



## **Achieve Your Goals Podcast #145 - My Favorite Interview Ever! (Christine Hassler on “Overcoming Disappointment”)**

**Hal:**

Hello, hello. Welcome to the Achieve Your Goals podcast everybody. This is Hal Elrod your host, your friend. I am excited to introduce you to someone today who I am, not meeting for the first time, but really it'll be our first 30 minute conversation. You'll get to listen in, which is always kind of fun. Our guest today, Christine Hassler, I'll give her a proper intro in just a second.

A good friend of mine, Jon Vroman, who you've probably heard on the podcast, if you don't know who Jon is, he's the founder of the Front Row Foundation. He is the host of the Front Row Dad's retreat coming up in October. He is the host of the Front Row Factor podcast. He reached out to me. He doesn't do this very often. This is why this is kind of cool. He goes, "Hal, do you know who Christine Hassler is? You need to have her on your podcast. I had her as a guest. She was amazing." He interviews people every weekend. It's like probably once every 4 months that he says that to me. Christine, feather in your cap. That is pretty cool. A lot of pressure. A lot of pressure.

**Christine:** I had a huge smile on my face then you said that.

**Hal:** Yeah.

**Christine:** Then I was like, oh.

**Hal:** Yeah. I'm expecting a lot, like best guest ever kind of.

**Christine:** Oh, no. No expectation hangovers.

**Hal:** Oh, yeah. That's funny I didn't even put two and two together there.

**Christine:** Teed that right up. You teed that.

**Hal:** I teed that up without knowing. That's great.

Christine is the author of a book called Expectation Hangover: Overcoming Disappointment in Work, Love and Life. That's what we're going to talk about today. I want to give a proper intro. Christine left her successful job as a Hollywood agent at age 25 to pursue a life she could be passionate about. Although she had what many would consider a dream job, it wasn't where

her heart and her passion was. What she created and what she now has for... What she lives and what...The impact that she's making, it didn't come easily.

After being inspired by her own unexpected challenges and experiences she realized her journey was indeed her destination. In 2005 she wrote the first guide book, written exclusively for young women and titled 20 Something, 20 Everything. Then her second book, The 20 Something Manifesto, was written for men and women and stems from her experience coaching 20 somethings. Her newest book, right? Yes. Multiple time Best Selling Author, Expectation Hangover: Overcoming Disappointment in Work, Love and Life, is the guidebook for how to treat disappointment on the emotional, mental, behavioral and spiritual levels.

I'm so excited to talk about this with her today because this whole idea of dealing with disappointment is something that I've never really...This isn't a topic I've ever delved into. This is the Achieve Your Goals podcast, and when you're achieving goals you deal with disappointment, right? A lot of it. Over and over and over again. Its how you deal with it and how you bounce back that really does, kind of, determine your destination and where you end up. Bringing on the expert with the guide book on how to do this is going to be a cool thing today. I'm excited to learn myself, Christine, from you. Introduce your wisdom to our Achieve Your Goals listeners. Thanks for being on.

**Christine:** Oh, thank you so much for having me. It's so funny when I'm intro'd as the expert on disappointment because as I was writing that book I thought many times, wow, I really learn what I'm writing about. I think my next book is going to be called Eat lots of Chocolate, Travel the world, Have amazing sex and Make a ton of money and Impact millions.

**Hal:** Nice. That is a good strategy. That is really a strategy. It's true. When I was writing Miracle Morning it's like I was writing it as I was learning how to become a morning person-

**Christine:** Yeah.

**Hal:** and do all the things in the book.

**Christine:** We teach what we need to learn.

**Hal:** Yeah, that's exactly it. Here's where I like to start. It's funny, I told you, did you get the pdf with the show flow and toss it out because I'm changing everything. Every week I literally revise that and I send it out and then I'm like no, kept changing since a week ago. Here's where I'd love to start and that is by asking you what was the first defining goal that you achieved in your life that gave you the confidence that you could achieve goals?

