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**DR. KEESHA EWERS:** Welcome back to the Women's Vitality Summit: Caring For Yourself, Body and Soul. This is Dr. Keesha Ewers, and I'm so very honored and excited to be interviewing Michelle Phillips who is a leading authority in the beauty industry, and one of the most influential makeup artists of the entertainment industry.

With over 25 years of experience, Michelle works with national television networks on movie sets, with top photographers, and in magazines. You might have seen Michelle on television shows and networks such as NBC, CBS and FOX, sharing her tips and techniques that have made her one of the most renowned beauty experts in the industry.

She's worked on celebrities like Katie Couric, Condoleezza Rice, Sigourney Weaver and Clint Eastwood. Her bestselling book, *The Beauty Blueprint*, has opened up opportunities for Michelle to share her message on speaking tours with inspiration icons such as Wayne Dyer and Louise Hay, giving women around the globe powerful tools of transformation; transformation to not just look amazing but to be amazing. Welcome to the Women's Vitality Summit Michelle.

**MICHELLE PHILLIPS:** Thanks Keesha, really excited to be here. Thanks for including me.

**DR. KEESHA:** I met you many years ago at a Hay House event, and one of the things you were doing was you were starting to take your focus from that outward beauty of being a makeup artist into more inner beauty, and you had just launched *The Beauty Blueprint*.

I love to start these interviews with the understanding that vitality is your life force, it's your juice, it's your passion. I love to hear the story of what leads somebody into where they are today. Do you mind sharing your story of how you started putting that focus a little differently?

**MICHELLE PHILLIPS:** Yeah, absolutely. As a makeup artist for over 20 years, working with some of the most A-list celebrities in the country and the world, I found that as people sat in my chair to prepare to be in front of the camera, we would share stories about each other's lives. They would tell me what their passions were, they would tell me about their families, or their difficulties that they were going through.

I felt like it was more of my job to help them feel relaxed and comfortable than it was to make them look good. Really, it was about getting them to this place of feeling really centered before they went out in front of the camera, because it really didn't matter what they looked like, it was how they projected the essence of who they were.

I was very fortunate to work with world leaders and top news journalists, and I also worked with actors and actresses, and also even performers like Colbie Caillat and Jason Mraz, who were starting off their careers years ago.

All of us are the same. We all go through the same struggles, and I just found that the true beauty was



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really their love and their passion, their sorrows and their difficulties. Everything that they had gone through and they are going through that makes up the essence of who they are. To me, that was beautiful. So as I got more and more into this industry, I was asked to be on television and to uncover and discover the latest and greatest in beauty. I was working for CBS at the time.

When I went out into the community and started looking for beauty tips, I ended up really spending more time with women and hearing their stories. What really appealed to me were their stories of how they overcame obstacles. It wasn't about the difficulties they were going through, it was about what it took to overcome those difficulties and the support they were given from other women, and this sense of community.

It was just incredible to me how much I was learning about women out there. I think a lot of us sometimes think we're the only ones going through challenges, and in the meantime, we're trying to keep up with the Joneses. We have possibly kids and family life and work, and we're trying to juggle it all, and we're trying to create perfection. I just found that in my own life I was trying to do that.

I was invited with this group of women to attend a coaching circle for women. The life coach asked me who I am. I thought "Well, I'm a makeup artist, I'm a TV personality, I'm a mother of three, I'm a wife" and she's like "No, no, no, no, no. Those are your roles. Who are you?" and I'm thinking "gosh, I don't know. I know all these things I do, but I don't really know who I am. I don't know."

Then she says "What do you love to do?" and I was thinking about all the things on my to-do list! Then she asked "What are your values? What are your passions? What are your dreams?" Well I'm thinking "I spend all my time taking care of everyone else. I don't even know who I am anymore."

I wanted that life that I had, but I really wasn't sure what had happened to me in the process. Here I was, working with these incredible world leaders and people who are making a big difference in the world. I was searching for that passion, that confidence and fire inside of me, when I realized it's been within me all along. I just needed to tap into that rather than focus on everything external.

It all came together for me. Things started to drop out of my life that weren't serving me anymore, and I really started looking at my life in a very different way. It was incredible how my life profoundly changed and my career blossomed.

Our careers come and go, but most importantly, the truth of it all is that you are creating a fulfilling life for yourself and that you're sharing that with people that you love, whether that be your children, your family, or your friends. Honestly, it starts with you. That's when I realized that we are a society focused on the external. All of us – if we continue to search outside of ourselves and try to live up to the images and the messaging that we're being bombarded with, we're destined to be miserable, to feel not enough, and not good enough. That breaks down your self-confidence.

