

Women's Vitality Summit

Dr. Keesha Ewers Interviews Katana Abbott

DR.KEESHA: Welcome back to the Women's Vitality everybody, caring for yourself body and Soul. Of course I have an amazing visionaries that are expert on this summit and this is now exception and my next guest is Katana Abbott, a certified financial life planner and she's a life and legacy wealth coach and she's a contributing author of 3 books, then a host of smart women top radio with over a million subscribers worldwide.

She came from a life of poverty and there's too well to struggles of trying to achieve financial security and how that can affect your vitality. Hence, she is a guest of a Women's Vitality Summit and welcome to the summit Katana.

KATANA ABBOTT: Thank you for having me. I'm excited to be here.

DR.KEESHA: I always start this interview with, because of the woman is like a Vitality Summit. What is your definition of Vitality?

KATANA ABBOTT: So for me, Vitality is when you have prosperity and prosperity is more than a money. It's a health, a vibrant health. It's money, it's wealth and abundant wealth. So you are not struggling for it and happiness. You know, a happiness for me is a joy.

DR. KEESHA: Nice. And what do you think is the number one dream is when the women's vitality of in our time.

KATANA ABBOTT: Well, I believe that the little voices we've got in our head that, makes up keep us playing small and it's really goes back to, you know, in an early childhood. I think those are the things. It's what we called self-doubt and we all have it. It's just looking some things of a, some remember of half the way and she got revolving globe for the leg nets. And I don't know if you remember this but she called it a blood object and

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she said thank you for this blood object and I will always use to remember, you know, to free me myself out. Something like that. You know that is a paraphrase.

But I really think it's self-out that takes away vitality whether you were going through a job that we really want a big dream that we might have. If we, let say, our trying something new, let say reading or doing a speech for the first time and we really harden our self after maybe not doing so great the first time. So I would say that, that's about doubt.

DR. KEESHA: I couldn't not agree more. That's a great answer. So I always love to hear

the stories of what bring people to do what they're doing as their real house expertise. So you have a story on why to become an expert and financial success for women. And so I love for you to tell us the story, it's very inspiring.

KATANA ABBOTT: Well I think we all come here on purpose. Today I have like really an amazing life. I'm very happy and got a marriage of my dream and live on a lake and I love what I do that I go very fortunate to do what I do. But it always has been like this. And you know it started when I was a little, my dad went out that hunt of thing when I was six years old and with little brothers. And he was a hunter, he was a awardee Korean war veteran who came back into the service to train young men in the infantry. We have purple heart, and so you know, we never expected him to come home because he was in the front lines. So that changes our life dramatically.

DR.KEESHA: So he went dock cunning and never came back.

KATANA ABBOTT: He never came home. And so my mother, the military takes good care of their people, so my mom bought a house. She went back home and bought a house, pay cash for it. And she also got income for herself and for her children until her children grew up and went to college. They would get free tuition and income as well. But what happens to a lot of women, and back then you know my mom didn't have agree, she really want to be a housewife so she looked for another husband. She took great care of us for several years, driving to schools and took us to popular schools.

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But she married someone for the shorts that she thought he is gonna be her prince charming and in steadily became, he was monster. So for next nine years we're living hell, and I really lived in fear and by the end of that nine year period, my mother was homeless and she had breast cancer. And what to tell you lot of people was surround. So you think I would have learned right, no. We go back to the familiars.

DR.KEESHA: No, you did learn.

KATANA ABBOTT: But I'll be raid by own monsters. That is what I'm trying to say.

DR.KEESHA: Yeah, that's what I'm trying to say. You learned the pattern

KATANA ABBOTT: Yeah.

DR.KEESHA: And then yeah.

KATANA ABBOTT: You're right. So I married my own at 19 years old. And I knew, I knew it

It's wrong. I thought it could change of but it is some kind of recorded for a lot of women above of two them.

So I, I thank God I got out of the marriage early but it was really scary. He was really very dangerous. He just wanted his green card and, but I did get out of it. So we were was like living in a subsidies, subsidies housing apartment, my car had, it wasn't in a bad shape, you know what I did? I found a mentor because, this is the one thing I would recommend to women and it was a book, Think, Grow and Rich by Napoleon Hill. And that book changed my life because I have never read anything like that. And he talked about foster things and to find your burning desire and so I

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did. I knew about that point of my burning desire was to never be a victim again. And so I, you know I just learned to never give up and to go for it. And what's interesting though is we always get exactly what we need, and so in my childhood, my mother, we want to fulfill my schools I mention and my mother always had self-collecting coins for the poor.