**Christine:** I was thinking about this because I didn't know you were going to ask me this one. I would have to say, the biggest defining moment that I remembered that I worked so hard for and I didn't think I could do was when I got promoted to be an agent. I was like 25 years old. I was very young. It's usually something that takes many years. It doesn't really happen at 25 and especially as I was the only female in that department as well.

**Hal:** When you say agent, what do you mean by that?

**Christine:** TV literary agents. Agents are, anybody who watched Entourage, that's like the Jeremy Piven character in that.

**Hal:** Yes. Favorite show.

**Christine:** Yes, and he's based on a real life person who I do know.

**Hal:** Sure. Yeah.

**Christine:** It's very accurate.

**Hal:** That's great.

**Christine:** My job...Though I wasn't on the film side, I wasn't quite as glamorous as that, but I represented TV writers, producers, directors. I was in charge of finding talent, getting talent booked on shows, finding out what all the networks needed. It was a lot of lunches, a lot of reading scripts, it was super long hour days. It was basically selling, in a lot of ways.

**Hal:** Yeah.

**Christine:** When I achieved that goal it was bittersweet because I was so proud and I felt such a sense of accomplishment and my ego was psyched.

**Hal:** Sure.

**Christine:** A week later, all the fulfillment I thought I'd have and the relief that I thought I'd have and the feelings I thought I'd have when I got "there" weren't there. I had achieved this external goal but internally something was still missing. It was very, very bittersweet. What I had to be mindful of is that, that goal and checking that off the list, it was a momentary thing and my mind immediately wanted to know what the next thing was. There was very little celebration. I learned a lot from that experience. One, it just affirmed that outside things definitely don't make us happy especially if they're not truly in alignment with what our deepest soul desire is. Two, we have to celebrate because when we achieve these goals, it's a big event. If we're constantly going, okay, what's the next best thing, then we're missing out on really honoring that moment.

**Hal:** Sure. I love that. I think that it's so true. It's like, I recently did a coaching module for a group coaching program on happiness. I was reading all these books and book summaries and articles. They all just kind of pointed to the same thing. That it's not the... The things that we think will make us happy are the things that we're pursuing. It's really more our daily habits and our rituals that bring us fulfillment and not, like you said, it's funny, it's the Achieve Your Goals podcast but it's like achieving your goals isn't really the goal.

**Christine:** Yeah. It's so much the process and how...For me it's never really been about the goal, it's been about how I think that goal will make me feel.

**Hal:** Yeah.

**Christine:** Realizing that I have the power and the choice to feel that way in the moment and in the process and not to wait for that reward once I achieve the goal. I'm in development of my first online course, after being in the space after 12 years I'm finally doing one-

**Hal:** So am I, nice.

**Christine:** Yay.

**Hal:** Also after way too long. Okay, go ahead.

**Christine:** For me it wasn't way too long because up until now the motivation would have been more about income and numbers.

**Hal:** Yeah.

**Christine:** My soul won't let me. That can't be my driver. It just won't let me. I had to wait until I felt truly inspired. I also didn't know this, and this is the kind of thing about divine timing is, I had to have another deeper shift inside of me. Something else needed to shift inside of me before I was ready. Now, could I have done it 5 years ago? Yes. Could I have made it happen? Yes. Could I have produced great content? Yes. Would it have felt the way it feels now? No. It would have felt like a push. It would have felt like a lot of stress. It would have felt more like I have to. This feels more like, I get to and I choose to and even though it's a lot, I'm really inspired. It's not even done. The fact that I'm having fun along the way and all the feelings I think I'm going to feel when I get the result are happening now, to me is feedback that I'm on the right course in pursuit of this goal.

**Hal:** On the right course in creating the online course?

**Christine:** Aha, yes. Love it.



**Hal:** Nice work. Well you and I just unconsciously, we were just setting each other up and playing on words to get... Really cool. I'm excited for you. That is exciting. Your point...What almost doesn't make you wonder, if I would have done this 5 years ago I wouldn't have known what I know now.