I am teaching the opposite of that. I'm taking it back to the essence of you, and the basics of beauty

coming from within. When you feel really good about who you are, and you feel good, then you feel healthy, you look amazing. It's that simple.

**DR. KEESHA:** It's interesting, because you said careers come and go and so does outward beauty. At any moment the body can shift and change and alter to a place that, if you are identified with your career as who you are, or you're identified with your role of mother, sister, daughter, whatever it is, or your looks, then you are destined to be upset. There will be a grief period and a grief process that you have to go through. The more attached you are to that, the worse that process will be.

Of course, in my clinical practice, I see this all the time. It's a really fascinating thing that you say because many years ago, I started having a dream of an old man, just coming to me in my dreams. It turns out, long story short, that someone gave me a book. I opened it up, there's the old man, and he was from India. He'd already passed away a long time ago. His name was Ramana Maharshi, the stereotypical guru on the mountain, and people would travel from all over the world to see him and to hear his wisdom.

The question he always asked is "Who are you?" He wanted everyone to ask that question of themselves. Who am I? Like you, in that moment when you're first presented with that question, you say "Well I'm a mom" and you list the hats that you wear.

I think it's the most interesting and best question that you could ask yourself for evolution of your own consciousness and expansion of your awareness because everyone gives the same answer. You are, in the end, a divine essence of whatever your belief system around your spirituality is, your creative, divine spark, right?

**MICHELLE PHILLIPS:** Yeah. Exactly. I also say who am I now six months from where I was a year ago, six months down the road? We're always growing and changing. So that's another thing I feel like people struggle with. I think a lot of times we beat ourselves up because we think "I don't know who I am."

I just got married and I'm going through a lot of change in my life now where I'm thinking what was important to me a year or two ago isn't as important to me now. So who am I now? Who am I evolving into now? But now I'm going "Let that unfold. Who am I? What is important to me now? What are my values now?"

Your values can tend to be unmet needs in your past and there's so much to it that I think we don't give ourselves enough credit and we tend to beat ourselves up thinking "I don't know who I am, I don't know what my purpose is, I don't know what my passions are." That's okay.

**DR. KEESHA:** Your story that you told about where you were is so common in the women that I see in my clinical practice. "I've been taking care of everyone else. I've lost sight of who I am. I don't know what I want."

So I ask the question, when I teach The Libido Cure series, what is it you desire, really? Libido, to me, is not about sexual desire. It's about your life energy, your life force, and what you desire. Desire is a word that means from the stars in Latin. What is it that is your desire, your passion? If you don't have the energy to fulfill that, to me, that's libido. It's that kind of life primal passion to fulfill what it is you desire. So many women say "I don't even know. I don't know."

**MICHELLE PHILLIPS:** That's okay. Like I said, with my coaching clients, they come to me and they don't know. I always say "Okay, so if your life basically could look and feel and be like anything right now, what would that be?" Most of them share with me what they think is available to them, or what they think they could create with whatever is within reach.

In the most popular chapter in my book, The Beauty Blueprint, I say "If you could wave a magic wand and your life could be anything, anything, what would that life look like?" It's amazing how all of a sudden, it's like magic! People go "I would do this" and "I would be living like this" and "I would have stronger relationships. I would be healthier. I would wake up every morning and start my day like this."

All of a sudden, their entire being comes alive. That's where the passion comes out. That's where you see their energy level rise, and you can see them starting to soar because they're giving themselves permission to just lay it out. If anything were possible, what would it be? I have them write that down.

Then I say "Now, let's break this down because this really shares more about who you are, what you value, what your passions are." This is really what unlocks all of those things that we really harbor deep down inside that we don't allow ourselves, or grant ourselves the permission, to say what we really want. What happens is people start to look at their belief systems. They start looking at what's wrong with them, as opposed to what's right with them, and what they can't do, as opposed to what they can do.

When we get rid of that – what we can't do, or what we should do – when we get that out of the way, and look at anything is possible, that's when people start to really live their lives, when they start living their lives according to what they want, what they think and feel, what their belief system is, then everything shifts.

We tend to get too fear-based and we don't go for those things. I have completely cut out that fear-based stuff. I do still get fear. Sometimes you need a little bit of fear, like excitement scary because you're diving into the unknown.

