

Ep #01: My Favorite Me



Full Episode Transcript

With Your Host

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.

My goal is to help you find your favorite version of you by teaching you how to treat yourself as your own best friend. If this sounds incredible to you and you want practical tips, I'm changing up how you treat yourself, then you're in the right place. Just so you know, I'm a huge fan of using all of the words available to me in the English language. So please proceed with caution. If young ears are around.

Wow. My first episode of *Your Favorite You* is here at last. As I stated in the trailer, I'm thinking of this podcast as a love letter to me prior to coaching, I'm thinking of it as a love letter to future me and to my boys. I'm also intending it to be a love letter to my past clients, my current clients, and to all of you, hopefully my future clients, my plan for these first several episodes is to share with you how my values and beliefs have changed as I've become my favorite version of me.

I would love to point out that “favorite” is distinct from “best” because saying the best version implies that there is a worst version. It also implies that I have it figured out, that I'm complete, done, finished with my evolution. I assure you that is not the case and that as I continue to learn and to know better, I will continue to share with you here and to do better.

The only way I will be done is when I'm dead. And I don't plan on going anywhere anytime soon. My point is that my favorite version of me today will highly likely be somewhat different than my favorite version of me in six months or a year. And it likely will be very different than my favorite me five years from now.

I want the same for all of you. Today, I'm going to give you an overview of the main things that I think have changed for me due to the work that I have done with my beautiful brain over the past four years, largely due to the work I have done with my amazing coaches. My goal is to honor them and quote them and share their work with you while at the same time, giving

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myself credit for my bravery and my ability to question what I truly want over and over.

None of the work that I've done on myself. Would've been possible without Brooke Castillo, Katrina Ubell, Maggie Reyes, Stacey Boehman, Bev Aaron, Priyanka Venugopal and my coaches so far.

It also would not have been possible without Bonnie Badenock the amazing psychologist whose program I've been participating in over the past year to learn more about the effects of trauma on the brain and on the.

It certainly would not have been possible without the books I've read by Brene Brown, Glennen Doyle, Edith Eger, Don Miguel Ruiz, Nicole LePera, John Sarno, Emily Nagoski and Bruce Perry to name just a few, but I am the common denominator without my willingness to explore who I was on the way to whom I am becoming.

None of this would be possible. And that is a powerful realization. So, allow me to share with you my current values and beliefs about myself and what is possible for you. If you are willing to question your current values, beliefs, and paradigms, this is not to suggest that I think that you need to borrow my values and beliefs.

What I value and believe may be far different from what you want to value and believe. I'm just asking you to question what you currently value and believe and make sure that it's still something that's true for you today. I'm just going to share the overview. And then in subsequent episodes, I will go into more detail for each of these points.

So, number one, my favorite version of me, values, getting things done rather than attempting and pretty much always failing to make everything perfect. My favorite version of me values pleasing myself first, before pleasing other people, instead of continually letting myself down, I found it much less painful for everyone involved.

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If I am just honest with myself and with everyone else. And I say no to the things that I don't want to do. My favorite version of me attempts to stay in my own lane. I used to think that I needed to control everyone else in my life in order for me to be at peace. It turns out that I am much more content not to mention significantly more successful, attempting to control the only person in the universe I have control over. That's me. Notice I say "attempts" here.

Jon often has to sound the lane departure warning. But I'm happy to report that it happens less and less as time goes on.

My favorite version of me, values connection with the people in my life, more than I value being right. This is a huge accomplishment for someone who once was told that the Spin Doctor song Little Miss Can't Be Wrong was written for and about me. That is a true story.

My favorite version of me questions with love, curiosity, and compassion, all the thoughts that I've had over and over again that have become my beliefs. Are these things actually things I want to think and believe or are these other people's thoughts and beliefs that I have just adopted as my own.

My favorite version of me feels her feelings. Many of you won't know what I mean by this. And that is totally OK. I didn't know much about feeling my feelings four years ago, either. I used to go to great lengths to avoid feeling them.

I was eating when I wasn't hungry, drinking alcohol to avoid feeling bad. I was overworking. I was buying things I didn't need to get a little dopamine hit. I was staying awake at night, scrolling Facebook, or watching Netflix and attempt to dull my emotions. I will definitely be sharing more on this later.

