

Ep #14: This is Me with Kim Orr



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Melissa Parsons

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Hey, this is Melissa Parsons, and you are listening to the *Your Favorite You Podcast*. I'm a certified life coach with an advanced certification in deep dive coaching. The purpose of this podcast is to help brilliant women like you with beautiful brains create the life you've been dreaming of with intention.

Hello everyone. Welcome back to *Your Favorite You*. We have a very special guest again this week, one of my OG clients. Her name is Kim Orr. I have had the pleasure of knowing Kim for many, many years, and I think by the end of this podcast, you're going to love her as much as I do. So, I will let you introduce yourself briefly.

Melissa: Kim, tell us all about you.

Kim: Hello, I'm Kim Orr. I am a mom, a nurse, a person seeking growth, which is probably how I met you in the first place. I did three rounds of life coaching, with Melissa. So, I had lots of time to grow and evolve and I still am. That's based on that foundation.

Melissa: That is the beauty. I love the idea that, you know, we worked together for a period of time, and whether that's one round, two rounds, three rounds, a lifetime, it doesn't matter. You get to carry with you everything that you've learned and then keep adding on, and figuring out how your favorite you navigates throughout the world with the new tools that you have from coaching.

It's one of those things that just, it's like a gift that you give to yourself that just keeps on giving.

Kim: Yes.

Melissa: So, tell me, you kind of alluded to it a little bit, but why did you first sign up for coaching?

Kim: Well, I met you through yoga and I think I just watched one of your very first Facebook video posts about what you were transitioning into and it just really resonated with me.

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As you know, it wasn't what I thought it was. I mean, I think my initial focus was weight loss and physically changing my body. And I thought we were going to like talk and you would hold me accountable and you would provide lots of recipes for high protein, low carb eating, and the very first session, I was like, "oh, this is not what I thought it was, but it's really what I needed."

Melissa: That's so beautiful. Can you say more about that?

Kim: I think just looking well, wanting to, you never really can make the changes that you want to make if you're not loving yourself exactly the way you are, which is what I eventually learned. It's not about the best diet or exercise plan or weight loss at all.

It's really about wanting to be the best version of yourself. And for me, that was looking behind what is my relationship with myself? What's my relationship with food? What's my relationship with movement, with exercise, how I had punished myself. How I wanted to change that whole mindset around my body.

Melissa: Yeah, and I mean, if I'm recalling correctly, after we got through some of the initial things that we talked about to try to help you figure out why you were eating when you weren't hungry and that type of thing, a lot of what we talked about was more based on your relationship with you, your relationship as a mom, your relationships at work, your relationship with your hubby.

Like it wasn't, I mean, not much of it was about weight loss at all.

Kim: Right. That happened and it still ebbs and flows, but it was more about like really coming to any problem, any circumstance, anything I want to change with the best version of myself.

And then also realizing that there is no there there. I remember saying that a lot. Like you have your goals in the beginning and you move towards whatever goals you have, but in the end you're still, you. Like there's no end to it. And I remember feeling like I was propelled forward in a way that I

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never had in my life. And that could have been with weight loss, or I started a new business, or I got my yoga certification. Like, I just felt like I couldn't stop myself from really just like being, I remember just feeling that feeling of propulsion, like I could not stop evolving.

And that doesn't mean it's a straight line, but just feeling like I was moving towards things that I didn't know, like I could never have dreamed for myself.

Melissa: Yeah, so beautiful. I love how you just glaze over. Started a new business, got my yoga teacher training like, like those are small feats, but those are definitely things that you accomplished during coaching.

I don't want people to get the sense, and you can correct me if I'm wrong, but that you were like propelled forward and you felt like out of control. Like did you feel any of it was not within your control or was it like, I have to do this or what? Can you speak more about that?

Kim: I think I definitely felt in control. Like I could picture starting a business and you know me, as we are both control enthusiasts, so I could picture what the end goal was and instead of having analysis paralysis, and think, "oh, I really do want to do that same someday. Or maybe when I retire, or this is something I've been dreaming of ..." instead of just staying in the thoughts about it.

I really just made action plans for everything that I wanted to do, and I worked them through, you know, one step at a time. I've definitely felt in control, but I also felt like previous to coaching, that I had a stagnant, sometimes stable, sometimes not, like life, that would be fine.

