

FINAL LOB EPS432 Stacie Shiffett

[Liz Theresa]

Want to be a lead magnet? It starts with using better words on your website. Hey, I'm Liz Teresa and I'm here to tell you that improving your copy is the absolute easiest, quickest, and most cost-effective way to get more clients and cash rolling in.

Go to freecopyvideo.com to download my free copywriting training. See you there. Hello and welcome to the Liz on Biz podcast, where the guests are barely prepped and I'm barely ready.

I'm your host, Liz Teresa, and I help you launch, build online businesses you love. This podcast is all about entrepreneurship, and I hope you like it.

[Liz Theresa]

Hey, everybody, and welcome to another episode of Liz on Biz. Here with me today is Stacy Shifflett. Welcome to the show, Stacy.

Thanks, Liz. It's great to be here. I am so thrilled to have you.

I'm really excited about the work that you do in the world. So tell everybody a little bit about who you are and what you do.

[Stacie Shiffett]

Yes, I am the founder and architect. I'm calling myself an architect now of modern consciousness because it really is a philosophy and a framework for strengthening our understanding, right? Understanding is so key to knowing ourselves and accepting ourselves and being authentic.

It helps us to think more clearly. It encourages discernment, right? And engage with life more intentionally, right?

Modern consciousness equals conscious living in this crazy modern world of ours.

[Liz Theresa]

And it must also, because it's one part knowing yourself, but I feel like when you know yourself, it must also help you with your relationships, help you communicate better.

[Stacie Shiffett]

It does. And you know what helps a lot is just understanding the human condition. You know, when you understand what makes us human and, you know, sort of how we're wired to behave, it helps create more understanding of situations, you know, like resisting change.

You know, we're wired to resist change. We like the status quo. We like things, you know, we feel that there's safety in that because it's known versus the unknown, right?

There's more certainty in our current position. But sometimes that's not the best place to be, right? Sometimes it's not even the safest place to be.

For example, you know, a woman that is battered or, you know, beaten or abused, right? But they still, so that's sort of what's behind that phenomenon.

[Liz Theresa]

It's almost like that's when they say like the hell you know, like you choose the hell that you know because you're so, because changing it is so, there's so much uncertainty that we crave the certainty.

[Stacie Shiffett]

Yes, yes. So I think it's, you know, it's understanding ourselves and understanding a little bit more about the human condition and, you know, what makes us tick. It's very, very enlightening.

[Liz Theresa]

And so how did you come to that type of work? Because, and I also love the, and I think you should call yourself the architect of it because it's truly a framework for understanding how we are as people and understanding ourselves. But how did you arrive at that?

[Stacie Shiffett]

I have had such a varied career, which you may have noticed, right? I was hospitality industry, technology. I had a construction company.

I even raised llamas for years. Oh, that's kind of cool. Very friendly.

Mine were, yes, yes. And I went through a divorce after a 28-year marriage. You know, I left a marriage and sometimes the right thing to do is the hardest.

Yeah. And I did, I wasn't abused. Before anybody jumps to that.

Everybody starts going on the Google. Yeah, there were issues. There were insurmountable issues, but that was not one of them.

You know, in the classic sense. So, yeah, I, you know, I realized about two years after that, that I was still harboring a lot of resentment and anger. And justifiably so, right?

We often are in positions where we have, you know, I'll use the word victimized just as because

everybody sort of understands it, right? We find ourselves in situations that we would not have chosen that we didn't place ourselves in. And sometimes, you know, sometimes we just, if the situation can't be remedied, we have to leave.

And that creates a great deal of uncertainty, right? You can have clarity about a decision. But as we mentioned earlier, making that decision, you know, opens Pandora's box to uncertainty, a lot of it.

But anyway, about two years into the process, you know, after divorcing, I thought, you know, I did all the things, you know, I didn't have financial trouble. So, you know, I got a house, I upped my social life. I did all the things that, you know, that I thought I should do.

But I still was just not happy and satisfied and fulfilled inside. So, you know, I had to sit myself down and say, you know, Stace, you've created so much in your life through all these different careers and, you know, gotten through so many tragedies and things in life that this next chapter is just not going to organically create itself. You're going to have to, you know, you're going to have to do that.

And to me, the path to doing that, it was a series of synchronicities, right? And so I really dove into personal development and how enlightening that was. And for me, I'm kind of geeky.

So, yes, I wanted to find some answers for myself, but I had this overarching desire even going into it that I really wanted to understand what I call the human condition. You know, it was sort of over all of it. So my notes were crazy, right?

