



## **Achieve Your Goals Podcast #146 - Helping Women with their Money Mindset (Interview with Tonya Rineer)**

**Nick:**

Welcome to the Achieve Your Goals Podcast. You're listening to the podcast guaranteed to take your life to the next level faster than you ever thought possible. In each episode, you'll learn from someone who has achieved extraordinary goals that most haven't. He's the author of the number one best-selling book, *The Miracle Morning*, a Hall of Fame business achiever, international keynote speaker, ultramarathon runner and the Founder of the Best Year Ever Coaching. Here is Hal Elrod.

**Hal:**

Hello and welcome to the best ... Never mind. Let me start that over. Hello and welcome to the Achieve Your Goals Podcast. I was going to say Best Year Ever Blueprint because today is one of our installments in the Best Year Ever Blueprint success story, lessons for you where we're interviewing an expert who attended Best Year Ever Blueprint and then had their best year ever and what did they do, what she did specifically today to create that result. The feedback has been really cool with kind of an experiment we did last year and this year I just thought, what's a way where we don't have to sell the Best Year Ever Blueprint and the event and people coming to it but we could really make it organic in a way where they can learn and make

it value added for you as the listener of the Achieve Your Goals Podcast.

It ended up we got great feedback on the episodes and the guests last year so we're doing it again this year. I got an email the other day from someone that said, "Your podcast isn't loading. It's the next Best Year Ever Blueprint attendee success story episode. I really want to listen to it." We got whatever that technical error was, fixed and we're all good now. Our guest today I'm excited, I've been getting to know her personally over the last year or I should say eight months or so. Tonya Rineer is our guest and she's a speaker, trainer and Money Mindset Mentor who helps women entrepreneurs conquer their limiting beliefs, embrace their true profit potential and create the kind of financial independence that gives them the freedom to profoundly impact the world.

As a speaker, trainer and coach, Tonya's core mission is to change the world by changing the way women think and feel about money. I love that niche. I love that topic. I would imagine that as a man that there's a lot of overlap in terms of the way that we all think about money and I've seen Tonya do some of her work live and it's pretty profound. I'm excited to share her with you today and her journey over the last eight months what she's accomplished and what she's learned from that journey. She gave me a sneak peek before we started recording so I know what she's going to share and I'm excited for this and if you want to check her out you can go and find her at [www.tonyarineer.com](http://www.tonyarineer.com) T-O-N-Y-A R-I-N-E-E-R.com Tonya, I apologize for the kind of jumbled introduction.

**Tonya:** I love it.

**Hal:** We're going to finish strong. We're going to finish strong. I need you to come save the episode. People were like, "Is this his first podcast episode?"

**Tonya:** No, this is why we love you, Hal.

**Hal:** It's so funny [inaudible 00:03:23] that we had. I forgot what happened but he said the same thing. He was like, "No, it's the authenticity," or whatever. I was like, "That's just a nice way of saying that I mess something up or whatever."

**Tonya:** No, no, no. We like people that are human. If you're all too perfect you're intimidating.

**Hal:** That's right. That is right. That's true. That's my angle is I just try to be as imperfect as possible. It's like a get out of jail free card, it actually works for everybody.

**Tonya:** I love it.

**Hal:** Here's what I almost, as of late, I've been starting just about every podcast episode, every interview with relatively the same

question. The question being this is the Achieve Your Goals Podcast, I feel like most of us go through life and most people they don't set big goals and they don't achieve big goals, often they don't achieve any goals or anything really significant and that's the purpose of this podcast is really giving people not only the inspiration but the evidence from other people that have achieved major goals. With all that said, what was the first defining goal that you achieved and possibly as a teenager or young adult or maybe yesterday? I know it was longer than that but what was the first defining goal you achieved that gave you evidence and confidence that you could continue to achieve bigger and better goals.