Melissa: Yeah, yeah, yeah, yeah. It's not like you were teetering on the edge of a totally intolerable or terrible life.

Kim: No, I just wanted it to feel vibrant, I wanted it to feel alive. I'm still doing all the things I was doing then, but I've added some extra things.

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Because you can get rid of the things that didn't matter. But I told myself, mattered and pleasing people and following everybody else's schedule and not putting myself on that list. It's amazing how much time you have when you get rid of that extra stuff.

Melissa: Yeah, it is crazy. It's like time suddenly appears that wasn't there before and it's like, "oh, I get to choose what I want to do with this abundance of time that I now have." And you know, to some people who aren't loving themselves just as they are, the idea of more time to, you know, sit, and reflect and daydream and that type of thing sounds terrible.

But to those of us who are learning still how to love every little bit of ourselves and that type of thing, it's not so scary at all. It's like, "oh, this is amazing. Like I get to choose what I want to do with this time, and I know what no longer want to do. So, so beautiful.

Kim: Right, like there's still the calendar and there's still the schedule, but everything is on it is the things that I'm saying yes to.

Melissa: Yeah, the power of saying no to things that you don't want to do so that you can say yes to more of what you do is so, so immense. I think people just don't even realize because they're kind of going through the motions, doing what they think is expected of them based on society and familial upbringing and that type of thing.

And it's like, "oh no, we can like break all of those old rules," and like make our own. It's so fun.

Kim: Right. Like I can just work the 40 hours, like I don't have to go over by 10 every week. And then there I found 10 hours right there.

Melissa: Yeah. So good. Kim is a badass RN for anybody who is wondering, and she's amazing at her job and she keeps getting, you know, people wanting to put her into higher and higher positions at work.

And she gets to say no to those things sometimes if she wants to, so that she can say yes to other things.

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Alright, so tell me about your favorite version of you, Kim Orr? Who is she?

Kim: I mean, I think the first word that pops into my head is just open and, and authentic. Just who I really am and I really love Elyse Myers on TikTok, and she has this phrase, you know, “go find less.” I actually have the merch. Like if I'm too much, if I'm too loud, if I'm too fad, if I'm too anything, then go find less. Because like this is me exactly the way I am. So, showing up 100 percent and expecting reciprocal effort.

Like I want relationships that are real, alive, vibrant, supportive. I think that's the biggest thing, just being who I really am and being okay if people don't like that. Yeah. because knowing that my primary relationship with myself, that I don't have to have that external feedback that I sought as, you know, a people-pleaser.

Melissa: Yeah. Once you start giving yourself what you need, then you don't need other people to fill in the gaps. Like, of course, it's amazing to have relationships with people that you care about. We're not saying that like we're sitting in our houses by ourselves, just like loving on ourselves all the time, although I do that sometimes, but you know, those relationships become, you know, kind of the extra like cherry on top type of thing instead of what we actually need in order to live a fulfilled and vibrant and authentic life so, so beautiful.

Kim: Right. And those relationships, like the people that I was closest to didn't have to change at all.

Melissa: Say more about that.

Kim: Well, just that I could change, like if you're looking. If you're having a problem in your marriage or with parenting or with coworkers or anything like their behavior or their actions could be exactly the same. But the way I thought about what start looking for the positive things that I want or start being the positive thing that I want, and just seeing how that unfolds.

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Melissa: So beautiful. So yeah, tell me how it changed your relationship if you're willing with your hubby, with your kids, with your boys, with your coworkers? Tell me more.

Kim: Yeah. I'm going to say the word again, but I think just vibrancy is the what I'm looking for. Like not being stagnant in relationships and not having to do the same thing that you've been doing, but able to grow to change your parenting style. Like I think I came to this coaching at a time when my kids were becoming adults too, so that was a huge transition for me. And also, you know, have, being married, you know, since, meeting my husband when I was 16 and being married really young and just thinking that, you know, this is what our relationship is.

We're in this forever. We're just going to keep counting the years, but then really realizing, well, we can make it so much more, than it is right now. Just by being open, authentic, asking for what we need, recommitting to the relationship.

Melissa: Say more about recommitting. Tell our listeners what you and your hubby did.