I'd have a column in my notes on things that were applicable to me, relevant to me, and that I needed to talk about. And then I would have this other side of my notes, which were, you know, just things about humanity, right? And how we behave as humans.

And it was very, very enlightening. And through the process of all of that personal development, the idea for Modern Consciousness came through me. I'm going to say through me because the name came, I had some aspects of Modern Consciousness, I started capturing information and writing it down.

And then I finally just realized, okay, this is mine to do something with. So I started the company.

[Liz Theresa]

I just got a little goofy. Just hearing it, I was like, oh, like when you said the name, I was like, it feels like it was just, it's all like it was sort of coinciding and synergizing was meant to be and synchronizing, I guess. And I, and that version of you that was post this, that, that's still a successful marriage.

I think anything beyond five or 10 is you guys did something good.

[Stacie Shiffett]

Yes. And I talked to so many women that, you know, oh my God, like for me, you know, oh yeah, 28 years of my life. Oh no.

Who wants to go through life thinking that you wasted 28 years? You know, there was, there was so many good in there. So many good things that happened during that time.

It didn't end very well, but there were a lot of good things between us personally. You know, I've, I've had a child, you know, I've got my son. I had the llama farm.

It was like a dream come true. Right. Well, I built a career.

I was able to stay home with my son when he was little. So, you know, and that's where we get in this victim mode, you know, and it's not a, it's not a good place to stay. So let's get ourselves out of that.

We can feel sorry for ourselves for a bit and we can wrestle with some of those things and feel all the feels and process the emotions, but move on. Because if you don't, you know, do you really want to stay where you're at? If you're, you know, like I realized I was still, I was grieving actually, but it was anger and, you know, resentment.

And I still had a lot of that inside me. And I was like, I just, I don't want to live with that anymore. I just can't live with that anymore.

So that's when I made a change and what a wonderful ride it has been since then.

[Liz Theresa]

And it was probably a little scary too, because you probably also, you know, I mean, you were coming out the other side, you were doing things for yourself. You said that you moved and you got a house and all of this stuff. Sometimes I feel like, and I don't know if you can relate to this, like when I have moments in my life where I think to myself, I'm not entirely satisfied, but I also don't know why.

And then I get afraid to ask why, because I worry that if I ask why, I'll have to change. Or I'll worry that if I ask why, and then, and then like, I already like what my life is, but I'm just not enjoying it, then I'm not grateful or something enough. Like then there's something wrong with me.

[Stacie Shiffett]

We put a lot of pressure on ourselves in that way, right? And, and often we won't ask the question because we don't want to hear the answer either, right? The answer is in there.

And essentially, I mean, that's, that's the, you know, one of the programs that I've built, the Clarity

Sequence, is all about that, because I noticed what was lacking when I was doing personal development work, where, you know, we're so quick to fix things. Yes. And we're so quick to make a change.

And, you know, you see people coming out of these seminars, and they're going to do 432 things differently starting Monday, right? And I know those people. I do too.

It's a recipe for disaster. So, you know, I, I created something that I was not finding and that I thought was very, very important. So, and there's two pieces for that.

One is we really have to do an honest assessment of our life. And I have questions, but you have the answers. I don't have your answers.

This is actually a do-it-yourself exercise. It's a very deep process.

[Liz Theresa]

Yes.

[Stacie Shiffett]

But it guides you to think about things in perhaps ways that you had not, and to consider questions that maybe you didn't think to ask, but also consider questions, as you put it, that perhaps you haven't wanted to answer, or you don't know the right words, right? It's more a feeling, right? I just, is this all there is?

So it's really getting a good idea of what your current experience is. Through curiosity, ditch the self-judgment. You know, you have to be vulnerable with yourself.

You have to be honest with yourself. And, and look at the experience of life, right? Not your accomplishments, the experience of life.

[Liz Theresa]

Oh, isn't that, that even just had vibes, what you just said. Yeah. Not just because, well, entrepreneurs, right?

A lot of people listening to the show own a business. And I feel like we are so bad at celebrating.

[Stacie Shiffett]

We're terrible at celebrating. Yes.

[Liz Theresa]

Keep being like, I got an award. Check the box. I'm going to add it to my website.

And I'm going to have a logo that says, as seen in the best of Boston or whatever it is, you know? Yes. And like, we all do these things and we keep checking, checking, checking.