**Tonya:** Honestly, Hal, my first big goal wasn't set by me. It was thrust upon me, I'm going to say.

**Hal:** Okay.

**Tonya:** I became a mom at 16.

**Hal:** Okay, that's a big goal.

**Tonya:** Yeah, I had just come out of a rocky childhood. I had just lost my mom to drug addiction. I was homeless for a couple of month's kind of surviving on my own. I was in a bad place. When I, "Whoops, here she goes she's pregnant," what are you going to do with that? The people in my life, the people around

me thought, "There goes her life. It's over." At that point, I made a decision that I was going to prove the world wrong and I wasn't going to be the statistic. Despite the fact that I was young and still had to finish high school and still had a lot on my plate and a lot ahead of me, I was going to do it and I was going to do it well. My first goal was to finish high school, go to college, be a good mom and prove that I can make something of myself while juggling all of that. I did. The confidence that I gained from that, if I can survive that and rock it, I can do anything.

**Hal:** I mean, that's amazing and getting pregnant at 16 is I mean, I can only imagine but a huge challenge but the fact that doing that well, your mom was a drug addict and you've been homeless and all of that, what adversity that you overcame and did it not only for yourself but for your child. I commend you, that's amazing.

**Tonya:** Thank you. Thank you. What doesn't kill you makes you stronger.

**Hal:** That's right. That is absolutely right or my joke is always if it kills you but you come back from it it still makes you stronger.

**Tonya:** So true.

**Hal:** All right, you attended Best Year Ever Blueprint last year. You're actually a member of Quantum Leap Mastermind Program as well which is really cool and that's where we've got to spend a lot more time and gotten to know each other better. We had Megan Lyons on the podcast a few weeks ago, our mutual friend. We had Stephen Christopher. Some familiar names amongst the two of us. What I'd love for you to start with is, what are the top three personal and or professional goals that you achieved since or even as a result of going to Best Year Ever Blueprint last year?

**Tonya:** Sure. One of my goals has always been to get over my fear of public speaking and be able to share my story and speak publicly. Last summer, the summer of 2015 I joined Toastmasters and really started to get my toes in the water there. Since BYEB last year I have had the opportunity to speak at multiple events, do a number of breakout sessions and host little workshops and I've continually been interviewing on different podcast and talking about the subject that I'm so passionate about which is money mindset. It has really opened up so many conversations that allow me to help people get pass their limiting beliefs and connect to a deeper meaning in their life. The momentum there has been, it's been incredible just to put that positive energy out into the universe and keep it going.

**Hal:** Yeah, that's a great way to as a speaker myself I mean, it's a great way to build your audience and build your tribe, if you will, share your message, hone your message, so that's cool. I commend you. You got over the fear of public, not only you got over the fear but you're proactive, you joined Toastmasters and now you're actually ... I know you've been speaking a ton so really, really cool. Any highlights during the course of speaking

over the last eight months or so? Any having someone tell you that your speech changed their life or anything where you've said something during a speech that you had never said before and now that's become part of your message, any highlights at all to share?

**Tonya:**

Unlike Matt Aitchison, I don't yet have my own quote. I'm working on that. You know what has been very surprising is I always shied away from being vulnerable in public and with other people. Speaking on stage and sharing my story it's a very vulnerable one and to have women come up afterwards to me which happens every time and cry in my arms and tell me that I'm a hero but then they precede to tell me what they've been through. I'm thinking, "Are you kidding me? You're amazing. What you've gone through, it fosters this insane connection." Just to connect to what women have been through and it allows us to help each other so it's not just me talking at people and helping them but I'm learning and growing from the messages that they share with me as well.

**Hal:**

Really powerful. You just said something there that really resonates with me which is about being vulnerable and Robin Sharma really shifted that for me. He said when you're vulnerable with people, they fall in love with you. I realized that on the receiving end of it like it's easier to get that. It's like when someone shares their story in a way that with their struggle you're like, wow, you feel connected to them, you feel empathetic, sympathetic, and whatever it may be. Then, we're like we're all guarded and think we need to look good and perfect and right and that's also where that philosophy of give up being perfect for being authentic, that's where that was born from as well. Really cool.