I'm talking about allowing yourself to really go for what it is you want and who gives a darn what anybody else thinks. When you start living that way, it's amazing. You feel the sense of freedom that you didn't even know was possible. Your life will begin to turn around and you will live a more blissful, peaceful, happy life. It's absolutely incredible.

Is it free of challenges? No. No life is. Nothing's perfect. It's so much better than feeling like you're imprisoned because you're afraid of what people think. Or you're feeling like you're not capable and you don't want to change – all of these excuses and things and resistance that comes up. That right there is probably what you're talking about with libido, because it's in between the ears. In your heart.

**DR. KEESHA:** What I always say Michelle, is what's in your head goes to your bed. That's a big part of the book that I've written. You really have to know that what's in your head goes to your bed.

It's a real fascinating thing for people to understand that as soon as you start comparing yourself to another person, you've just chopped yourself off at the knees. It's not useful, it's not helpful, and it doesn't get you anywhere.

Often women do that. I think a lot of it is standing in the grocery store lines looking at the beauty magazines or the billboards or whatever is happening on the screen in front of them, instead of living their own lives, seeing their own beauty and witnessing this divine energy they have that can unfold inside them if they just let it. Not to put a dampener on it because it's not somebody else's. I think that is a huge piece of what happens to women in terms of that comparing ourselves to each other.

**MICHELLE PHILLIPS:** Exactly. The comparison trap. It's not even just the images in the media; it's friends, other people you work with, or social media. Oh my gosh, social media! Everybody's putting out there the perfect part of their life. They're not portraying any of their difficult times. So people are looking at images on social media – friends, family, people they know – and thinking "Ugh. It must be nice to live that life or to look like that."

This is why plastic surgery is on the rise. This is why people are taking antidepressants, sleeping pills, crash diets. I am not against it. If someone feels that they really want to have something done cosmetically, I do not think that's a bad thing, as long as they're doing it for the right reasons. It makes them feel better, or maybe they need something done just for health reasons. Whatever that may be, it's fine.

It's when people are searching for happiness through plastic surgery, or a quick fix through antidepressants, or people can't sleep at night because they're stressed out so they're taking sleeping pills every night, rather than getting back to the basics and getting rid of what's making us not sleep at night. Let's really look at how we can live healthy, happier lives.

Trust me: you will look 10 years younger if you start to do things that are more fun, when you do things that fulfill your heart and soul. You'll have better relationships. You'll take better care of yourself. I'm telling you, you will find that you will look 10 years younger just from doing those things.

These are the things I teach in my book. Everything else is a Band-aid. It's a quick fix. It's not going to work long-term. You can put on makeup, it's fine. I love makeup. I love doing my hair. I love clothes. That is just the icing on the cake. You've got to make a nice pretty cake first, and that's you; your heart,

your soul.

Taking care of your body and doing things that honor who you are. Really honoring yourself and loving yourself. When you do that, you will have people in your life that mirror back that love. You will find your health improves, your relationships improve, your career improves. Everything in your life improves by really focusing on you, which is the opposite of what we're told to do in our society.

**DR. KEESHA:** "Good girls take care of everyone else and they're not selfish." That's exactly what gets women into this over-caregiving space of rescuing everybody and taking care of everybody in order to feel good about themselves. For a lot of women, that's just the measure of even feeling like they're worthy of existing. Instead of "I have to actually have my well in my heart filled first before I can dip into it and feed another."

Too often women are going into debt with their over-caring. It doesn't mean you don't have compassion and caring, it means that you don't rescue everybody. Learn how to set good boundaries and say no when you're not up for it. No is a word that needs to be practiced by a lot of women.

**MICHELLE PHILLIPS:** Exactly. All of that takes time. Like you said, it's a practice. It's like creating new habits. It takes doing it more and more and building those strength muscles, saying "Okay, I'm going to get the strength and the courage to do this."

That's why, as a coach, it's my passion to help women start to make these changes. I love when they call me up or we have our next session and they say to me "I did A, B, and C, and it seemed like such simple, silly things to do, but it profoundly changed the way my boss and I interact" or their business increased, or their marriage is improving, or their kids are responding in a more positive way.

Nine times out of 10, clients that go through my program lose weight, and it's because they start taking care of themselves. They're not dieting. They're happier. It's psychological. It's emotional. It's spiritual. It's all of that inside.

Everything else external, if you think about it, is just what we're doing to self-medicate. Putting on your makeup, or having a glass of wine, or spending a little bit of money shopping because you want to, as opposed to going out there to emotionally Band-aid yourself by just trying to make yourself feel better as a quick fix, because you're so miserable. There's a huge difference.