I got a plaque. I'm going to hang it up. I did all these things.

I'm checking, checking, checking. And even it's the same, it's the not celebrating is so similar to the entrepreneur that goes to the conference and says, I'm going to do 432 things on Monday that are going to be different. And God bless those people.

But it's, but why are we, and I don't, I think if we actually took the time for introspection, we might be so surprised at what we would learn about ourselves if we gave ourselves the space to inquire and have an actual proper invest, self-investigation, which I use the word investigation. And I like this word, one, because it has a lot of syllables, but two, it communicates because it has all these syllables. That's not going to be something that you might find out in a five minute, you know.

[Stacie Shiffett]

Yeah. It's, you know, it's a deep reflective process. And, um, we're not taught to do that.

We're taught to evaluate so many things in our lives on a regular basis, right? We take the car in to get the oil change. You know, we have our annual doctor's appointment.

We look at our financials as business people, so on and so forth, the boxes that we've checked, you know, all of that. So what I find is that when the activities of our lives are creating the momentum in our life, we have put intentionality off to the side, right? Our schedules and the things that we are chasing, for lack of a better word, it's not that they're bad things we're chasing, right?

But that becomes the focus. And the other half of my clarity sequence is what I call aspirations. And aspirations are deeper than achievements, right?

It's not what we're looking to achieve that's external to us. It is our human experience. And we certainly don't take the time to say, okay, what is really most important to me?

What do I care about the most? How do I want to feel in my relationship? How do I want to feel in my business?

So it's looking at what you prefer to experience overall. And what is most important to you and really getting clear on those things. So without knowing where you are, and knowing sort of where you would prefer to be in your experience of life, how can you chart a path forward?

It's like a GPS, you need to know where you are. Yes. You want to go.

I love how pragmatic you just explained that. I'm a real pragmatic person.

[Liz Theresa]

I love that. Well, because I mean, even just thinking about how you architected this framework, I just love you this word, because it's just like, you can really create a way for us to actually, it's a rubric for understanding how we are as people. Because otherwise, if we're like, what do I want in my life?

I'm gonna make a New Year's resolution. What does that mean? And you know what I do?

I wish I could show you, but it's taped to my monitor stand. I have this thing that I do. It's called vision board bingo.

And I saw it somewhere on the internet. And it's a bingo board that you basically can print out a blank one and you write in all of these things that you want. And so that's the only, like when I really am honest, if I'm honest with myself, I am definitely the person that's like in the momentum all the time.

I'm always in momentum. I'm never pausing. I only pause for mission board bingo once a year, and I've only been doing it, this is my second time.

But like, you think if you get bingo, what happens? I don't know. Maybe you get your favorite takeout.

I haven't even decided how to celebrate. Actually, I will get bingo this year. Looking at it, I can tell you there's a bingo.

I haven't done everything on my vision board bingo, but I don't know how meaningful even all of these things are because I haven't taken the time to do a proper self-investigation. And your framework would be so good for my brain. And how does this, so now I have, I'm going to bring us to a different, like an adjacent topic.

Yeah. Knowing this, this modern consciousness that you've created, this paradigm, how does this kind of inform when the book comes about? So is the book in some way related to it?

[Stacie Shiffett]

You know, the book, the book came about, it's a parable and it is, so it's a teaching story, right? And I started, there's the book. I started using the term treasure map to joy when I was talking about emotional triggers, because I truly believe if we call them our triggers, we call them our life.

So I started talking about our triggers as waypoints on our treasure map to joy. So to me, excuse me, to me, joy is as unique to each of us as a fingerprint. And what creates joy for us doesn't necessarily create joy for someone else.

That's true. So that's when the term came about. And then the story is about a woman, you know,

it's one woman's journey from disruption to joy.

And, you know, it's, it's, it's really, when is the last time you stopped and asked yourself, you know, what does joy really mean to me right now?

[Liz Theresa]

And am I allowed to have it? Or is it too bold?

[Stacie Shiffett]

Yes. Yes. And, you know, we, we don't give enough credence to it.

You know, happiness is to me as a general overall definition of life, you know, yeah, I'm pretty happy right now.

[Liz Theresa]

Yeah.

[Stacie Shiffett]

You know, joy can be always available. Even in the difficult moments, it's available. You might not feel it so much, but to me, it's very much a foundational aspect of our lives.

And one example I've been sharing lately is, you know, I don't, even when you're sitting with someone in the dying process, and we have so much grief in that process. For example, my dad, when I went through that process with him, we could still sit there and laugh and feel joyful about memories in the past. So joy can coincide and coexist with the hard things in life.