**Tonya:** Absolutely. Seeing and how well that works for you?

**Hal:** Yeah.

**Tonya:** The beginning of the podcast, that's where we started, right?

**Hal:** Yeah, give up being perfect every time. Cool. Really powerful. You got over your fear of public speaking and that obviously is opening tons of doors for you and the beauty of it is this is just the beginning. I mean, of the impact you'll make by overcoming that fear and being proactive and getting out there. What was the second big goal that you achieved this year?

**Tonya:** This is definitely my biggest one, the one that I'm most excited about is I feel like finally in life I found my purpose. There's so much clarity around what I'm meant to be doing on this earth where I've always wanted to help people. I've built businesses in the past and they helped and I felt like I was making a difference but I never felt like I was making an impact. It was the event itself that really helped me get that forward momentum and dig in to that purpose and find the clarity where if anybody listening you've gone to one of Hal's events before, you know that we go deep. That's an understatement.

There's actually I think I shared it with you, a video, a diary that I recorded on day two of the event last year where I could not stop crying because it was just so powerful and meaningful what I was experiencing at the time. I had been helping women with their money mindset and their business finances taking them to the next level but it was for the ... Oops, my Siri is listening to me.

**Hal:** Siri, we're in the middle of an interview. She can be so rude sometimes, Tonya.

**Tonya:** She just interrupts people.

**Hal:** Tell her we're going to give up being perfect for being authentic. Let's keep going.

**Tonya:** I was helping them but it was for the sole purpose of just building a business and reaching a new level of success. What I discovered was that that wasn't my why and that wasn't any of their whys either. Where all these women were coming to me wanting to build their business and figure out their money issues but it was for a deeper purpose and it was so that they could turn around and make a bigger impact in the world. What I've realized is they all come to me at one of five levels of success and it's what I call the impact ladder where you're either struggling, where you're in over your head and your business is taking more than it's giving you or your surviving where it's that feast or famine mode.

Some months are really great and other ones aren't but they are still a little bit of struggle, you're stuck, you're plateaued. Then a lot of the women that come to me are already achieving some level of success where on the outside it looks good where they've got the house, the car, the business that looks like it's doing really well, the kids are clothed, they are able to take a vacation but they are not yet able to give back in the way that they want. They are not able to go to an event like the one that we were at several weeks ago for the Front Row Foundation where they can give \$25 for a half-eaten burrito.

**Hal:** I think we got up to like a \$150 for I mean, yeah that was crazy.

**Tonya:** Whatever it is, you know what? We all have this drive inside of us, where we're heart-centered and we're passionate and we want to give every opportunity but then there's a pull in a different direction where you still need to take care of your own to make sure that your kids are fed. You're taking care of the things closest to you. What I like to do is take them pass that feeling and get them so financial set that they can give back without feeling guilt and without feeling like they are being pulled in two directions to a place where like you are. You can just be very, very generous with your time and your energy and your finances and really focus all of that into the places that make you feel good at the end of the day so that when you are 95 and sitting on that rocking chair, you can look back at your life and say, "You know what? I did good. I did really good."

**Hal:** That's beautiful. I love what you said about, the way I interpreted it is you found your purpose and realized that you had been working for yourself, right? It was really self-centered reasons which most of us that's where we start but to transcend self and arrive at a deeper purpose where you're going to find fulfillment, yeah, really, congratulations. Like you said, that was your biggest breakthrough, finding your purpose, one that really pulls you, that doesn't get much better than that. Very cool. What was the third big win for you? Your big goal that you achieved since Best Year Ever Blueprint.

**Tonya:** Finding my tribe.

**Hal:** Okay, what do you mean?

**Tonya:** Definitely finding my tribe. In the world where I come from, negativity is in abundance where you can share a goal or a dream and you have people look at you like, "Okay, good luck with that," or you get the devil's advocates that give you 500 reasons why it's not going to work. You're trying to do something with impact and purpose but yet nobody is supporting you. Instead, you're met with a lot of resistance and fear and that was always scary and it makes growing yourself really hard. When I went to BYEB it was on a whim. I traveled across, that was the farthest I've ever been away from home.

