation was really that yeah, that this whole sort of palette of colors that I would have just assumed had, I just looked at them on clothes in a, in a store were not my colors. What was interesting was the way that they were draped and then you could see how they reflected onto your skin and how the tones in your skin and your eyes, et cetera, would, would really shift and change. And I haven't thought about it like this, but it's obvious in a way cause that's how, when you're making a painting now, the way that you put colors next to each other is, so much happens in that. And one color, in a tube or on a palette looks like a totally different color if you put it next toanother color. Changes it completely. So of course, you know,that's going to happen when you, when you wear colors and when you put them next to your skin and your hair, et cetera. So it was, no, it was really interesting. And, I was really happy with my colors.

**Narration** [00:18:47]

**Alexandria Lawrence:** [00:18:51] So, do you know how fabrics are made? Textile designer, Beatrice Larkin says a lot of people really don't have a clue.

**Textiles and life by the sea** [00:18:58]

**Beatrice Larkin:** [00:18:58] It's also funny you forget when you study weaving or when it's so much part of your life, you forget how people just don't really know about how fabrics are made. I've had it more than once. When I tell people I'm a weaver or woven textile designer, they say, oh, that's pretty niche. That can't be that, you know, popular these days. And you just think, well, you know, every fabric you wear, sit on, that's all around you is either knitted or woven and someone's got to design it and then, you know, there's kind of like, oh, okay. Yeah. So, um, yeah. I do love it. and people do love when I start talking about it. It can be difficult as well, not to get too technical because I do start talking about the weaving process and then you realize some people don't actually have any clue about how a fabric, how it's made. So, um, you kind of got to judge the room. I think there.

**Alexandria Lawrence:** [00:19:48] That's very true.

And would you say that you have a daily habit or ritual that brings you joy?

**Beatrice Larkin:** [00:19:56] Well at the moment. Yes, my neighbors have a dog ~~um,~~ called Brin and I've been taking him for walks everyday along the beach. And I went for an hour and a half walk this morning. And, yeah, that is what's bringing me joy at the moment. I mean, they keep on thanking me for walking him, and I'm just like, no, thank you. Because it's like literally the thing I look forward to most days. ~~Um,~~ Yeah, so that's been ~~um,~~ really great and ~~uh,~~ just kind of leaving my phone at home as well. And just going for a walk along the beach with a dog. Yeah. It's pretty good.

**Alexandria Lawrence:** [00:20:30] Oh, can't do much better than that. And would you say that you have a vision of what your ideal life looks like? Is that something you've ever thought about or considered?

**Beatrice Larkin:** [00:20:43] You know, it's funny. I've been going through a lot of old ~~um,~~ notebooks when I was doing sort of business mentorship and business ~~sort of, um,~~ projections. And I found this timeline that I drew in like July 2017. It was a timeline until July 2020, cause you're meant to project what's going to come up for the next three years of your business. And in July 2020, it said: ~~um,~~ build a studio and move to the sea and it's like, oh my god, I've done it. So it was just bizarre. It's not quite, you know, in the way I thought it would happen, but because I grew up around here, I've always kind of felt like I wanted to live by the sea. I'd like to have my own house by the sea and I'd love to have my own studio and have my own dog as well, not be borrowing the neighbor's dog to take for walks. ~~Um,~~ And yeah, it's just trying to figure out whether it's the right thing for me at the moment to stay here, because I do also have a drive to be back in London. ~~um,~~ You know, it does get an addictive way of living in London. And I do miss that, although I know that's not a reality now anyway. But ~~um,~~ yeah, it's just trying to figure out whether that's actually something I want to do now live by the sea permanently. ~~Um,~~ We'll see. ~~I do,~~ I do love it here. It's a very different headspace.

**Alexandria Lawrence:** [00:21:54] Oh for sure. And it's lovely to be able to test it out really. That's what you're doing. Giving it a test drive. Life by the sea with a dog.

And what's your favorite article of clothing or accessory in your current wardrobe?

**Beatrice Larkin:** [00:22:09] That is a tricky one because. Like living by the sea and not really going out much recently in terms of having a social life. Not just my pajamas, maybe? No. ~~Um,~~ No, I won't say my pajamas. I'd have to say my ~~um,~~ silver jewelry. I wear, not at the moment, but I wear a lot of rings. And when I put my rings on, I really feel like I'm ready to face the day. I don't know. It kind of feels like, almost not weaponry is the wrong word, but like, you know, it makes you feel strong.

**Alexandria Lawrence:** [00:22:36] And that's a very real thing, isn't it sort of dressing for how you want to feel or accessorizing. So yes, power can come from your jewelry. Absolutely.

And this is a very KonMari question. ~~Um,~~ What would you say that you're grateful for?