And I think that we forget that. So for me, it's really a very foundational value. And we can find it in the smallest moments, but we don't allow ourselves to be fully present in those moments to actually feel the joy.

Why is that? Is it because we're afraid? I, you know, I think sometimes we're just so busy.

You know, I, I'm joyful at the grocery store. Now I happen to like to cook. Yeah.

So it's over. Yes. You know, it's kind of an adventure to me, but I tell you, if I didn't like going to the grocery store, I'd be doing the pre-order and driving through line or having it, you know, dropped off at my, at my front door.

And, you know, I used to, I used to chuckle with my assistant cause we'd go to the store or something. And she's like, you know, she's got her head down and she's thinking about the 15 other things she wants to get done that day or what happened last Tuesday or, you know, so

we're so involved in our thinking. Yes.

That we're not present with the experience. So me on the other hand, I'm dancing down the grocery aisle and, you know, having fun looking at ingredients and putting things in my cart and thinking about what I'm going to make. So it's a chore, but that sure you can either enjoy doing it, enjoy.

You can parse it out to somebody else if you don't enjoy doing it, but it's something you have to do anyway. So why not be joyful while you're doing it? Right.

Yeah. So, and it's, it's a matter of being present. I think it's really a matter of being present.

And the interesting thing, the, the friend of mine that I was talking about, she started lifting her head and looking around and smiling and saying hello to people or helping someone with their cart or whatever at the grocery store. And, you know, she'd come back to the office and she'd go, Oh my God, it's a totally different experience.

[Liz Theresa]

Yeah.

[Stacie Shiffett]

And feeling good about herself and helping others and smiling at people. It COVID killed me, right? With the mask.

Cause you're inside, you can't see. Well, you can't smile at anybody. Yeah.

Everybody was terrified of everybody else. No. Um, you know, it, it, uh, it just killed a human experience.

[Liz Theresa]

It's very hard. And actually, thank goodness for Zoom during that time. Cause it helped me, that helped me so much forcing, I mean, forcing me in a good way, forcing me to like, see my client's faces or even like see friends and do webinars and like be out there and enjoy, enjoy each other, you know?

But I mean, presence is really the presence. I hate to be like a bumper sticker, but presence is really the pathway to joy. Because if without presence, you're not even experiencing the moment fully.

So if you become present, you can at least, that will give you, you could open the joy window, but if you're not looking for it, you're not going to.

[Stacie Shiffett]

There's some very basic concepts, right? You know, awareness, gratitude, presence, and those words are tossed about a lot. So I, I personally believe that our, um, greatest personal asset is peace of mind.

Now, the way we achieve that is by accumulating, you know, we, we have to gain knowledge and look outside of ourselves and learn more about the world we're in and how we're experiencing the world we're in. But the accumulation of knowledge, isn't it? It is the application of knowledge in a way that you actually start to embody those things, right?

Awareness, gratitude, joy. Um, otherwise, you know, we know the words, but we're not having the experience that the words mean. And, and life is a little lackluster without those.

Difficult.

[Liz Theresa]

Yeah. Yeah. A little, a lot, perhaps.

What kinds of, um, do you work privately with people on these types of things or do you like, how do you work with people in your business?

[Stacie Shiffett]

Yeah. Everybody starts with the clarity sequence, um, because it is such a, it's such a meaningful step. And, and, you know, we don't, we don't do that.

You know, we tend to think of things in silos, right? We think of our business or even when we're making decisions, um, you know, we might say, okay, honey, you know, I've got this new job and I'm going to be away from home a little bit more. I have to travel twice a month.

Are you okay with that? Yeah, I'm okay with that. That's about the extent of the conversation, but we're not necessarily doing the nurturing in between that so that everybody stays on board.

Um, but yes, I start people, uh, people start by themselves with the clarity sequence and then they can move on from that to a mentorship with me to say, okay, now that you have all this wonderful information, what can we do about it? Yeah. Let's go.

Yeah. And I'd be thrilling for you though, like to get some fun in that way. Yeah.

People can do different things with it, right? Some people, um, are very self-motivated and once they take that internal look, they can take that information and go with it. Um, I do something else.

It's very unusual. I provide it in an editable word document, save your template, right? Yes.

And you can always go back to it. You know, if you're weighing a big decision, you can go back to it. It's a great decision-making.