**Christine:** Right.

**Hal:** I wouldn't have been who I am now. Sometimes it makes me go like, well, should I wait 5 more years? I've thought that before with various things. The longer I wait to do this thing...I don't know, it'll probably be out next year, I'm writing a book called Beyond the Bestseller. How to write a book that creates a movement, earns you a fortune and changes the world. I've thought, the longer I wait to write that, the more I'm learning about that whole process. You know what I mean?

**Christine:** Mm-hmm (affirmative)

**Hal:** I think that's interesting, if we wait forever we'll never do it. It's like we have to take...What are your thoughts on that? The idea of like, how do you decide between, okay, I should do it now and take action which is normally my MO, probably yours too. Let's just get it done, take action. Then how do you decide, well, I should actually take a more mature approach where I wait a while for purposeful reasons. Any thoughts on that dichotomy?

**Christine:** Yes. For me it's a little bit of both and a little bit of neither.

**Hal:** All right. I'm intrigued, keep going.

**Christine:** I have learned a big difference between toward and away from motivation, and between something that feels like a push and something that feels like a pull. To be an agent at 25 I was incredibly driven. I was driven since I was 8 years old because that's when I started to be teased and bullied. I felt less then. I felt broken. I felt separate. I felt like I needed to prove something. To compensate for massive insecurity I became the straight A student, which turned into the graduated from college early, which turned into moving out to Hollywood. If you got something to prove Hollywood's a great place to go.

**Hal:** Sure.

**Christine:** That drive created a lot of results on the external line, the goal line. However, not a lot of fulfillment on the internal line, the soul line. I am mindful of, when do I feel motivated, when do I feel like a push, when do I feel like I should versus when do I feel truly inspired. I've really made an agreement with myself that unless I feel inspired, it's a no. Unless I feel really pulled towards something, my why is really strong, it feels like, yeah, it's going to be a lot and there's going to be some growth but it doesn't feel heavy, it doesn't feel like a push and it doesn't feel like I need to like pep talk motivate myself into it.

Whenever I've done that, Hal, I can get it done but I end up depleted, the results really aren't that great. When I do get to the goal line I'm like, oh God, I'm glad that's over versus, oh wow, this has been an amazing process. That's where I watch myself because I've got that Type A, driven, results, let's get things done, a piece of me. That's been a really big part of coaching myself and going okay, hold back. Is this your ego wanting to do something, trying to keep up with everybody because, oh my gosh, you get on the internet for 2 minutes and you see what everybody's doing and you feel like you're behind.

**Hal:** Sure.

**Christine:** It's just really owning where we are and really listening to what feels inspired versus what feels driven.

**Hal:** That's what I wanted to ask because it sounds like...It's an intuitive thing, right? It's not a black and white strategy like, you know it when a, b and c line up. Is it feeling or? Explain that. If someone's listening and they're like, yeah, that makes sense, but how do I decipher between a push and a pull. I know you just touched on it with your thought process around it. I'd love to...Is it intuitive? Is there a process for it? How do you assess that?

**Christine:** I think it's both because we are both, right?

**Hal:** Logical and-

**Christine:** Yeah. We're logical and intuitive. We're spiritual and practical. By spiritual I don't mean religious. For some people that is. It's really just about, we're all connected to something bigger than ourselves. There's a universal force that it's good to pay attention to because it's really helpful. That's part of it. Listening to your intuition and then really asking yourself, what's my motivation? Am I trying to get away from feeling like I'm not doing enough, like I need to make more money, like I need to keep up, or am I moving toward I want to be creative, I want to help more people, I want to feel more abundant. Whatever it may be. It's really asking yourself those questions.

Practically speaking, looking at, what's around me? One of the signs are, are the right people showing up? Often I'll take a few steps toward something and if it doesn't go anywhere, if I'm not getting a lot of yes's, if e-mails are being lost or there's miscommunication or it's just not flowing, then I'll be like, okay, it may not be time yet. That was true for me with the course. There were times in the past where I took a few steps and the feedback was no, this is a no. That's kind of the practical steps we can take. It's, take a few steps toward it and look at how you feel, look at who shows up, are you more inspired, do you feel excited or is it starting to feel really stressful and burdensome. If it is, then maybe pause and it may not be time yet. Maybe there's something else that needs to happen first.