**Beatrice Larkin:** [00:22:54] I always feel so grateful I have, and I always kind of have had, a drive within me to create and make and my creativity, I suppose. And that's something that you don't ever really lose, I don't think. I'm never bored. I always have something to do in terms of ~~like~~ designing something new, making something new, ~~um,~~ and I'm so glad I have that ~~um, sort of~~ within me always, you know. I feel for people that don't have a real passion in life or a drive ~~and,~~ and, yeah, I'm really grateful for that.

**Narration** [00:23:23] **Alexandria Lawrence:** [00:23:23] And relax. Now for a bit of self-care with recreational therapist Shaunna Nordstrom.

**Self-care** [00:23:31]

**Shaunna Nordstrom:** [00:23:31] I would say all of rec therapy is basically bringing about self care and taking care of yourself and it's figuring out where's the need? What in my self care am I lacking? The best groups that I had were when I could ask a question and they give me the answers of like why would I give you this activity? Like, why would this be for your mental health? What can we gain from this? What can we learn? And they would make their own ties like, oh yeah, I quit back there. And it wasn't until the rest of the group cheered me on that I kept going. So maybe I need cheerleaders in my life to encourage me to keep going. ~~Or,~~ Or taking it and be like, remember how you wanted to quit? And you were like, this is impossible. This is difficult. Guess what? You just finished it. So was it impossible? Can you do it and it's again, it's that idea ~~of,~~ of motivating and encouraging and recognizing like, did that take time? Yeah, it took a lot of time. Did you have to start over a few times? Yeah, you did, but you did it.

 **Alexandria Lawrence:** [00:24:31] So going back to a bit of self-care and setting those boundaries, if you're someone who does struggle to make time for yourself, how do you think you can get better at setting those boundaries? What would you recommend as the first step?

**Shaunna Nordstrom:** [00:24:46] I think finding out how much time you can allot yourself or need to allot yourself. You know, cause again, everyone's different and some people are like, Hey, I only need like an hour a week of doing something that's just for me. And other people are like, oh, I need, you know, half hour every day. First of all, it's figuring out how much time do you need and then it's breaking it down, like, so how can I make sure that this allotted time happens? Where in my schedule can I make sure I fit it in? Or, if it's this intense, it's no longer about fitting in and it's like, okay, I am literally writing this in my calendar. This time is blocked out. Nothing else can take this time. If the kids have to go to soccer practice, my husband's sending them, you know, or whatever it is, but ~~it's,~~ it's like, this is ~~my,~~ my me time or my sacred time. And this is just for me. And sometimes it's like, if I don't plan on what I'm going to do during that time, it no longer is really fulfilling me time. It's just, oh, because I didn't plan anything fun for me, I'm just going to get some of my to-do lists done and it's no longer as therapeutic. Figure out how much, set it aside and then plan during that time and just make it happen.

**Narration** [00:26:03]

**Alexandria Lawrence:** [00:26:03] Shaunna's Dad has a saying that has stuck with her over the years.

[00:26:08] **Shaunna Nordstrom:** [00:26:08] My dad would always say this whenever ~~uh,~~ we were pouting or in a foul mood or whatever he would say, it's only the view from where you sit, that makes you feel defeat. Life is full of many aisles. So why don't you change your seat?

**Alexandria Lawrence:** [00:26:22] And it rhymes even better.

 **Shaunna Nordstrom:** [00:26:24] Right. And so whether it was like we're in a bad mood, or we can't do this, or whatever our attitude is, we have control. And so it's deciding, am I going to sit here and be miserable because something didn't go my way? Or am I going to be defeated and feel like I can't do something because something didn't go my way? And it's all about changing your perspective and changing your attitude. It's funny because to this day, even as a wife and mother, there are times where I'll be frustrated or I'll be mad or I'll be annoyed or sad or whatever. And that saying will pop into my head and I'll be like, change your seat, Shaunna. Get up, come on, you know, kind of thing. And then there are other times where I'm like, dang you dad.

**Alexandria Lawrence:** [00:27:15] And do you have a top tip ~~for,~~ for living well. Something listeners can take away with them and apply in their own life.

**Shaunna Nordstrom:** [00:27:22] I think it's back to the self care. Back to the me time. I personally am an athletic person. And ~~I, I would,~~ I would recommend this to everybody, even though I know people don't necessarily like it. ~~Um,~~ Exercising every day. Even if it's walking, even if it's ~~um,~~ low impact or anything to boost your endorphins I think is really helpful. But if that's not your version of self-care, do something else that is self-care related and make sure you have your me time.

**Alexandria Lawrence:** [00:27:53] And what's your favorite article of clothing or accessory in your current wardrobe?

**Shaunna Nordstrom:** [00:27:58] Yoga pants.

**Alexandria Lawrence:** [00:28:01] Perfect pandemic solution for any occasion as well. Are you wearing them now?

**Shaunna Nordstrom:** [00:28:07] They were yoga pants. And then I burned a hole in the knees from sliding on a gym floor during a rec therapy activity. And so I sewed them into shorts. And so, yes, I am.