Because it's about who you are, right? So it helps anchor you. Yeah.

You can see, you know, you can do it regularly, you know, every six months at once, see if you're staying on track and seasons in our lives change too. So what's meaningful to us changes and we forget to evaluate that as well.

[Liz Theresa]

Well, that's exactly it because we, it's like, if you do the same thing as I was on Lexapro for seven years, no stopping. And I've very, very recently, um, have weaned off of it as of September 8th. And I've noticed that it's been hard.

Okay. And what's interesting though, is like I was on it because there was no reason to question why, why was I doing it? It sort of was just one of the, I mean, of course it's a drug, so it's different than a way of being, but it, it does inform how you are, you know, it changes your behavior and it changes the way that you can absorb information and experience the world around you.

And the only reason I stopped is because I was like, or am I supposed to do this? Like, till I'm like gone, like you do this like forever. And then the doctor's like, oh, I don't know.

We could see how it's going to be if you just want to, I mean, like she does, you know, she tries, but like these things, I guess we'll see what happens. And I'm like, shouldn't it be your idea? Like, I mean, like this is where we do physicals.

Like you said, we do these annual physicals where we, you know, we go every year. And then why don't we do these annual self check-ins at the very, kind of like a life review.

[Stacie Shiffett]

You know, I have, I have a joke that I love. So they say you get to the pearly gates, you know, the first thing that's going to happen is, you know, when you cross over, there's going to be a life review. Why wait till then?

Why don't you do it now and make sure that you are adjusting to life and experiencing life and understanding your life, right?

[Liz Theresa]

Yes.

[Stacie Shiffett]

Sometimes, you know, there's so many different situations and they're unique. So you can't prescribe a solution that works for everybody.

[Liz Theresa]

Well, yeah.

[Stacie Shiffett]

Yeah.

[Liz Theresa]

So that's very true though. That's, yeah, because I mean, if that were the case, wouldn't it be so much simpler? Yeah.

I mean, so do you also, because I, well, I don't know if you do this, but I'm like, oh, you would be so, this would be great if you made it a certification for other people. So like, if there were coaches that wanted to train under you and learn from your greatness, would you ever do that?

[Stacie Shiffett]

I have trademarked that, but I have not put that program together yet.

[Liz Theresa]

That'd be cool. You'd be so good. I mean, you're good.

I can just tell you're awesome. But I'm like, oh, you'd be so cool to learn from because you have bring all of this experience, this professional experience, but like, and you also get to work with clients at like the precipice where they're like actually taking the time to self-inquire. And when they come to you, is it because like, is it because they went through something in their life where they're like, they have the, they've had the trigger for whether it's divorce or it's like a diagnosis or something happening that makes them reach out to you?

[Stacie Shiffett]

Well, I think oftentimes, you know, people think that there's something, something's not right in their life, right? Something, something is causing some sort of frustration, right? And it can be a number of things, but you don't have to wait to have that frustration to take a look at your life.

Now I know from my own personal experience, you know, when that little voice is telling you over and over and over again, you need to look at something and the longer you ignore it, the louder the voice gets. That's how it worked for me. And so often we push things off.

And as you alluded to earlier in the show, we'll say, well, gosh, I have no reason to be unhappy or ungrateful. I have, you know, I have a great home. I have all these things, right?

So, um, is that a cultural thing that we put on ourselves? It's all learned behavior from somewhere. Um, you know, maybe for women.

[Liz Theresa]

Yeah. Well, you must work prime. I'm assuming you work primarily, primarily.

Yeah. Yeah. And I, cause I think it's almost like, you know, I I'm in, I'm at my, so I'm 38.

I have a son. I have a father that loved my dad, but he's, I manage his life a little bit and I don't have my mom and that's wicked hard for me. And, you know, and then I but I have a great, amazing group of friends that are so supportive and awesome.

But then I feel but I think because women are so often the handlers and the managers of not just their lives, but other lives that I think that's why we feel bad about not being satisfied. Cause we're like, but look at all of these things I'm holding.

[Stacie Shiffett]

Yeah. And that's where I think understanding comes in because sometimes it, it really is not a major overhaul of your life. It's just something differently.

Right. And the simplest example that I love that I love to use is, you know, your kid, your kid decides to help you or your partner, you know, load the dishwasher, clean up the kitchen, load the dishwasher. You've had a frustrating day.

You're grateful for the help. They don't do it the way you do it, you know, and you get irritated and that irritation spills out on the person that's trying to do something helpful. So when I talk about the experience, you know, is that really the outcome that you want?