My favorite version of me has figured out what brings me true pleasure in life. It turns out these are all really simple pleasures that cost little to nothing ... giggling with my hubby, spending time laughing with and at myself and my boys, reading my juicy romance novels for pleasure, feeling

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sand or soft grass between my toes, getting and giving 22nd hugs from my favorite people in the world, late night chats with my coaching besties, snuggling with my dog, Barney Stinson Parsons. Those just are the few that come to mind right now.

My favorite version of me takes care of her body in a loving way. That means for me movement every day. It can be a 45-minute walk, a five-mile hike. It can be just doing five sun salutations. It doesn't have to be epic. I also take care of my body by attempting to eat foods and drink things that feel good in my body and nourish me. I also take care of my body by prioritizing getting adequate sleep.

My favorite version of me values “being” over “doing.” We are human beings after all and not human doings. My favorite version of me allows myself to want things to dream, to go after my dreams. I don't use the fact that I have a “pretty amazing life” keep me from wanting and seeking an even more incredible life.

My favorite version of me knows that I am my own best investment and that any money or time that I invest in myself, always multiplies, exponentially and compounds very quickly. And now it seems that my favorite version of me has a podcast. That's going to come out every week and hopefully be in your ears and become one of your favorite podcasts to listen to.

I would love to hear from all of you, what your favorite version of you looks like? Meaning what does she do? How does she act? What does she think? How does she feel? I would love to hear it if you're really close to that favorite version of you. I definitely want to hear that. And how you think you've made it possible for yourself?

Of course, if you're far away from your favorite, you, I want to hear from you about that too. I especially want to hear about what you think is getting in the way of you being your favorite you. My favorite me in 2017, heard a podcast by Katrina Ubell. I heard someone who sounded like she got me. She understood me.

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I was thinking, how did this woman get in my brain? So, I started following Dr. Ubell on Facebook. At the time, she was just about to launch a new cohort of her group coaching program. It was called and still is Weight Loss for Doctors, Only my favorite version of me wasn't so sure if I really believed that it was possible for me to change.

If I believed that it was possible to change my beliefs, I didn't know if it was possible for me to change my habits. I didn't know it at the time, but I was willing to try on some of the new thoughts that Dr. Ubell offered to me and see how they felt in my body. Just like when you try on new clothes in the dressing room, you can look at yourself in the mirror and think, "nope, this is not for me." You can do the same thing with thoughts. "Nope, this thought does nothing for me."

Conversely, you can look in the mirror and think, "Ooh, I want this. I look good. I feel good in this." You can do the same thing with thoughts. I was bold enough to take that first step of signing up for help through coaching. And then after I was done with my coaching with her, I knew that I wanted to work on the next aspect of my life that I wanted to make even better than it already was. That was my marriage. This led me to hiring my marriage coach Maggie Reyes, who is still my mindset coach to this day.

My favorite version of me considered it when Maggie said, "you're a really powerful coach, Melissa, you coach yourself more powerfully than I see many of the coaches in the industry who've been doing it for years, coach themselves, you should consider becoming a coach yourself. You already are a coach. You just haven't been calling yourself that."

And so, I did consider it for about six months and then I became a coach. And then my favorite version of me recognized that I had made my dream that I had as a nine-year-old child come true by becoming a doctor. I recognized that I had kind of stopped dreaming after I had gotten married and had the boys and became a partner in my medical practice.

I was willing to think about new dreams that I might have for myself and consider those which led me to go all-in on this coaching business. And I am truly living a dream right now. I do not want to wake up from this. I'm so,

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so grateful to the prior versions of me. I'm so grateful to me now. I'm so grateful to my coaches for putting their work out into the world.

And I'm so grateful for all of you listening to me, talk about my favorite version of me and consider for yourself, what is your favorite you? What is getting in the way of you being? If you want help figuring this out, please don't hesitate. I'm accepting new one-on-one clients. Right now, you can go to my website, melissaparsonskoaching.com/contact to set up a consult to talk it over. I would love to hear from you. Thank you so much for listening. Enjoy the rest of your day.

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Thank you for listening to this week's episode of *Your Favorite You*.

If you like what you're hearing and want to learn more, head over to melissaparsonskoaching.com if you want to work with me to find your favorite you, to become your own best friend so that you can create the life you want with intention, please go to melissaparsonskoaching.com/contact to set up a consult to work with me one-on-one.

I, so look forward to meeting you.

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