And we were always fund-raising for the school and even sold zip-code in the store but I didn't go to the houses because I went in businesses a while ago for splendor, he's a manager for City National Bank and I sold every zip victor book was because when they were first coming out. So I would have a job at a company that had 40,000 employees and I had lots my income for college for my tuition. I have free tuition when I got this job I got free tuition, so I said oh my gosh perfect. For win pay tuition, it was horrible because I hated the job. I was a clerk typing and I was horrible at it so I left.

And I went, I thought what else that I can do. And I remember going door to door, so I went into sales calling businesses. And what I want to share is that when things are easy and it in the flow you know you're in the right path. When you feel like you're forcing, you are probably not supposed to go there. So I actually interviewed for two companies, one was ideas switch to came to open express financial services where I ended up one of the top financial planners of the country with a hundred million in the management. And at that time, I decided to go to businesses these business owners doing advertising and it was interesting, I ended up in American Express Financial Services later after I got married to my new husband, we're married for 30 years, and it is the people that I have met, those business owners in that very first job that would help me become one of the top advisers. They became my top clients and working with businesses owners was like a big game changer because there's a whole different process to you in financial planning. So the thing is it's all perfect.

We come here with the purpose, we don't know what it is because we forget, vulnerable. And if we can just learn to trust and know that everything to go is a backup is perfect. We will find the lesson and we will, and you know what I, and Keesha, Amburegul, I'm like at across the road and a lot of change and everything and I have not talked with myself yesterday about just trusting. And I really believe that this new venture that I'm doing, I actually started in 2005, it's gonna be huge.

DR.KEESHA: It is a wonderful story and of course, as you said, it needs a pattern that

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everybody does you know. Like call, if you have a call it gets louder often times that will take the form of illness or it can be destitution poverty you know, all of these things, it's the call for you to wake up and go forward right. And one of the things in here as journey including the jest of a gamble is you find a mentor. And so that's really you and I are both active mentor for people with the programs that we do. Now we just, as you move into ways women stage of life, you know, we are on this pursue where being perpetual useful in our culture which is ridiculous we need mentors. You know, I said the same thing when I looked for people to mentor me that were older than I was, that were wiser than I was at that time.

And so we have then to move in into that of ourselves and that is what kinda makes me nuts because people get stuck and I look like I'm 20 instead of, oh, I'm going to grow into being the wise one and elder and the mentor that I needed is the one when I was 20 for people that are younger. Though, I think that was really lovely. You know, like how you kinda progressed that, here in journey. You just told that, so.

KATANA ABBOTT: I think it will be healthy and beautiful in the end.

DR.KEESHA: Exactly.

KATANA ABBOTT: Think of all the beautiful women like Diane-Kitten. She doesn't do work on her face.

DR.KEESHA: I know.

KATANA ABBOTT: She's fabulous. She's beautiful.

DR.KEESHA: Yes, she is.

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KATANA ABBOTT: Miles-Street.

DR.KEESHA: Yeah. Miles-Street. They can go on forever. So one of the things that you have done is you have a following women, you surveyed them and you asked them questions, what are some of the things that come out those surveys?

KATANA ABBOTT: Oh it's been really interesting. So the first time I asked what's the biggest challenge holding you back moving your perfect life, because I looked at the whole life. Number one was, what do you think?

DR.KEESHA: Perfectionism.

KATANA ABBOTT: It's just money. 36% and then followed by clarity and confidence. I think the confidence goes back and even the player can go back to itself really. Both would have to do with it. And so we did it again right after the market crash, we did it again in 2014 same results. I thought it would change. Then, we just recently because we are launching this course in like financial power so I'm gonna be through the non-profit for free, I'm excited.

So this time I just said this is the biggest challenge for money. So I wanted to get feedback about creating this course and so it was interesting because the first thing was making enough and that has to do with our self-worth. It has to do with our worth and women having a hard time asking for their worth and forgiving. So the second was keeping and growing it, so that is another issue that come up with money and personalities. The keeping and growing it has a lot to do spending it because of issues we have inside. You know these voices in our head and again in our blatant in ourselves for ourselves worth.