**Hal:** I like that. I think one other piece I would add to that for people is to also pay attention to, if there is stress, if it feels forced, is that fear? I think that often it can be fear that's causing us to hesitate and I think that we have to be aware of... You can be inspired but also have fear, and you act on the inspiration not on the fear. Telling people often to really be clear on that. If it's fear, identify that and do it anyway. You do the thing you're afraid of, the fear starts to go away or minimize or disappear or it just is by your side as you keep moving forward and you don't let it stop you.

**Christine:** Yes. I love that you brought this up. I was just having a conversation with somebody today about the difference between being ready and being willing. There has been so many times I have not felt ready because that fear voice, is it enough, do I know? Just that kind of inner critic that we all have on some level that as we grow we learn to turn the volume of that down. It still can be there. As I wait for fear to be totally gone I'd never do anything. It's really that distinction between all right, I may never feel ready. I don't know anybody who when they have a child they're like, oh yeah, I feel totally ready to parent, I know everything there is to know, but they're willing. Can we be willing to take a step, to put ourselves out there even if we don't feel "ready".

**Hal:** Yeah. Great distinctions. I want to dive into your expertise if you will. The new book *Expectation Hangover: Overcoming Disappointment in Work, Love and Life*, and the guide book on how to treat disappointment on the emotional, mental, behavioral and spiritual levels. I will let you lead this and run

with this, and I'll interject and interrupt if I think it adds value. I'm so intrigued by this topic.

**Christine:**

Well, so am I because what I found in my own life and working with so many people at this point is that people's greatest suffering happens when their reality does not match their expectations. An expectation hangover, it's a term I made up because I had so many of them. It's when one of 3 things happen. Either things don't go according to plan or things do go according to plan but you don't feel like you thought you would, like after I got my big promotion, or life just throws you an unexpected curve-ball. You get sick, someone dumps you, you get laid off, business flops. Whatever, it could be a parking ticket. It's just those undesirable curve-balls in life. The symptoms are similar to a hangover. In that our head hurts, not necessarily a headache, but spinning from all the thinking and obsessing and fear about uncertainty and regret and all the things we do in our mind. There is a sense of lack of motivation, a feeling of stuck-ness.

The amazing thing about expectation hangovers is, they offer this tremendous doorway for healing. Now, I'm sure many people listening, including you Hal, have heard there's a blessing in everything. There's a reason for everything. That's all fine and good, but when you're in the midst of a major expectation hangover, even a minor one, and someone says to you, oh, there's a reason for this or time heals, you kind of want to punch them in the face.

**Hal:**

Sure.

**Christine:** It's like, well, I don't know what the reason is and I don't really want to wait for time because right now this sucks. I was committed to, how do we not wait for time to heal? How do we heal it now and really, how do we get to the reason? It is true, every expectation hangover is never just about that certain thing. It tends to be triggering past issues, unresolved hurts, lemming believes, patterns that have been kind of perpetuating and we've been playing out in our life for many years.

For example, I wrote this book right after I got a divorce which was a total surprise. I got dumped by someone in my 20's, 6 months before I was supposed to marry him. Then in my early thirty's I found myself getting a divorce because we were just headed in different directions. Even though I was the one who initiated it, it still felt like a big old failure. Someone said to me, "Milk this for all it's worth." I said, "Well, what do you mean? We're not going to court. I'm not going after alimony. What do you mean, milk it?" He said, "This isn't just about the divorce, this is about every time in your life you have felt a loss, you have felt grief, you have felt not enough, you have felt like you were a failure, you have felt totally scared because you don't know what's going to happen and you're faced with uncertainty. It's about all of that, so milk it for all it's worth so you don't have to go through this again."