Kim: So, you know, we went through a rough patch and we started to like intentionally work on our relationship, and ended up going to Greece on a yoga trip. Like, I can't believe these words are coming outta my mouth and, and having a recommitment ceremony. and I would say it was still in the middle of when we were having difficult times, but we wanted to make that commitment that we were going to keep growing and evolving our relationship and this new chapter of our lives, where like, it's kind of, you know, it's just us sometimes now.

We still have kids at home, but they have their own lives and what's it going to look like when we're really empty nesters making the choice to make it different and more alive.

Melissa: Yeah. I got to say one of my favorite texts that I ever got from you was the pictures of you guys on the rooftop overlooking the sea in Greece and at your recommitment ceremony and you know, as a coach, and your

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friend like, so happy for you and knowing all the work that you intentionally put into making that relationship what it is today. When it, again, you could have just like sailed off into the sunset and not really put any work into it, and it would've been fine, right?

But you decided I don't want fine anymore. I want vibrancy and authenticity. like so beautiful.

Kim: Yeah. Like even the ceremony itself was supposed to be, you know, Kevin and I and our friend who was along and someone taking pictures, and as we were excited to tell people about what we were planning, which we didn't plan down to the day or the location or anything until like 24 hours before, which is so not me.

Melissa: Okay. Wait. Yes. I was going to say like if anybody here knows Kim Orr, I know she is a planner extraordinaire. So just you saying those words, I'm blown away. Like what?

Kim: Yeah, it was like we were going to, we just said, well, we'll just find the place that like speaks to us when we get there, which is, you know, we had planned to go down to the beach, but the night before we did a yoga class on the rooftop of this hotel in this beautiful little island just, well, you would think what Greece looks like with the white and the blue. I just looked at him and I said, "oh, we're doing the ceremony here."

And then, you know, there was 20 of us there and we're at dinner the night before and we're saying, "this is what we're going to do." We just were asking the leaders what time yoga class is because we don't want to interrupt that schedule. We'll do the ceremony after. And then before we knew it, our new friends were on the trip, probably knew half the people on the trip, and half we didn't, and we're like, "oh no, we're having an actual wedding."

There was a boat ride, bachelor, and bachelorette party. They had taken food from the leftovers from the evening before and saved those and ordered cakes and we had a playlist and setup and everything. And it was like just letting people love you like that because they see the authenticity

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of the relationship and letting everybody else plan it and just showing up was just like a great lesson for me. Trying to be in control of everything, you miss those magical moments that just unfold if you just let it.

Melissa: So beautiful. Thank you for sharing that with our listeners because they're going to all want to run off and recommit on rooftop in Greece, I know I do. I know I do.

Alright. Tell me, is there anything like that surprised you about coaching, like unexpected results that you got? We've kind of touched on it a little bit, but anything that you can think of that you want to share?

Kim: I think just like a 180 degree turn on, coming to it thinking this is the next great diet program that's going to change my life and then just realizing, "oh, that's not what this is," and really embracing whatever I could get out of it, even if I didn't know what the results were, so just really embracing whatever, like knowing if I hadn't been through X, Y, Z before, I've done A, B, C and it was also hard, so knowing even, "okay, I haven't done that before." I don't mean to be nervous about it. Just like this morning, I haven't been on a podcast before.

Melissa: She's doing great, isn't she, folks?

Kim: So yeah, but I've done other things that were hard. So, you don't have to have the exact experience and don't hold yourself back from doing something different and new because you just don't know what's out there.

I was thinking, what are we going to talk about today? And I was thinking about how when, since I'm a pastor's wife, I didn't put that on the list and I also didn't put Yogi, which are two pretty big important things, but I remember when we were a young couple, I didn't want people's judgment of what a pastor's wife meant.

So, I used to tell people that my husband worked for a nonprofit when I would first meet them, because I didn't want them to feel like they couldn't be their authentic self, and cuss or whatever, around me.

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Melissa: If Melissa Parsons can coach a pastor's wife with all of her cussing, she can coach anyone.

Kim: So, at a certain point I'm like, "well, I need a backup career too." Or, I didn't want to lie because I still am a rule follower. Like, what else could I say? And the self-deprecating joke was like, "oh, well I'll say that I'm a yoga teacher or a Pilates instructor because look at my body."