The third one was the disempowers and beliefs, we want to get about mind shatter, thinking small you know, fear and that was interesting. I like

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asking specifically about the money because it get expanded. But it seems all of it making, keeping it and growing it, let's go back to the mindset. Belief is all mindset.

DR.KEESHA:
of

It is. I actually when I said reflection is I think that is underlying all

that. That is the self-doubt, right. So it's huge. I think that they drive themselves so hard and I often say we've got in our self-pain and built corner where we think we have to bring home the bacon, fry it up in the pan at the same time. And I listen to myself at the same time. But it's the wonder woman comes like. It is the idea that you have to be all things, all people at all time. And the subtitle of the summit is Caring for Yourself Body and Soul. So by doing that and being driven by that and your belief that you have to be perfect in all things and drive ourselves so hard. We got in the very bottom if we even on the list of those that are important enough to care for.

So that self-care goes away. So I think this is the important thing that we are talking about, you interviewed me for your radio show long time ago about who did the story and we found all these parallels in our research you know. And it is so much about what your inner story is will then manifest is these different ways whether how you deal with your money or sexuality, I don't actually think that those energy is very similar. It's demonize from across the United States, we all religions right, when we say money is all the root of evil, that desire is a sin.

So there's this discomfort often times that we have with their sexuality and sensuality and money. You can't be spirituality and rich at the same time, for example. You know some of those ideas out there. So I will let you to have talked about the money stories, because I think so interesting and the idea of healing your money and healing your relationship with sexuality.

KATANA ABBOTT: Right, right. We were just trying to talk about that you know what came to mind is I've been doing financial literacy programs of women's shelters, this was housing you know, in wealthy countries where women who have children becomes financial abuse, sexual abuse, all that comes at levels. It doesn't matter, like social economic, race, whatever. So I have these group of all white women and educated you know, nice neighborhoods but they were in hiding from their mentor it was, father of the children, husbands.

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And so I asked them money and what they told me is that be, they said that they couldn't hold on, you know one of the experience about the money, they say they don't, as soon as I get money I get rid of it. So what do you mean I get rid of it? They said they can't hold on to it because of pain associated with it. Because of their offering, remember that if they marry someone or have a relationship with someone like this, it was probably something that be thought, you know, when they were younger. And when you get old, there's control, right? Sometimes people will control you with the money. It does make sense?

DR.KEESHA: Ah yeah.

KATANA ABBOTT: You know there's a lot of pain or someone who's working too hard, just working and working, it's just gonna show off in their body. And I remember that there was a point in my life that if you think of money a pain related to it. It's really going to affect you because you won't want it because it can relate pain to it. And I remember time when I imagine myself like a little dog holding the sled for the grinch, holding the led, because I had, I remember reading in my, it's over my desk, my designated book that I'm reading about be everted happen before I left and I remember I earn and I pay a paycheck, I had a \$400 to cut the expenses.

That's all stress on you. Every woman has money stories. And it comes from their early childhood when they were growing up and from what they were told and it shows up a ways of under charging, unforgiving, re-valuing ourselves and what you mentioned earlier when you're told things like you have to wait to speak, just speak right, you can't ask the boy, you have to wait for him for date, a prom, a wedding, we have to wait. So all these beliefs, they show off in our life and keep us play really small and not asking for what we're worth and for that going for it like we could be. What I see, is that there's a, it comes down to these limiting beliefs that starts from our childhood and I actually got certified in something's called waiting personalities. There's five of them so what I'd love to do is taking the five money personalities. Then for the people who are watching right now to make some notes when I'm saying this and see identify what yours is. Then I tell you what to do with that information.

So it's love, purity, value, recognition and status. So love, this is an interesting one because usually the person has lots of personality as no connection with money, all is like playing money, I actually had a girl

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who has a love personality calling it monopoly money. It's so obvious, it's easier. It came from, you may have something similar. You may be thinking that's your libido.

DR.KEESHA: Right, right. It's your motivations for engaging with intimacy with somebody else will be the same. So yeah.

KATANA ABBOTT: So this one, the love personality desire is belonging and the challenge is

accepted to disempowering belief. I need to do to take love and how they show love is by buying gifts for others and they don't think about of the consequences. They could create and often end up with a lot of debt and even bankrupt.

They don't look bank balances and they actually think money is magical. It just showing something. It keeps up. You don't think debt is real. So it does make sense to you the personality?