**Hal:** Mm-hmm (affirmative)

**Christine:** I was like, "That sounds really hard but worth it."

**Hal:** Yeah.

**Christine:** That really began the investigation of both with working with clients and myself how can I not just get through it, but how can I dive and leverage it and really heal. The book takes you through, first of all, like what an expectation hangover is. How it triggers all our very human ego based things like, our fear of loss of control and our fear of feeling like we're being punished. We come right up against all of that. Getting outside of our comfort zone and all of that. Then it really illuminates the normal ways we tend to cope with those things like over-drinking, over eating, over working, which is a very accepted one in today's world-

**Hal:** Yeah. It's a badge of honor.

**Christine:** Yes. Badge of honor. Busyness is a badge of honor.

**Hal:** Sure.

**Christine:** ...taking care of someone else, moving on to the next best thing, being strong but just keeping it down. Even the spiritual bypass. Even like, I'm just going to meditate, do yoga and not feel. That's kind of like, just the context and then I take people through and give you very specific workable tools in meditation



for how to feel your feelings and release them rather than recycle them, how to actually change your thoughts. You change your brain chemistry, how to shift your behavior because only 3 to 5 percent of our behavior is conscious anyway. How you get to that unconscious level and shift how you're reacting and responding. Then finally on the spiritual level, how do you live spirituality in the forms of forgiveness and compassion and really approaching life from the perspective of, what am I learning versus why is this happening to me.

**Hal:** All right, I'm taking notes.

Let me see, how are we on time? We got some time. We got a few minutes.

**Christine:** Mm-hmm (affirmative)

**Hal:** Let's dive into a few specific strategies if you would, on some of the things. On feeling your feelings and releasing them or reprogramming your thoughts or living spirituality. Any of the 4 topics that you just mentioned are great.

**Christine:** Okay.

**Hal:** What are some specifics that you think people are going to apply right away in the area of their life that either they're experiencing disappointment or maybe the fear of disappointment is holding them hostage.

**Christine:** Okay. I'll go through a couple. There's one that I'm thinking on the emotional level, mental level and behavioral level that I think are really good for your crew that's listening right now.

**Hal:** Okay.

**Christine:** Remind me that I said that, if I forget. I'm so in it with you I just...my mind.

Okay, emotional. Quick distinction between releasing and recycling feelings. The main reason we recycle feelings is because when we have a feeling, we are judging it at the same time.

**Hal:** Yes.

**Christine:** Let's say you have a cry, you have a feeling, there's a part of you that's going, oh my gosh, this is embarrassing. I've got to make this stop. I've got to get this under control. This feels awful. I don't like this. This is weak. I have an ugly face when I cry, whatever it may be. The feeling just loops because the way

feelings get released, and emotion is energy in motion, okay? I think emotions are different from the feelings. Feelings can be physiological responses to thought. If I'm thinking about something in the future, I'm going to feel anxiety. If I'm thinking what if, followed by a negative statement, I'm going to feel worry or fear. Sometimes we have real raw emotion. If someone you love just broke your heart or dies you're going to feel grief. The emotion of sadness that is a very human emotion to feel.

**Hal:** Mm-hmm (affirmative)

**Christine:** If someone hurts your child, you're going to feel anger. It's like honoring that we're human and yes, we have this amazing mind that gets a lot of attention in the personal transformation field, and we have this human body. Dealing with the emotions and releasing them, it's about getting them out without the judgment, without the commentary and without the thought. A great tool is something called release writing, where you get blank paper. This is not journal-ing, this is not something you re-read, this is not something you save. You sit down and you let yourself feel. You let the emotion come out and you write, not type. You hand-write, because that triggers the right side, emotional side of your brain. Write, write, write. You keep writing, you use swear words, you get it all out, you say the mean nasty things and you write until you feel the energy shift.

**Hal:** Mm-hmm (affirmative)

**Christine:** Then when you're done, you rip it up or burn it and you just get rid of it. This is an amazing thing to do for obsessive thinking. This is an amazing thing to do if you can't sleep, but it's sort of like that kind of emotional energy, that's just a way to get it out. That's one tool on the emotional level.

**Hal:** I love that.

**Christine:** On the mental level, I'm all about mindfulness. I love the work that you do Hal, just in terms of like that morning practice and studying our mind right in the beginning of our day. I've experienced that sometimes my mind is like a galloping horse and it just goes where it wants to go. What I've had to realize is that I'm the rider on the horse and that I have reins. I can stop my mind from going a certain direction by saying, whoa, and I can redirect it, right?