I'm from Michigan and the event was in San Diego so traveling across the country by myself into a room full of strangers was terrifying for me. When I got there I was welcomed with open

arms and everybody was so amazing and supportive and I felt like I could really open up and be myself and talk to people. The support that I received on the back end was amazing. The relationships that I've developed as a result of that have helped me further my journey and my purpose to share my message for sure but they've really impacted me in a way that I found my family and they've helped me connect to the people that I know that I can really help which has been incredible.

**Hal:** It's almost like you found your tribe in terms of your inner circle and then you found your tribe in terms of the outer circle that you're going to be serving. Right?

**Tonya:** 100%, yup, yup.

**Hal:** Very, very cool. Very cool. Wow, that sounds like a best year ever to me.

**Tonya:** It's been a phenomenal year. I journal everyday and the gratitude is off the charts.

**Hal:** Off the charts, I love it. That would be a great, off the charts gratitude would be a cool name for a journal or you should go get the domain [offthechartsgratitude.com](http://offthechartsgratitude.com) or whatever.

**Tonya:** Right.

**Hal:** I like that. All right, let's dive into, let's bring in home with the lessons that you've learned this year that have allowed you to have those major breakthrough. Top three actionable lessons for our listeners so that they can apply them to the rest of this year or any year and make it their best ever.

**Tonya:** Absolutely, all right lesson number one, first and foremost, self-care is not an option it's a requirement.

**Hal:** Self-care, non-negotiable. What do you mean by self-care?

**Tonya:** You have to take care of you first. If you really want to change the world, you have to start by taking care of yourself first. You have to make sure that you are listening, tuning in to your emotions, how do you feel at every moment and really making decisions that serve you. Whether that's decisions based on what you do with your money, what you do with your time, the people that are in your life, and how you're giving back. It's easy for us, we're driven and passionate, purposeful and we have all these ambitions so FOMO is a real thing where we want to just say yes to every opportunity and every thing.

**Hal:** That's fear of missing out, right? I just want to make sure that our ... In case anybody listening is like, "FOMO, what is that? Like a disease or what is that?"

**Tonya:** Right.

**Hal:** It is a disease, actually.

**Tonya:** It's a disease. Yeah, you say yes to too much or you let guilt take over and you're not really listening to yourself so there's no guilt and shame in taking care of yourself because when your cup is full you're able to give to the things that you love. You're able to give back to your business and to the people you're serving and your family and your community way, way better than you can if you're depleted and burnt out.

**Hal:** I love that. I call that being selflessly selfish, right? Which is where you're taking care of yourself and I believe that the greatest gift we can give others is to fulfill our own potential because only then do we set the example, do we have the resources, do we understand and how to serve others and help others do the same, right?

**Tonya:** That's beautiful. Very well said.

**Hal:** I love it.

**Tonya:** Absolutely.

**Hal:** I love that. All right, cool. Self-care, non-negotiable. What's the second one?

**Tonya:** Clarity can always go deeper.

**Hal:** What do you mean?

**Tonya:** That is one thing I really, really discovered this year because I always thought that I knew everything. Is that fair to say? Yup, I got this figured out.

**Hal:** I think I still probably wake up certain days and think I have it figured out and then realized I don't.

**Tonya:** Sure. Where I'm like, yeah, I know this I'm the expert here. I don't need to go deeper on this but every time I ask myself why or I take the time to go deeper and dig deeper into anything I always find more answers.

**Hal:** Sorry, I didn't mean to cut you off. I was going to say, what are ways that you deepen your clarity? I would love to know that just because I think this is so true and even for me I'll read a book on a topic that I think that I am really proficient at and then that's an example of clarity where I'm like, "Oh, I didn't even know that I didn't know that I didn't know that." Right? Wow.

**Tonya:** It happens all the time, right? I love journaling. I never did it on a regular basis and I've made it a commitment to do it now. I do it for things when I'm in a good mood, things when I'm in a bad mood or when I just think I have the right answer and just to free flow. It takes your emotions and attaches them to words and connects the dots with meaning that don't always exist if you don't do that.