DR.KEESHA: Yeah, I want to point out to people too that this will be unscale because

it can be really extremities or you can be mild with it, right, like everything, yeah.

KATANA ABBOTT: Oh there's positive and negative. That is probably you gonna be loved into powerful love personality.

DR.KEESHA: Right.

Karen-Abbott: And the other one is security and this is my husband. Their desire is real but the challenge is trust, so it is opposite.

DR.KEESHA: This is like my husband and I am the love.

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KATANA ABBOTT: Oh wow, okay.

DR.KEESHA: Yeah, after we talked years ago healed it. I know, it's so interesting to talk. Oh that's so fascinating and the depth part not, so that's what I meant by the extreme, you know. I don't go to that.

KATANA ABBOTT: The thing about security personality they witnessed or maybe the depression mentality or they were poor. My husband saw this when he was a little. He never hide his privacy before his parents say something on it. So it scared him, this is the belief. So I never know when my love, money or even job maybe taken from me or disappear. They are horrible thing.

DR.KEESHA: I know.

KATANA ABBOTT: So how it shows up? Think about this as a woman. You over purchased,

this is only money personality, really we need to focus on the money too on managing it, so he makes you manage money. They live fruitfully, they self-deny, the liberally simple way just to have very little of that or very little expenses. But they may under charge for their services and they fell delicate quite often.

So there might be in-ejectable traits because there's someone to do the work for them, that's really negative as well. The next personality is value. Value is interesting because I have daughter who has value and it comes from me being over power parent, right. So they desire significant challenges on their boundary. They will act without thinking, they disempowering belief because they have to prove one a person or good enough. It's really sad when someone has this but how to show off is to taking advantages. It's almost they get up on Monday morning and they said okay, who's gonna need me this week. Is that make sense?

KATANA ABBOTT: Make a note if you have that coming out, you know. Over giving, over

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extending, maybe a feeling like you're in a sense overwhelm, people are pulling on you. Can you have a couple of these combined, you know. So this is preparing yourself to others, not saving for pre-emergency, even taking out that and help someone.

So this is very common and so people may take, I have some of that, not now, but I have it somewhere in the past. That's not my money personality. Then the status, okay. I have a girlfriend, she has a value, she has a money and now the status. The status, again, I know, it comes your desires to be validated. But the challenges balance. You don't owe anyone, just always go, go, go. They're everywhere. They're really locking in sense of balance. Their thought and belief, whatever I have or whenever I achieved is never enough. So this is having enough. This is gonna show up in compulsively spending up the tub when you're counting for it, you know. This type of person that may have a Jaguar, a Cadillac and a Harley Davidson. Hahahaha! For the motorcycle. And just going on the time a few, that make sense. Just needing of always have more and doing things to the extreme.

So there's one another personality and it is called recognition, that's me. How the recognition shows up? Is they desire respect but they just want realism.

So I wanna share this, if you would had something really traumatic happened to you in your trial hood life, see I had, so for people that are watching this, what happens is and I will give you an example after this, I was doing a session with a woman and she said to me, her dad was coming and she, and you know, I do this whole process, you don't know what she was and I had her gone to the experience when she was a child, finding out where she felt back on her body when she believed when she really had. And she went to that feeling in her body, believe me I didn't see it coming and my dad was coming to see me but I don't want to see him because he is not my dad, my step father is my dad. And so my uncle is in the other room and he told him for how long you don't want to see him she said so I did. He left and I never see him again and I'm 55. She was sorry. If you have something like that, this is my ruling for her to realize that.

DR.KEESHA: The connection. It's all connected you know. That's part of the thing that shows up in your health too, right. It's all connected.

KATANA ABBOTT: So bad person, they have to, it shows up empowering the belief is

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they have to prove their right. So you should prove, that is not there or I have to do it on my own, that was me. So it shows up like occurring for business and your risk taker. And you have high sky ideas, maybe because you are like so horrible, you have to create it pretended and because thoughts are things that pretend beautiful life is you end up creating and that's what happens with a lot of people. But you end up picking a lot of risk, you know these people making a lot of money, lose a lot of money. You're high fearless, you're creative but you often taking advantage of giving people second chances. But you are always looking for that big web so you will be more upset about not buying stock that are not than buying a stock that with doubt. So anyway, was that helpful going through those?

DR.KEESHA: Yeah, so I think it was great for our listeners to be able to kinda go through, oh this is so interesting. I always think knowing your motivation for everything is the first step for really gaining power.