And you know, people would be shocked by that, and then like I think about, I just finished my 500 hour, my extra 300-hour advanced yoga teacher training last weekend, and I was thinking about that, like how I used to joke about that, and my whole practicum was about like that yoga is for everybody and how we judge people based on their body and assume that they're not healthy or fit or can't do something because of that.

Yeah, and how I went from essentially making fun of my body for the laugh, which I think I use humor sometimes when there's true emotion there. And then now that I'm like, "I finished my 500 hour, I have my advanced yoga teacher training and I mean it's 20 years later." But I was thinking about how incredible that is and I really wouldn't have imagined that for myself without coaching.

I remember talking to you about signing up for the first 200 hour and not signing up until I could process thoughts and what it means, And you said, "well, of course you're going to do that," and I'm like, "oh, of course I am."

And then when the opportunity came up to do the next 300 hours with just a little bit of a break, I'm like, "of course I'm going to do that too."

Melissa: Yeah. Yeah. Tell us about how your relationship with your body and yoga matters.

Kim: I mean, I think it's kind of the same thing that when I tried yoga 20 years ago, when I probably got into it just about as much or was going as frequently, and it was still about the exercise and changing my body.

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I will agree that yoga does change your body, but what I found in the last foray with yoga in the last three years was it changed how I thought about my body, so I just don't think you can hate yourself to any goal.

Melissa: If we could, it would be so easy because we're so conditioned to do that, and if it were possible, we would all be hating ourselves to whatever goal we set for ourselves, but it's just not possible and it's so damaging to our relationship with ourselves to try to do that.

Kim: Right, so, like for me, you know, it turned into feeling powerful and strong and that I could do anything, but also being quiet in those moments and accepting it.

When the teacher said, "put your hands on your beautiful belly." I remember the first time a teacher said that, and I was like, I haven't called a belly beautiful since you see a little six-month-old with their belly sticking out, like I hadn't had that thought about anybody's belly for so many years.

And then for that to slowly evolve to accepting every part of me, every curve.

Your body changes over time, and just really the thoughts that you have about your body is what gets you to health, and I'm not talking about a certain weight or BMI, or how much weight you can lift, or what yoga pose you can get into, but health in your mind. For how you think about yourself.

Melissa: Yeah, yeah, yeah. I've said it before and I'll say it a million times, I think, you know, both of us being in the medical field, me previously, and you currently. You know, I think one of the biggest mistakes we made in Western medicine was separating physical health and mental health. It's all the same. Like so much of our mental health is dependent on our body. And so much of our physical health is dependent on our mental health.

Kim: Right. And what I, when I did my practicum that the other mistake, I think we've made in Western medicine is assuming that fat equals unhealthy, and thin equals healthy.

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I still think that's when I did my practicum, and I'm not actively teaching, I don't really have a plan to, you know, open a studio, or regularly teach anywhere, but that is what I feel like my new platform is to really showcase how we've made mistakes when we make assumptions about people's bodies.

And when I'm speaking to women, everybody has that part of themselves, and it could be a physical trait, it could be, a personality trait that you took on everybody else's beliefs about that you really have to work towards creating new affirmations for yourself.

So that's really the work that I want to do. And it may have nothing to do with being in the studio. It could just be one-on-one relationships, or what I post in social media, but really thinking about how we judge others, and make assumptions about them based on their physical appearance.

Melissa: Yeah. Tell us about your final project for your 500 hours?

Kim: So, I did "Love Me More Workshop" is what I called it, but really just we did some self-inquiry work and talking about what have you believed about yourself that somebody else told you, and that you took on, and you now know that it's not true?

So that kind of negativity cycle where you feel bad about yourself, you believe something that's not true, which makes you turn to whatever ingestion of choosing. Could be food, it could be busyness, it could be alcohol, it could be sex, it could be whatever. Like what, you know, what are you taking in to stuff down that lie that keeps coming up in your thoughts, and then how you break that cycle?

Like what new thoughts can you start to have about your body? Like, "oh, my beautiful belly." Instead of, "I hate my belly." That will change the way that you think about your body, yourself.

You know girls are told they're not good in math or, boys can't be emotional, or just those things that you take on in those formative years of your life become true just because you think them over and over again.