So that's what I've learned in my own life. It took time, it took a process, and the process is what I teach in my book. It's just profoundly different. My life is profoundly different.

Again, I do like to talk about working with Louise Hay. I was very fortunate to get to spend quite a bit of time with her when I first became a Hay House author. She used to tell me "My dear, none of this is easy, per se. If you say it's difficult, that's an affirmation, then it's going to be difficult. What we do every day is we practice. Really focusing on what's right with us."



That's why in her book *You Can Know Your Life*, she talks about positive affirmations over and over and over again. Focusing on talking about yourself in a positive manner and speaking about life and everything being positive, stopping the negativity.

Just be very conscious and aware of how many negative thoughts you have in a day, and how many times you say things negative toward yourself or others. It's unbelievable. It's how we're programmed. The reason I say that is because I would ask Louise "How do you do this all the time? It's hard." She said "That, my dear, is an affirmation."

We are so programmed to go down the negative road as opposed to the positive. Really start editing what you're saying and don't beat yourself up if you speak negative. Just start thinking, delete, delete, delete before you say it. Stick with the positive. Do that for 30 days and I tell you what, your life is going to change tremendously, tremendously. You will find that you are going to attract exactly who you are, how you think, and what you say. It comes back to you in every direction.

**DR. KEESHA:** One of the things I teach my students is to release judgement. When we start talking about positive versus negative, notice what it is you just said or thought or felt, and notice how heavy it feels. Does it feel heavy or light? Don't judge it as bad or good. Release that need to categorize something as bad or good.

We do it with food. We do it with people. We do it with ourselves. I find people will take on a so-called "diet" and then say "Oh, I've been so good on my diet" which then by implication means that if they do something outside of the parameters that they have set, by either medical provider or themselves, then now they are bad.

Getting out of that positive and negative idea and saying "How does it feel inside of me? If that feels really heavy, then why don't I choose a different way of thinking about this?" Just notice it, don't judge it, and don't judge yourself. As soon as you start into that judgment, you get into that blame and shame program, which doesn't work.

A lot of times women know that can lead to what you were talking about earlier with numbing out techniques: "I don't want to feel this bad about myself, I want to self-medicate, so I'm going to choose online shopping or gambling or porn or drugs or alcohol" or whatever it is.

**MICHELLE PHILLIPS:** Or eating. That's the thing; a lot of times people really feel more comfortable in the negative zone. They like being a victim. They like that.

**DR. KEESHA:** Taking responsibility for their lives – that gets them.

**MICHELLE PHILLIPS:** Yeah. It's so sad when you see that because it causes sickness and illness. I've seen it over and over again. People get sick. What I do with my clients is I say "I want you to write

down 50 things that are right about you." They go "What are you talking about?" I say "You know what? I want you to write down everything that's great about you. If you have a hard time with that, I want you to reach out to friends and family and ask them what they think is wonderful about you. What are your strengths? What are your talents? Your positive belief systems. Tell me about your body. What do you love about your body?"

It may be challenging at first but when you start really looking at what's right with you, rather than what's wrong with you, that starts to shift as well. It's like, if you've ever applied for a job and you have to sit down and create a resume. You look back at your resume and you go "Wow! I've really done a lot." You don't give yourself credit for it until you sit down and take stock of that.

I think actually writing things down has helped my clients tremendously. They can keep this notebook of these positive strengths and talents and all of these wonderful things about them, and they can go back to it when they're having difficult times. It helps if they're feeling a little bit more challenged and they're starting to get down on themselves.

There are some exercises that I continuously have people do so that way we can go back to that. Everybody tends to go back and forth. We're human. It's really important that we have those tools to help us get back on track when we move off track occasionally.

**DR. KEESHA:** I will sometimes have therapy clients that will say "I thought I was better, and now look at me." I'll say "This is not a linear process. This is not point A to point B to point C."

We don't work like that as humans. This is a spiral. What you're up against here is coming back around again, but hopefully the next time around, it's a tighter spiral toward your center, so that it doesn't take quite as long to recover. Next time, it'll even be shorter. You're definitely going to get triggered again.

It's just human nature that we have our symphony of emotions. It can't all be twinkly flutes all the time. Sometimes kettle drums add some dimension to the symphony, right? We have to have them sometimes.

**MICHELLE PHILLIPS:** Exactly. That's why it really makes you realize who you are. My father right now has just been put into hospice. A close friend of mine called me yesterday and she's lost her job that she had for five years, and now she doesn't know how she's going to feed her kids. There are things like what I'm going through, what my girlfriend is going through, that are going to come up. They are going to be life situations that are very difficult.