**Hal:** How long do you free flow for? For anybody listening by the way, I want to just, this is a method of journaling and I think there are different names for it but one is free flow and it's where for anyone listening, if you haven't done this, do this like tomorrow or today, right now. I mean, do this where you set your timer and I'd love to know how long you do it for, Tonya. Set your time for 10 minutes, 20 minutes and just start writing with no specific plan on what you're going to write and often it will start with, "I have no idea what I'm going to write right now but Hal told me to do it so here I am. Anyway, today was a good day." You just keep going, right? What is your method for that? How long do you do it? Any thought planning? Any intention behind it? How does that work for you?

**Tonya:** You know what? The funny thing is I do it until I'm emotional about it.

**Hal:** Interesting. I like that.

**Tonya:**

I write and it usually starts with the things that I don't want to forget. I have three boys that are all teenagers now and I know how fast time goes and I forget things. I often start with what's going on in their lives. I don't want to forget that Tommy had a home run today. [Jet 00:22:19] started his first job. Then, I will continue on so as I start writing about that, something will click for me. Usually it's something like, oh my gosh, time goes by and I completely neglected this and I need to give some more attention to being a better mom.

That's of course something that's going to make me emotional. Without taking the time to journal on that and write that down, I may have missed that aha moment and let time go. Sometimes it's something to do with my business, this is what's going on in business and this happened and so and so said this. I think I can help her in this way. As I dig a little deeper I uncover the ways that I really can be helpful.

**Hal:**

How long, do you set a timer for it? You just go and like you said until you get emotional. Is there a certain on average that's five minutes, ten minutes, an hour, what does it look like for you?

**Tonya:**

I don't set a timer. I do it at night so that it's before I go to bed and there's really nothing that's going to make me stop.

**Hal:**

Sure. That's great.

**Tonya:** I make myself do it for at least five minutes.

**Hal:** For five minutes. Okay. I want to add to this, there's a phrase that says clarity is power and I never understood that. I didn't really get it until I thought of it the opposite which is how lack of clarity is a lack of power and I think let's all share this distinction because for me once I saw it this way then I understood the power of clarity and how important it was to actively generate clarity in my life everyday. The lack of clarity, if you think about it, if you don't have clarity on what to do or why you're doing it or how to do it, you lack power. You lack the power to move forward, the power to generate motivation that you need and so if you understand that a lack of clarity.

If you're a military and you're going into a mission and you don't have clarity on where the enemy is or, that's a lack of power. You're in trouble. I think if you understand that anytime we have a lack of clarity we don't have purpose, we don't have power, we don't move powerfully through the world or through our lives. Then understanding that the more clarity you have on what you want, on why you want it, on what's specifically you need to do to achieve it, the more power you have to act, the more power you have to execute, the more power you have and the more precision you have in how you act and then how you execute. I love that point of clarity can always go deeper and I think that we do have that Tonya, that know it all mentality. I think we all have it at some level. I forgot who said that. Four of the most dangerous words are I already know that.

**Tonya:** Yes, yes.

**Hal:** Because when you do that you shut the brain down from like, I'm not going to pay attention I don't need to learn, I don't need to grow. I don't need to expand. I've got it figure out for the most part.

**Tonya:** Right. That's definitely something that I've had, I think it comes with maturity. As you get older you realize you don't know as much as you thought you did.

**Hal:** Yeah, that's a great point.

**Tonya:** I'm getting better at that where now my mission this year has just been to be the kind of person that ask more questions, to be more curious and to find out more about all the things that I don't know.

**Hal:** I love it. I love it. All right. What is your third? We got self-care is non-negotiable, clarity can always go deeper. What is your third lesson for our listeners?

**Tonya:** The more abundance we allow our self to receive , the more we are able to give.

**Hal:** The more abundance we allow ... Okay, talk about that.

**Tonya:** The reason that this has been a lesson is because sometimes we just block things for one reason or another and this is a huge thing in the Money Mindset world where we get to a certain level and we think, this is good, I should just be happy with this. I should be content with this but because we're conditioned as children not to ask, not to want. Just to be thankful and grateful and we confuse that with contentment. It takes a little bit of a shift in your mindset to realize that you know what? If you just keep going and you keep reaching for the stars and you're making your own world better that that doesn't mean that you're going to hoard it all and keep it all for yourself.