**Alexandria Lawrence:** [00:28:20] We like to create a picture on this podcast, you see. Yeah.

**Narration** [00:28:26] So would you like to earn a hundred grand? Do you think that's even possible? Relinde Moors is an integrative business and energy strategist. She talks about how to overcome limiting beliefs.

**Mindset & Limiting Beliefs** [00:28:40]

**Relinde Moors:** [00:28:40] So what I discovered with these limiting beliefs is that every belief you have wants to be validated in reality. So it's exactly what you say. If I believe I cannot have it or I can't do it, it's very hard to make it happen. You think your belief is the truth and that's the thing beliefs masquerade as the truth. And I really love to say. Okay, when you want something or your desire something, or you're not happy with something and you have these kinds of thoughts about it. Can you have a moment? Just take a deep breath, write that thought down. It's not possible for me to make a hundred thousand dollars a year. And then, ask yourself, is this a hundred percent true? Do I know that this is the absolute and only truth? And if no, okay. So could it be a limiting belief. And then from there, if it's a limiting belief, now we can look at it and maybe even slightly shift it or change it, or choose more empowering thoughts. It is possible for me, it will be really fun to make a hundred thousand dollars a year. And how can I actually do that? There must be a way, I just don't know how yet. And then, how does your energy shift? It's like, oh, I feel curious. Yes. I feel excited. And then you start to take very different actions and because you start to take these different actions, you actually get a different result.

**Alexandria Lawrence:** [00:30:14] And how would you describe your energy work? Do you actually do physical activity? Do you advise people to, to go out and move or to take up some sort of sport or, or how does that manifest itself in your mindset work?

 **Relinde Moors:** [00:30:30] Yeah. Great question. So besides dance, I also do Qigong, which is this Chinese energy art. It literally means the art of energy and, in Qigong I learned to know what it's like on the body level and the mind level and on the energy level.

 So the energy work for me is almost like the most powerful part of it, but it manifests in the body and in the mind as well. All three of them are always connected. But yes, if you say, do you do things with people like getting them to move? Yes. I talk about embodiment. First of all, just getting out of your head. Getting out of overthinking, but also tuning into the wisdom of your body. So if there's fear around something, you can shift that in so many ways. Sometimes you can talk about it for ages, but maybe you just need to sit down and close your eyes and feel where is the tension in your body.

Where is this fear manifesting in your body and listen to and give it space. There's this beautiful expression that says, so the issues are in the tissues. And I think they are in the tissues, you know, you can feel it. So if you can listen to it and maybe gently invite the body to let go, then it often releases something. So that's on the physical level. And then I also teach my people Qigong, which I just love as an energy exercise.

And Qigong is based on the whole idea that you get more energy in, and then it flows through the body. And with that, it flushes out any blockages because basically the idea is either you're stuck, the energy is stuck or it flows. And when we're healthy and happy and powerful, it means our energy is flowing.

And then the mind work for me really is meditation. But also the belief work where I go with my clients. And I literally, if I've worked with a client on a belief, I take an hour to an hour and a half for one belief and they sit down and close their eyes and I go in a deep meditative state, in a data brainwave. And then we literally release the limiting belief and all the reasons around it, why the subconscious is holding onto it, let it go and replace the positive belief. And that is often a very big shift for them right away. Yeah.

**Alexandria Lawrence:** [00:33:00] And for people who feel maybe overwhelmed at the moment, but don't feel like they have the resources to hire a team to kind of outsource stuff. What would you advise for them to do?

**Relinde Moors:** [00:33:11] I would advise to early on, start with that CEO schedule, meaning there's this idea that, especially when you're an artist or you're just a professional starting a business that you don't think as an entrepreneur. There's a book called The E-Myth, which is a really interesting book to read. And for me it had so many eye-openers and he talks about most people don't create a business. They create a really busy job for themselves that doesn't actually pay really well. So even though in the beginning, maybe you're even in a phase that you're like, I'm ready, but I have no clients.

So you have like this rare space of having lots of time on your hands, but also not because you have the pressure of making money and it's just a weird space. And what I see people doing like having a lot of to-dos, putting nothing in their calendar and kind of having the week open. And then when somebody asks something, they have time. They will do it. So this is the hardest phase. And I feel already putting in that CEO schedule. So what I did is like I said, okay, my Mondays I'm writing content for the next week, because that's important to consistently create content and put that out there. So I'm going to do that. Then on Tuesday I have clients. Now, if I would sit on Tuesday, like I have space for clients, but there ain't no clients, um, then I would say, okay, so then instead I do all the activities that get me clients. Such as outreach, interviewing people, engaging on social media, all the things that would get me in front of my clients. And if a client comes, no, they cannot go on Monday. Although my calendar seems empty, already creating that structure for me was really important.