**DR. KEESHA:** That we don't have control over.

**MICHELLE PHILLIPS:** We don't. It's going to test the core of who you are. Things come up. Then you think "How can I move through this with my situation?" Help my father, but deal with my own grief. With my girlfriend, she's trying to figure out what to do for her situation.





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That's one thing that has concerned me, I think with the work that we do. When we're teaching others ways and tools to improve your life, I don't like for people to feel like "Oh yeah, we do this and life is going to perfect" or "I'm going to finally be happy."

This is really about an ongoing journey of improving your quality of life, and you grow, because you learn from every situation that you're going through. You look back, either while you're in the situation or as you've moved through it, and see how you can grow from this? "How can I be better from this? How can I share more, give more, love more, and receive love as well?" That's what it is. We're in this school of life.

It's really about gaining more tools, which is what is so great about the Summit that you're doing here. The more tools we have that we relate to that apply to our lives, the better we can navigate through life and not have to be feeling so depressed or down or defeated or fearful, all of those difficult things. We'll still go through them, but it won't be as hard. You'll feel a lot more supported and able to support yourself by having the tools that you've created as you move into a better way of life.

I think that's something that I really like to stress to people. Being a Hay House author, just to step off the stage, and people come to me and want to share things, hoping that I could help their life be better quickly.

**DR. KEESHA:** This is the magic pill theory that we all live with.

**MICHELLE PHILLIPS:** "I read this book, Michelle's book, my life's going to be perfect." You're going to improve your life if you do the work. Trust me. Then, you're still going to need to keep going through this process over, and over, and over again.

I have clients that read my book every year and go through the process all over again because they're a different person than they were a year ago. Me included. I do this process over and over too.

**DR. KEESHA:** I look at it as you're on your path. On your path, every once in a while there are tree roots that trip you, and sometimes there are pot holes, and sometimes there's a great big ditch you can fall into. What these tools are are things you can pull out of your backpack and help you get out of the pit, help you navigate the path a little better. It doesn't make the pot hole go away, and it doesn't make the trees grow differently. It doesn't control your path at all. It's really there to help you to navigate it better and recover quicker.

I couldn't agree with you more. It was one of the things that I had about the Secret. When the Secret came out, I thought "Uh oh, people are going to think that all they have to do is sit on their meditation cushion and visualize all things being wonderful, and they don't have to actually take action." No, no, no, this is not how it goes.

Take the time to sit on your meditation cushion so you can receive that intuitive process that you need

to get in touch with your higher-self, and whatever your spiritual connection is, then take that information and get working on it. Get up and start taking what I call 'sacred action' as opposed to being like a hamster on the wheel who is just taking action. Not knowing if there's a direction, you don't have a compass, you're just going, going, going until you burn out.

There's this balance between receptivity and activity that has to be found. With every individual person, that's going to be their balance. It's important that you take all this information that you learn from the Summit, from Michelle, from me, from all of these other people out there, and you put it to work in your life, in the way that works for you.

**MICHELLE PHILLIPS:** Absolutely, Keesha. Years ago I lost my job, and I remember I had gone through life coaching training and I had been giving seminars to women. This was a few years before I became a Hay House author. My best friend was diagnosed with stage 4 cancer and she was given six months to live. She called me but I didn't know if she was going to tell me she had cancer and six months to live.

I was telling her about how I'd lost my job, how I was scared, and freaked out. Then she told me about her cancer and she said "Michelle, you've got your health, and you've got your kids. You're going to be fine." I felt like such a jerk for feeling so upset about my situation, when I was thinking "Oh my gosh, what if I only had six months to live? What if I only had 24 hours to live? Would any of this matter?"

That's when I realized I had all the tools. I had gone to school to study life coaching. I had been working with a coach for six years doing a lot of work on myself. Then I started working with women and I thought it's time for me to use the tools and not just study them. That's the other thing. I find that a lot of times we read books and we go to the seminars and we take the seminars and we go to the events, but do we actually really apply this stuff? That's a lot different than just learning all about it.

**DR. KEESHA:** For sure.

**MICHELLE PHILLIPS:** I share my story too, because I find all the time that people say they keep going to these seminars but they're not really walking out completely excited and they're not really applying this stuff to their life.

It doesn't always sit well with people in your life when you make changes. It means that, by making changes, things may get a little chaotic for a while. People are like "Oh gosh, maybe I'd rather sit here where it's safe, in the known rather than the unknown."