**Hal:** Yeah.

**Christine:** If you notice your mind galloping off in a way, for example, let's say that one of your goals, a goal that you're working on is launching a business or launching a website, we'll start with that, and you notice your mind going, what if there's a technical glitch, what if no one comes to it, what if it's not profitable, what if I spent all this money and I don't make a dime back. That's the mind galloping off into fear. Fear and worries created by 'what if' followed by something negative.

It's going, whoa, and then redirecting the mind and following those 'what if' statements with something positive or at least neutral. What if this is actually a step I need to take. What if this is a wonderful pleasant experience. What if people love the site. What if doing this brings in an opportunity I didn't even know about. It's that practice of choosing to direct the mind in a way that takes you where you want to go and really visualizing and seeing it. A lot of people say to me, "Well, I can't visualize. I'm not a good visualizer." I say, "Well, can you worry?" They say, "Well, yeah." I'm like, "Well, there you go. You're visualizing. Congratulations. You're just visualizing crap. You're just visualizing what you don't want."

**Hal:** What you don't want, yeah.

**Christine:** It's like, can you take your mind into those 'what if' statements and at least get to something. If you can't go positive, if that feels like too much of a pendulum swing then at least go to something neutral that brings you a place of calm. Then finally on the behavioral level, I want to talk quickly about something in the book called The Avoidance Trap.

**Hal:** Okay.

**Christine:** This is also something I've seen as years as a coach. People will talk about what they want but they will spend way more time and mental energy avoiding what they don't want. That's the avoidance trap. My particular avoidance trap is rejection. I had a lot of unrequited crushes, I had a lot of feeling like I didn't fit

in, so rejection was a big button for me. I would do what I could to avoid being rejected. Which means, I wouldn't put myself out there as much. I wouldn't take as many risks. I wouldn't ask for things from people because I didn't want to get rejected. There were things I'd say I wanted but I wouldn't go for them because I'd fall into my own avoidance trap.

Consider, what do you avoid? Is it being out of control? Is it rejection? Is it upsetting someone else? Is it failure? What's that trap you keep falling in and can you let your values lead you instead. Can you become more committed to your why versus falling into this avoidance trap. Let's say you want to start speaking and you want to put yourself out there but your avoidance trap is fear. You're just scared of it. Well, can you become more committed to that value of contribution? In a lot of ways can you stop making it about you and more about what the impact will be when you step into your why.

**Hal:** I love that. One of my mentors when I was like 20, he said get off self and get on purpose.

**Christine:** Mm-hmm (affirmative)

**Hal:** The idea is, all of your fears and your insecurities and your laziness and whatever is holding you back. That's all self. He's like, when you identify a purpose that adds value for other people or that helps you to self actualize your full potential...Yeah, to this day that has just stuck with me.

Whenever I am dealing with fear I'm like, my mantra is, it's not about me. What am I doing?

**Christine:** Right.

**Hal:** I've been sitting here procrastinating for the last hour. What am I doing? I'm not serving anybody.

**Christine:** Yeah. I think that's one of the things and... I coach people on my podcast and the most common thing that comes up is that feeling of not being good enough.

**Hal:** Mm-hmm (affirmative)

**Christine:** It's just so human to feel like not good enough in some way, shape or form, and it manifests differently for all of us. It's really, I think, what's preventing so many of us from stepping into our full potential.

**Hal:** Yeah.

**Christine:** There's no perfection and it's really staying in our lane and knowing our zone of genius. You're right, not making it about us but really asking the question like, what is the highest and

best use of me? How does the universe want to express through me in this unique way and in a lot of ways? How can I get out of the way enough to just allow things to flow through me and to me. I have to say, a lot of people ask me, what are your goals? What's your five year plan? I judged myself for this answer for years but I got over it eventually. I don't have one.