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So, what can you think over and over again? So, that was kind of the self-inquiry work. Then we did some yin yoga, which is just the most-loving postures I could think of. Like what will make you feel grounded in your body, hands in your belly?

Just thinking those new positive affirmations and then the third part was just a wonderful meditation, where it was just like shouting yourself with those words of affirmation, just really soaking in, love. And then I had to sprinkle in my favorite Lizzo, so in between each section, we did Lizzo dance breaks with feather boas and a light-up tambourine, just really dance like a fool.

I really like to use music too. Some yoga teachers, especially for Yin, won't have any music playing at all. But I really tried to find powerful, women empowerment songs, but there was also love songs, which I think you really said this to me first, like turning that love song when you think about the song, don't think about your other relationships, but really turning it in on yourself.

Melissa: It's so beautiful.

Kim: It really changes the way you listen to a love song. So yeah, there were six students total, and just to see all women, just to feel the power and creativity in the room, like even for someone who just barely knows yoga, like doing that self-inquiry work that it takes to be creative and dream about something newer and bigger than you ever imagined is really powerful. I could receive that for myself because of coaching.

Melissa: Yeah. I love it. For all my coach friends listening, they're already thinking that Kim is a coach. She's not yet, but she might be.

Kim: When people notice a difference in me, I like talking about the tools that I've used, and I even will say things like, "do you want me to be your friend right now? Or you want, do you want some advice?"

Melissa: Yeah. Yeah, yeah, yeah. So good. I love it. I love it.

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Alright. That was so powerful. Thank you so much for sharing. I think anybody listening can imagine being in that room with the seven of you beautiful people and just loving your bodies and loving what is, and dreaming up new ways to love yourself. That sounds so powerful and beautiful, and I wish I was there.

So, you know me, I'll show up to any yoga class you teach, so you just let me know when and where, lady, when and where.

Kim: Yeah, I'm not closing that door. I remember the opening that's like, "what's your goal, why you're here, like what's your business plan?" I'm like, "I don't, I'm just here for the self-inquiry work and we'll see what unfolds."

Melissa: Yeah, and I mean, listen, taking 500 hours to get to know your body and your brain better, like, sounds amazing to me. So, so beautiful.

Alright. Tell me, are there any old beliefs that you have about yourself that you've been able to give up because of coaching?

Kim: Yeah, I mean, I had a thought while I was speaking. It's like I don't want people to think that it doesn't. Just because I'm saying all these wonderful things and how much I've changed doesn't mean those old sneaky thoughts don't still come up.

Melissa: Oh yeah. Yep. Um, same.

Kim: Yeah. So, I mean, what I've been able to change is that it's okay to still have those human thoughts. And instead of shoving them down, just letting them flow through, naming them, recognizing them, saying, "of course you feel that way."

Melissa: Of you think that way, right?

Kim: Yeah, right.

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Melissa: And I think what we haven't talked about specifically, but that, I know you've done a ton of work in, and we're kind of speaking around it is like being willing to feel your feelings.

Kim: Right. Not trying to numb them out or put the buffers in between, but really just being okay, not having to be happy all the time, or pleasing people all the time, or just really accepting that like life is the 50/50, and probably where that showed up the most is that if you would've asked me like five years ago what I wanted for my children, I'd say a lot of what changed is my parenting.

But if you asked me, I would've said, I want them to be happy. And then I realized like, is that really where I found growth and my true grit and my character, was it really in those happy times?

Or like, so now you ask me, like, I want them to know their worth and I want them to have a vibrant life, and I want them to learn from their mistakes, and you know, I want so much more than just happy.

Melissa: Happy is so fucking boring.

Kim: Right. And thinking the depth, one definite thought is like thinking that my worry and my anxiety and my hovering and my micromanaging could change anything like that had definitely changed. Knowing that, all that did was just eat me up inside, but it didn't change any of the natural consequences watching them navigate into adulthood.

Melissa: And I'm going to put words in your mouth, and you can correct me if I'm wrong. It didn't bring you any closer to them either.

Kim: No. It put my fear and anxiety on them, and then they try to people-please me and don't tell me what's really going on and don't want me to be upset, so why would they tell me that thing?