I highly recommend, for everyone listening, that you really write down all the tools that resonate with you from every single one of these interviews, and start applying them.

**DR. KEESHA:** They have a little workbook that goes with every single one of the days to do just that, along with a little vitality journal that I wrote for them, so that they can do that. Integration to me is one

of the most powerful words in the English language. You need to integrate it. Integration.

In Vedic philosophy one of the things they say is books are the vehicle or the boat, but you've got to eventually get out of the boat, and get out on the other side. You can only be in the boat for so long, then you have to get out and now take the steps and start walking.

**MICHELLE PHILLIPS:** Yeah, exactly. That's great that you have that. My book is the same. My book is a process. When you do the step by step process, you're going to see tremendous change. It's going to be awesome. That's why I did mine as a process too. It's all about doing the work rather than just reading the book. It's so important. That's great that you did that.

**DR. KEESHA:** So glad you said that. So you have an exercise that you use for mirroring the lease and removing energy suckers that rob people of their beauty. Do you want to guide people through that?

**MICHELLE PHILLIPS:** Yeah, I would love to. I'm just going to share what I would do and you would follow. What I do is take a blank piece of paper and write my name in the middle of the piece of paper. Then, in a circle around my name, I write names of people that I spend time with, quite a bit of time with, that I choose to spend time with. Not somebody that's next to you in your cubicle at work that you have to sit next to. It's friends, or family, or people that you spend a lot of time with. Underneath their names, what are the qualities that you see in these people?

This is an exercise from my book that I came up with after a friend of mine passed away. She committed suicide, and it was very shocking to me, because she didn't talk to anyone and tell us what was going on. I was so sad, and I wrote my name down in the middle of this piece of paper, and then I wrote all the people's names that I'm spending a lot of time with – this was 12 years ago - who they are and what they're about.

There were many people that we so loving and supportive, creative and spontaneous, fun and compassionate. I wrote down their different qualities. There were quite a few that were negative and that were fearful. There were some who every time I pick up the phone and speak to this person, I can't get off the phone quick enough. They're Debbie Downer. They drag me down. They're always waving the flag of 'me'.

I realized that everyone around me mirrors who I am. The good mirrors who I am, but the negative mirrored who I was at the time. There I was in the middle, deep in the middle, of my own coaching practice really learning to be a coach and working with a coach. I had just finished coaching school and I realized that in order for me to really improve the quality of my life, it was very important that I surround myself with people that are positive and where I want to be. If I have a lot of negativity around me, it's because there's a lot of negativity within me. That was a really good barometer of where I was in my life and what I needed to do to change.

In my book, I talk about how to remove the energy suckers from your life, so that you don't have them



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in your life, even though some of those people could be your parents or your family members.

I also learned how to share with people that were close to me but who were negative that I was on a different path, and that I would appreciate it if we only talked about positive things when we were together. I was very adamant about it. It was funny how, they stopped.

The people that were super negative in my life, that were friends that I decided I didn't want to have that negative pity party with anymore, as soon as I stopped having that negative pity party, they found other people to go have that party with, and moved on on their own. It didn't mean that I didn't love them and want to be around them, it's just when you shift, everyone around you will either shift too or they'll fall away. That was a huge step in me transforming my life. Huge.

It's very difficult to improve your life when you have people around you that really suck the energy out of you, that you've allowed that, or that are very negative, and you allow them to stop you from moving forward.

**DR. KEESHA:** That's wonderful. I think that's a fantastic exercise for people to do. Wonderful. Michelle, how do people find out about your programs and what you're up to?

**MICHELLE PHILLIPS:** You can go to [michellephillips.com](http://michellephillips.com) – my website. You'll have a link to my YouTube page where you'll see a lot of my different videos and TV appearances, because I'm on television a lot, every week – nationwide as well as local television. You can check out my Facebook page, Twitter, and Instagram, LinkedIn, everything from my website so you can keep up with coaching programs, and all that stuff. I also have a free download too, so you can get some tools to get you started.

**DR. KEESHA:** Beautiful. Thank you so much for sharing even just a tiny bit of your wisdom, in this period of time with all of our listeners. I really appreciate it.

**MICHELLE PHILLIPS:** Thank you Keesha, I appreciate being a part of your Summit. I'm really excited about listening to your other coaches as well.

**DR. KEESHA:** Remember everybody, to live, love, laugh. Keep on learning, and be the most fantastic version of yourself, until next time.