**Words i do not use:**

* Anything biblical: glory, blessed, prayer, heaven, God
* I’m not a fan of huge spiritual words or anything that says cosmic and astrological terms. I prefer the use of the word universe versus God
* I use words like limiting beliefs, blocks when referring to obstacles in our way
* I don’t want to sound too science based or dry/cold tones or clinical
* I’m naturally nurturing and always want to simplify and make people feel like the only wrong way to do inner work is to not do it at all
* I don’t use big vocabulary.
* I want to be Empowering and Encouraging Non-Clinical and Accessible,Warm and Compassionate ,Holistic and Integrative, Authentic and Transparent,Direct and No-Nonsense, Community-Oriented, Simple and Digestible,Optimistic and Forward-Looking
* A strong emphasis on personal growth, self-awareness, and embracing one’s individuality, delivered in a positive and affirming way.

**Jenna Kutcher’s Goal Digger Podcast links**

1. <https://podcasts.apple.com/us/podcast/the-goal-digger-podcast/id1178704872?i=1000670633513>
2. <https://podcasts.apple.com/us/podcast/behind-the-scenes-of-my-intentionally-slow-summer/id1178704872?i=1000664575453>
3. <https://podcasts.apple.com/us/podcast/how-human-design-can-help-you-build-a-profitable/id1178704872?i=1000657646189>
4. <https://podcasts.apple.com/us/podcast/the-goal-digger-podcast/id1178704872?i=1000662498977>
5. <https://podcasts.apple.com/us/podcast/the-goal-digger-podcast/id1178704872?i=1000657646189>
6. <https://podcasts.apple.com/us/podcast/the-goal-digger-podcast/id1178704872?i=1000656371111>
7. <https://podcasts.apple.com/us/podcast/the-goal-digger-podcast/id1178704872?i=1000654653161>

Jenna Kutcher [Website:](https://jennakutcher.com/)

* [About page on Jenna Kutcher website](https://jennakutcher.com/meet-jenna)
* [Freebie page on website](https://jennakutcher.com/freebies?_gl=1*1dul4lw*_ga*MTg3MjA0NjkyLjE3MjgzMDQxOTQ.*_ga_VWS34T42SY*MTcyODMwNDE5My4xLjEuMTcyODMwNDgxOS4xLjAuMA)..

Blog posts

* <https://jennakutcherblog.com/cant-relax/>
* <https://jennakutcherblog.com/summer-favorites/>
* <https://jennakutcherblog.com/5-powerful-takeaways-i-learned-from-my-human-design/>
  + <https://humandesignblueprint.com/product/jennakutcher/>

**Jenna wrote a booked called “how are you really?”**

*“The tone of Jenna Kutcher's book How Are You, Really? is warm, reflective, and supportive. Kutcher writes with a nurturing and compassionate voice, encouraging readers to look inward and evaluate their true feelings and desires. The tone is personal and conversational, often feeling like a heart-to-heart with a close friend. It combines gentle guidance with vulnerability, aiming to create a safe space for readers to explore their authentic selves, set boundaries, and live more intentionally. Overall, the tone is empathetic and encouraging, fostering self-discovery and emotional growth.”*

[https://jennakutcher.com/book?\_gl=1\*3bzjub\*\_ga\*MjA3NTE0MzA2Ni4xNzI1NzQzOTAw\*\_ga\_VWS34T42SY\*MTcyNTc0MzkwMC4xLjEuMTcyNTc0NDEwMi42MC4wLjA](https://jennakutcher.com/book?_gl=1*3bzjub*_ga*MjA3NTE0MzA2Ni4xNzI1NzQzOTAw*_ga_VWS34T42SY*MTcyNTc0MzkwMC4xLjEuMTcyNTc0NDEwMi42MC4wLjA).

I have it on my kindle..: anyway to download the whole thing for you?

Otherwise here are excerpts:

We tend to take the most direct route to Get me out of this conversation before I expose myself, just like we let Siri reroute us around the rubble of road construction. We avoid the curves, the dips in the road, and the dust of our lives in conversation. We quickly reroute to safe territory or take the quickest exit to keep us safe from answering the bigger question. It’s like we want others to pay attention, but not so closely that they ask us about the real stuff, the personal stuff, the It’s a long story, so who would even want to listen to it? stuff.

We can’t always solve our own problems with someone else’s solutions. We can’t always find our own selves using someone else’s directions. And we sure as hell can’t always question our lives clearly if we don’t close our eyes to the nonstop jazz hands of every other answer parading by. When we look to the crowd to answer our deepest questions, we move in whatever direction we’re carried. We stop looking within, stop checking in, stop carrying our own visions, because what is inside of us perhaps doesn’t match the identities our world keeps telling us to clothe ourselves in. Instead, our gaze catches the motions of the crowd and we sync up.

The truth is, we can’t always change our circumstances. But we can always put down an anchor in the midst of the crazy. We can always pause to check in with ourselves. And we can, just like Dr. Gardere recommends, revisit something that once brought us comfort, stability, safety, and happiness. We can get really quiet, and really brave, and ask, How am I, really? When’s the last time I felt joy? When I encountered my own burnout moment years ago, it was this question that pulled me right into a breakthrough, in a major way.