It means that you now have more to give and you're now in a place of power in the sense that now you can make a difference. That is if you're a parent, you can make a difference in your kid's life by growing yourself to exponential levels and following your dreams you are a role model. You're showing them how to do it by allowing yourself to take care of yourself and feeling more abundant, you're showing them how to take care of themselves and love themselves. By making enough money to take care of the people around you you're showing them how to do it so they can grow up to be independent.

Then that spreads to your community, your friends, the people around you and the rest of the world if that is what you so choose where you can get to a place where now you have options. Anything that you've ever dreamed of doing you can

do but first you need to allow the good stuff into your world and stop repelling that and pushing that away.

**Hal:** I've got to ask, how? How do you do that? Conceptually, anyone listening I would imagine going, "Yeah, that make sense. I should allow more abundance into my life," how does that look strategically in terms of an actionable? Is that through affirmations or meditation or is there specific process that you lead your clients through? How does someone do that?

**Tonya:** All of the above. All of the above. There is a process which is simple and I actually have access to that through a training on my website, that's free that I love when people go through because it gives them that step by step process on one thing that builds to the next. I'm a huge believer in all things somewhat woo woo where I love affirmations. I love visualization. I like actionable, tangible things that you can do. Something small is just receiving compliments with grace which a lot of women aren't able to do. Where if you were to compliment me, I could either give it back to you by saying ... If you're like, "Tonya, you look beautiful today." I say, "Thanks, Hal. So do you." I just deflected that compliment.

**Hal:** Got it.

**Tonya:** If you say, "Tonya, you look beautiful today." I'm like, "Oh, really? Because my hair is not even done and my make up looks awful." I just threw it away. What I should be doing is really taking a second to enjoy the way that that compliment

made me feel and say thank you, that's really nice of you, I appreciate that and just accept the gift.

**Hal:** Tonya, I'm going to re-listen to this episode, this part especially. I totally in number two. I'm always, "Great speech," "No, it was terrible. I mess that part up ..." I'm the most insecure compliment receiver ever.

**Tonya:** A lot of us are and that's where we just start to train ourselves to be better at receiving and that's a lesson in self-love.

**Hal:** Absolutely.

**Tonya:** For sure.

**Hal:** I know for me, affirmations have been the most powerful because the way I do affirmation isn't the woo woo. It's not the like, I am a millionaire, I am a millionaire, money is flowing to me effortlessly. No, it's not. It doesn't flow effortlessly. You got to generate some value in the world and the money will show up. For me, taking affirmations that are rooted in reality around what I want, why I want it and then specifically what actions I must take and then committed to taking and when I'm going to take them to generate that income and what I'm going to do with them and all of that. One of my mentors used to always say that money isn't good or bad. Everyone's got this hang ups around money. A lot of them from their childhood. He goes,

"Money is not good or bad. It's the grand amplifier." It just amplifies who you are. He goes, "If you're a jerk, more money will make you a bigger jerk." Right?

**Tonya:** 100% absolutely.

**Hal:** If you're a good person and you want to do good in the world, the more money you have, the more abundance you have, the more ... It's exactly what you said, right, Tonya which is the more you have to give away and the more you will give away.

**Tonya:** Absolutely. Yeah, actually, Hal, one time I think it might have been in the Quantum Leap Mastermind, you shared a philosophy about putting aside a certain amount of money for the act of generosity and giving. I've been on the receiving end of that where I've seen you and your generosity in some of the things that you do and some of the other people that I have come to know and it's a feel good feeling. Where I can only imagine how wonderful it must feel for somebody like Jeff Hoffman who is co-founder of Priceline.

He tells a story of helping out a women's shelter that they were in need and he was able to make a difference where so many times we're all in that place where we watch something on the news and think, "I wish I could help." I wish I was in that position but when you set yourself up and grown yourself to a certain level of success where you are in that position then what? If you're a good person and you have that already, you

have that drive and that goal you can do such amazing things with your abundance but first you need to let it in.