**Hal:** Me either. We have so much in common. I love hanging out with you Christine.

**Christine:** Yay. I love it. I mean, I don't. Every year I pick one thing.

**Hal:** Yeah.

**Christine:** Last year we were starting the podcast, the year before it was the book, this year it's the online course and I allow the rest to kind of fill in the gaps, and you know what? That's enough. It makes space. I really realized that being driven and being focused and being attached to my plan and having an expectation hangover when it doesn't go according to my plan, the universe was just kind of going, okay, Christine, we've got something really cool over here waiting for you, but you're so committed to your plan that you...okay, we'll be here.

**Hal:** Yeah. The universe is like, you have no way of knowing what we have in store for you. How are you planning 5 years out? You don't know what we're going to do for you this year. Who



we're going to introduce you to that's going to totally shift the direction of your life, right?

**Christine:** Exactly.

**Hal:** It's like you can't...I can't. I don't know how I could. The work that you're doing now that you weren't doing 2 years ago or 3 years ago, it's like, I didn't even know I was going to want to do this. How could I have planned?

**Christine:** Exactly. I think it's good to have...That's the other thing a lot of people are like, well okay, if I want to avoid an expectation hangover does that mean I shouldn't have goals? No, it's just changing your relationship to your goals. It's really about pursuing your goals with high intention and involvement but low attachment.

**Hal:** Yes.

**Christine:** The only reason we get an expectation hangover is because we make our feelings, our emotions, our okay-ness, our enough-ness dependent on the result. If you don't make it dependent on the result and you enjoy the process and you know you gave it your all without depleting yourself, then you don't have to be disappointed. You can just ask, what did I learn and what's next?

**Hal:** Yeah. I love that. By the way, if you have a 5 year plan, cool.

**Christine:** Yeah, cool.

**Hal:** I don't think there's a wrong or right way to do it, but it's just, if you have a 5 year plan don't feel bad. That's great. Stick with it and be open to it changing. Read Christine's book Expectation Hangover so that you can handle it when it changes. You can actually make that a really positive thing if it doesn't turn out the way you had written it out to be. If you don't have a 5 year plan, that's okay too. As long as you are working toward some form of pre-determined worthwhile goal and you're moving forward every day, right?

**Christine:** Yeah.

**Hal:** You're moving in a positive direction. More often than not I think that's what it's about and not knowing what's around the corner or what next year's going to look like. Christine, I enjoyed talking with you.

**Christine:** Mm-hmm (affirmative)

**Hal:** Cool. What is the best way? You mentioned the podcast. What's the name of your podcast?

**Christine:** Oh my gosh. I love doing my podcasts so much. It's called Over it and On With It. Every week I coach somebody live on the air.

**Hal:** I love that format.

**Christine:** Yeah. Then every weekend I have a Coach's Corner where I bring on a thought leader and talk to them. I'm going to be hitting you up for that Hal.

**Hal:** All right. You got a yes, publicly. I'm yes. I would be honored to be on your show. All right, cool. The podcast, it's? Say it again.[crosstalk 00:33:06]

**Christine:** Just Over It and On With It.

**Hal:** Over It and On With It is the podcast if you enjoyed Christine on the show today. Go check that out. The book is Expectation Hangover: Overcoming Disappointment in Work, Love and Life. Again, it is the guidebook for how to treat disappointment on the emotional, mental, behavioral and spiritual levels. Anything else to share, or if somebody wants to get in touch with you for coaching or to work with you or interview you on

their show, what is the best way to get in touch with you Christine?

**Christine:** Thanks you, appreciate that. Christine Hassler is my website. You can find me there, connect with me there. Then I'm on Instagram, it's Christine Hassler. My name's too long for Twitter, so it's Christine without the 'e' and then Hassler.

**Hal:** Nice, I love it. Awesome. Well, hey, thank you so much for your time and heart and energy and wisdom today. I really appreciate you.

**Christine:** Thank you so much for having me on.

**Hal:** Yeah, it's been fun. Well, Achieve Your Goals podcast listeners you know I love and appreciate you. Thank you for tuning in to another episode. Yeah, keep achieving your goals. Keep making them happen. I will talk to you next week everybody. Take care.