The outcome, you know, would be to support that relationship. And, you know, look at all the things you miss by that. You miss receiving a gift that someone is trying to give you.

Yeah. You have now probably hurt their feelings if you've yelled at them, you know, I've had some not great moments. So, you know, the intention.

So if it's when we're just aware of those things and how many of those times, how many times a day does just some, just a little change like that, just being aware, Oh, I'm not going to yell at them. You know, Oh yeah, I'm frustrated. You know, it's not quite the way I would do it, but think, you know, you just go, thank you so much for helping.

Right. If you want to have, if you have to wash something after the dishwasher ran, wash it. If you

want to reload it after they go to bed, reload it.

But you are not contributing to building the relationship that you want to build with that person by barking at them for loading the dishwasher the wrong way. So that is just a mental shift and that's to be aware, you know, and you know, when people go, Oh, that's just the way I am. Right.

Okay. Is that the way you want to be? How's that working out for you?

[Liz Theresa]

Yeah.

[Stacie Shiffett]

We all have power, you know, you're giving your power away to your frustrations and irritation when you do that, instead of taking power and, um, you know, nurturing that situation to the app, to receive the outcomes that you really desire to be creating.

[Liz Theresa]

And what's so powerful about making this into a framework as you have done it, is that it's not that there's anything wrong with you. I think you even said it. It's a defense mechanism.

Like when we, but it's different, different, bad, different, bad, same, good. The cave people talk like this, you know, like it's very like that. And so it's not even our fault, but I almost am loving because that's because you're saying, well, no, here, let's look at the map together.

If we could even map how this is how we make decisions, this is how we are. It's so much, it's such a relief to hear. No, there's nothing wrong with you if you let your emotions run away.

But what we can do and what you've alluded to, or what I've absorbed as a very nice takeaway is that we can choose to choose. Mm-hmm. We don't have to be swept up in the ocean of the feelings.

[Stacie Shiffett]

Yes, we can choose. And I mean, we're going to feel all the feels and all the emotions. We're human.

And emotions are a signal for us, right? And if your frustration is spilling out all over everybody else, especially the people that you care about most, or yourself with that, you know, that running inner mental talk, the thought patterns that we have, choose something different. You can do something about that.

It takes some effort, but you have to be aware of it. You have to sort of catch it in the moment.

And I can tell you from experience that over time, it becomes second nature and it becomes your habitual thinking, right?

Which you still should revisit every once in a while, right? Yes. But we just got to start toning that muscle.

Yes, yes. And then one day you're in a situation and something happens and you say something and in your head you go, oh, that was me. That was me that just said that, right?

Six months ago, that would not have been me. And it just came out naturally. And that's intentionality that we put on ourselves living life.

[Liz Theresa]

That is, I'm just like, I just feel like you've given me, and I hope people listening are also feeling this. I have so much more hope for the feelings stuff. Cause we get in, it's like, we're really caught up in the throes of life sometimes.

And I feel like what you're really, your business is a gift, of course, to the world, but what you're really giving as that gift is you're saying, oh no, if we take the time to pause, you can get all these tools and skills to manage things differently. So you can increase things, access to things like joy and love, all of the happy, positive.

[Stacie Shiffett]

All the positive things. Yes. And it doesn't mean bad things aren't going to happen because they do, but I'm so grateful for what I have learned and how I have implemented what I have learned into my life, because it does support me through every chapter.

And it's a continual process of improvement, right? Strive to be the next best version of yourself. And then just do that over and over again in small increments.

And that's all it takes.

[Liz Theresa]

That is beautiful, Stacy. Tell everybody how they can find you online today, because I want everybody to find you, because I know I'm going to start. I think you called it the clarity sequence is our best start.

Yes. Yes. So feel free to tell everybody how to get in touch and try that.

[Stacie Shiffett]

Sure. My website, modernconsciousness.com, that will lead you to everything about me. It has

the links to my social media.

You're welcome to message me. Anybody is always welcome to message me. There's a contact form.

The book, *Treasure Map to Joy*, is available on Amazon. And yeah, thank you. Thank you for having me.

[Liz Theresa]

Oh, excellent show.

[Liz Theresa]

Thank you so much, everybody, for listening today. Thanks so much for listening today. Be sure to subscribe, listen again later, tell your friends, leave a review, because all of that helps me do all of this.

For show notes and more information, check out LizTheresa.com slash podcast.