 **Alexandria Lawrence:** [00:34:54] What great advice. And what's a daily habit or ritual you have that brings you joy?

 **Relinde Moors:** [00:35:01] Okay. I have one. So I love meditating, but I also love snoozing. So what I do is my alarm goes. And then I have my favorite meditations on my phone and I pick one and I love to be like in that half-sleep state. So in my first 10 minutes of waking up, I'm basically snoozing, but I'm also meditating. And that is really something that I treasure. I love this moment of my day.

**Narration** [00:35:29] **Alexandria Lawrence:** [00:35:29] And now you'll hear everyone answer that question I ask at the end of each show. Charlotte starts us off...

**What do you love most about life?** [00:35:38]

And finally, what do you love most about life?

**Charlotte Fairbairn:** [00:35:42] I think I love life most about life. I love the experience of it all. I think we have a cultural belief that life is all about moving towards the happy things and the good things and trying to avoid the bad things and the painful things. But actually that's how we learn and grow is to have the things that initially cause us suffering. What we do with the suffering is our choice. But I know it's easier said than done, but I think that life is actually about the whole of it. And it's about experiencing as much as you can experience. And I certainly have come to realize that I think when I was younger I probably thought that what I wanted to do is feel settled and, you grow up thinking the thing to do is to have a marriage and have a house and have a car and and a job and yeah kind of just be settled. But actually I think in reality, what I enjoy most about life is the variety and the ability to see things change and to experience change, and, yeah. Everything is... the more color the better I think. For me anyway.

**Ines Stuart-Davidson:** [00:36:54] Definitely the beauty of nature and the variety that it provides.

**Martin Clark:** [00:36:59] I like change maybe. And what I mean by that is that everything is always changing. And every time you get up, rather than being frightened or worried about change, I really like that everything's moving, everything shifting. You never know what's going to happen, and that can be good and bad, but it is what it is in a way in that sense of process and change. That's what I like about life. I hate the idea of things staying the same or I think everybody should embrace change and difference and yeah, celebrate that.

**Beatrice Larkin:** [00:37:36] I feel very lucky that I'm around my family and a lot of people at this moment are not so, yeah, I'm living with my brother. My parents live down the road. That's quite tricky as well, being so close to your family. But, I think I'm so grateful. I get to see them and you know, a lot of people aren't in that situation at the moment and can't see close family. So yeah, that's what I love in life at the moment.

**Shaunna Nordstrom:** [00:37:58] I just love experiencing things. And I guess that's just life in general is just experiencing both good and bad, and the lessons that you learn from all of those different things. So even just hearing the birds chirp this morning when I woke up was, you know, it was just an experience. It was just a moment to just be like, man, life's not perfect, but it can be pretty good sometimes. And so. I think just experiencing and trying new things, even if we fail and being like, hey, but I've done it. I don't have to do it again, but I did it.

**Relinde Moors:** [00:38:33] I'm fascinated by the idea that humans have the capacity to visualise something, to have an idea and then bring it to life. And I think this flow from formless, which is the idea and the energy and it's all there and then bringing it into form. This is what I love most about this life. I find it infinitely fascinating. So I think that's what I love most about life.

**Key Takeaways** [00:39:01]

**Alexandria Lawrence:** [00:39:01] Well, hope you enjoyed this roundup episode. You'll hear clips from the remaining six guests next week in the final ALSO in PINK podcast episode of the year. So here's some key takeaways from the show today. Do you currently have plants in your life? If not, perhaps the plant love expressed by several of my guests will inspire you to give greenery a chance. The KonMari method is a wonderful way to hone in on those things you really want to have in your life and take with you into your future. And as Charlotte discovered being more selective in your choice of photos captures a more vivid picture. It helps focus your memories and tell a story.

Also consider the environmental impact of the work you do. Martin as an art director is looking to find a balance to support local artists and still be part of that global perspective. It's an important thing to think about, especially now that the pandemic has proven that when we all work together, we can fundamentally change the way we do things. We can adapt quickly when we need to.

And remember to take time for yourself this holiday season. Self care should be an important part of daily life for all of us. So as Ines suggests, limit your time on your phone. Go outside and get in touch with nature.

**Outro** [00:40:42]

That's our show then. Thank you so much for listening. I'm Alexandria, and this is ALSO in PINK. The podcast, all about lifestyle design. If you enjoyed the show, please subscribe to ALSO in PINK, wherever you get your podcasts. And the absolute best way to show your support is to write a review on Apple Podcasts or iTunes. This really helps more than anything to promote the show. And, of course, tell all your friends. Thank you so much for your support. Until next time, have a wonderful week. Redefine what's possible and create your ideal life.