Glennon Doyle, said liberation is not one-sided. So, if I free myself from all this heaviness, it like just trickled down into every relationship.

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Melissa: Yes. So beautiful. So, so beautiful. Yeah. I was just reading recently, the best gift you can give your children as a parent is to actually heal yourself,

Kim: Right.

Melissa: And to have a parent who is either healing themselves or has healed old wounds that they have, like what a powerful example to give to your kiddos or your young adult children. Than someone who's willing to do the self-inquiry, to do the work, to figure out which beliefs you're still holding onto that were never yours.

To believe in the first place and to be willing to outwardly show your feelings and, you know, show your young men that it's okay to show emotion and be exactly who you are and that you don't have to stuff it down or pretend or any of that.

Like how powerful for them to have that example as they go on and you know, maybe have relationships and families of their own.

Kim: Right, and knowing that when they come to you with an issue or a problem, they don't always want you to make that better.

Melissa: Yeah, hardly ever, in my experience.

Kim: And so, not that I still don't go there, but I will like me too. I will like, take a beat sometime and think the same thing that I would with my friend. Like, do you want me, do you want me to help you come up with solutions to this? Or do you just, are you just venting?

Melissa: Yeah.

Kim: And you know, I can talk about the problem or the solutions, or what I want to do, or what I want them to do with somebody else. I don't need to put that on them anymore. I can just hold the space.

Melissa: So powerful.

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Alright, lady. Couple more questions and then I'll let you go on to the rest of your beautiful Saturday. What was your favorite thing about coaching with me?

Kim: I think the same thing that I want from any relationship is your authenticity. Knowing that there was no judgment there, like you were in it to hear everything and that you'd done it for yourself, like you're still, I'm sure, in the process of doing it for yourself. So, it's not just about preaching, what I should do, but like walking alongside me and helping me figure out that I had all the answers already, and that your authenticity and openness made me all-in to bring those forward.

Melissa: Yeah. And I will toot my own horn. Creating safety.

Kim: Right.

Melissa: That any answer was okay. And that it was all in your own power, and anything that you decided to do or not do, you could always change your mind. There was no path that you would get down, that you would be like, "oh God, like I've made a mistake."

No, it's like, "I can back up and do something different or try a different way or something like that."

Kim: Right, like, not worrying about the agenda or getting through those 10 lessons, but just really seeing what was coming up that week and lots of weeks of maybe talking about the same thing over and over again.

Melissa: Yeah.

Kim: And then I remember some weeks that we would start out with like three celebrations and I'm like, "I don't want to talk about anything else. I want to celebrate; I want to talk about these three celebrations for the whole hour."

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Melissa: Yeah, right. Those are some of the best calls because it really does anchor in the change and the progress and the beauty of what you were creating for yourself.

Kim: Right.

Melissa: So good. Alright lady, thanks for that.

And then final question, is there anything else that you think the millions of listeners of *Your Favorite You* need to know about you, or about coaching, or about life, any of it?

Kim: Yeah, I mean, I think like it's never too late to do something different and grow and change, like starting this at 48 and a lot of it was anticipation of turning 50 and I never really had a thing with age, but I think you do think like, you know, at best it's half your life or less. Like, what else am I going to do?

And coming through the different chapters of family life, which was so important to me. I mean, I always wanted to be a mom, and I think I was a mom before I was a mom, but what does that look like when it's an empty nest and they become adults? And what do the relationships look like?

Melissa: So beautiful. Thank you, Kim. Thanks for coming. Thank you for being one of my biggest fans. I am also one of your biggest fans and thank you so much for sharing your experience with the listeners because I think that they will hear some of themselves in you. And you know, I just want everyone to know that they're beautiful just as they are.

And you can love yourself just as you are and still want to make changes. Being able to hold those two things is one of the big things that we do in coaching.

Kim: So yeah, you have to love yourself exactly the way you are.

Melissa: Yeah.

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Melissa: And it sounds impossible for most people who haven't done this work, but that really is what it's about.

So, if you are wanting to love yourself just as you are, and at the same time make some changes, you all know where to find me.

Kim: Sign up. Once, twice, or three times!

Alright, thanks everybody. Have a great week. We'll see you next week.

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I, so look forward to meeting you.