**Hal:** Yeah, I think some people may not like this but my own personal belief is that we have a responsibility to do exactly that. To me it's selfish to settle for mediocrity in our lives because we're hurting the people that could be served if we weren't settling for mediocrity in our lives. I love it. I know we both have other stuff going on today but I could talk to you all day and we can just keep going around and around.

**Tonya:** I love it.

**Hal:** Really cool. Anything else? Let's make sure, I think I gave your website earlier but share that again if anybody wants to get in touch with you, reach out to work with you or learn from you, what's the best way to get in touch with you, Tonya?

**Tonya:** Absolutely, the website [tonyarineer.com](http://tonyarineer.com) T-O-N-Y-A-R-I-N-E-E-R.com and I'm on every social media channels. My handle is my name and I actually just finished up a really fun little quiz so if you think you may have money blocks and you're wondering which ones are hunting you you could hop on the website and take a fun little quiz so it will be there [tonyarineer.com/quiz](http://tonyarineer.com/quiz).

**Hal:**

Forward slash quiz, [tonyarineer.com/quiz](http://tonyarineer.com/quiz). Thank you for being on. I realized that I've mentioned Best Year Ever Blueprint a few times but assuming that everyone knows what that is and they may not, so if you're listening and you're like, "What's this Best Year Ever Blueprint thing they keep referring to that they went to? What is it?" You might have a general idea but that is our annual live event. I mean, it's been called the most life-changing event anyone's ever been to. You heard Tonya on day two. She was recording a video selfie crying posting that to Facebook but it really is pretty powerful. I would encourage you go to [bestyeareverlive.com](http://bestyeareverlive.com).

I know we've got room for 400 people this year. Over 200 spots are already taken and we haven't even announced it yet. I guess we're starting to announce with the podcast but that's really just 200 spots that were taken from last year's attendees coming back this year so [bestyeareverlive.com](http://bestyeareverlive.com) is where you could watch a video of a synopsis of last year's event and you'll get a feel for what Tonya and I are talking about and the energy and the depth and what it's like, how experiential it is unlike most events where you're just taking a bunch of notes and going home with ten pages of notes and figuring out where am I going to implement all this.

You're actually experiencing and engaging while you're there to create the transformation not just write about it and hope that it happens when you get back home so [bestyeareverlive.com](http://bestyeareverlive.com). You can reserve your spot and get all the details there. Tonya, again, thank you so much for sharing your journey with us. I'm so proud of you and I'm honored to know you and looking forward to a long, long, long time of getting to know you better.

**Tonya:** I appreciate that and I feel the same way about you, Hal. Thank you for having me on, it's an honor.

**Hal:** Very cool. It's mutual. Goal achievers, thank you for tuning in to another episode of Achieve Your Goals Podcast. As you know, I love you, I appreciate you. It means a lot to me that you share your time with me here. It's really cool. If there's anything that I can do to help you, do not hesitate to reach out best place to find me, if you go to [halelrod.com](http://halelrod.com) and click on contact you can send a message to my team and they'll make sure that I get it so thank you so much and I will talk to you next week. Take care.

**Nick:** Thank you so much for tuning in to this episode of the podcast. You can find links to all the resources mentioned in this episode as well as all the past podcast episodes over at [halelrod.com/podcast](http://halelrod.com/podcast). Also, if you haven't done so yet, please go subscribe to the podcast on iTunes by going to [halelrod.com/itunes](http://halelrod.com/itunes), clicking the little subscribe button and then if you would, please leave a rating and review because rating and reviews truly are the best way for more people to find out about the podcast and decide if this is the one for them. All right. Until next week. It's time for you to go out there, take action and achieve your goals.

Speaker 4: If you're looking to grow your business using podcasting but don't have the time to edit the audio, insert the intro and outro, write up to show notes, post the episodes to all the different

sites and do all of the ridiculous backend work that's required, then you need [yourpodcastguru.com](http://yourpodcastguru.com), where you bring the content and we take care of the rest. We'll even co-host the show for you. Visit [yourpodcastguru.com](http://yourpodcastguru.com) right now to explode your audience and crush it in the podcasting world.