KATANA ABBOTT: So what you gonna do is you, if you can identify one of those, you are, whether love, security, value, recognition or status and that belief is right now, believe now, say that belief to yourself and see where you notice that in your body. It is going to manifest in some place because every all our experiences are extraordinary, right.

DR.KEESHA: Right, absolutely.

KATANA ABBOTT: And when you go there you're gonna probably have a memory about something. So I suggest having someone with you who can help you through this. So that's what I do to people to help them figure out, not only their money personality but I help them work through it and then there's a whole process to, when you realize that, to work on those memories and you could work with your little girl, you could energy work, you could do breathe work but what you want to do is release that energy and to forgive and to understand where that came from. And again that is for your own good because you know where you were, because you know what are you experiencing in life, that's why you are here, you're doing what you're doing today.

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DR.KEESHA: This is exactly the process I do in solving the odd and me in my puzzle. Solving the odd and me puzzle, a woman's guide to reclaiming emotional freedom and vital health. The emotional freedom peace, right, and the vital health come from doing the exact of this process. I take them through wherever you feel it, you know, what's the meaning of the creator when you're kid, what's the belief that came out about, where is the start in your body now, to go through that, you have to go back, and how old I feel right now. It is the exact thing you're doing that.

KATANA ABBOTT: Actually, I created that for myself. The money personality came from a program that is certified but the healing and releasing, I figured that all about through self-creation...

DR.KEESHA: It's part of Hypnotherapy EMDR out of the trauma release program that
I've gone through, you know, and pulled it together and found what was the most useful and the most, right, and efficient for people. So I love this, I just love it because land the things that are abated that were five different layers, five bodies. New your physical body that you feed and you water and you take for walks and then new your energy body which is Chinese mass and culture and yoga and then your emotional, mental and then you got this wisdom place where you've learned your lesson from all of these place.

You know these different events in your life. And then the next one is your bliss body, the place where you have that connection to universal conscience, this is why people that reach that place bring in this information and both you and I made up this structure, right, because that's out there in the universe and then we download it, right. But if you are toxic in any of those bodies, you don't get access to that bliss sheet, you suffer. And that's what all of these, if you're suffering in your many story, you're providing the waste through the mental and emotional detoxification so that they can access that bliss place and have a healed relationship. And you know, that's not just about the money, it's about everything. So it's beautiful what you're doing.

KATANA ABBOTT: Good. It seems like, well, I know the work I'm doing is really great for

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couple's to do it together. I healed my husband and I when realized, we actually the perfect match because we are off the set and we expressed, then we loved each other, and respected each other so much for those traits rather than fighting though.

DR.KEESHA:
things,

Yes. Yes. And that's, yeah. I a, as a Psychotherapist, I do certain

you know, that I bring into my work too. And one of them is Enneagram, which is, obviously, nine different strategies we created these children and we have this command center, one of them we can operate from. And usually, when your partner is somebody that is going to push the button that you had in childhood.

And they're going to be opposite and they're not going to have your same strategy. That's when, you know, couple is happy when this strategy they had in childhood is working with their partner, right. Well, this is the opportunity healer. And so, using whatever the trigger is, is so often to trigger. Now sex can be a trigger too. And that is what so great about what you're saying is that, actually when you get that place of greed lock, when you're fighting and you're in conflict, this is wonderful opportunity to grow, then to expand your consciousness, develop another human develop in mental stage. That is what your partner therefore. Help you do that. And of course, that is not simple.

KATANA ABBOTT: No it's not. It will worth it.

DR.KEESHA: It is. So tell me some of the myths that people have around. There's so many. One of the webinars I've given, I go through all this sexual myths that in their culture and there are lot of myths about money too. I love you to buzz some of those myths.

KATANA ABBOTT: Well, think about, when we were trolled in all of that, you know, work hard and then you die, you know, we talked about. I was mentioning earlier, if it's difficult, then you shouldn't be doing it. It's not your inside talent. You know, with exercise that I do with people do, where they make a T, so you could do this. Then the left side, you put a happy face, on right side you make an unhappy face. And on the left side, right all the thing

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that bring you all your joy, that are so effortless for you but in fine, they are doing it for you for free. Then you put things where you make all the money is easy.

So you just write the things like your hobby. Then on the other side, you write all the crap, stressing you out, draining your energy, the thing you're tolerating, the thing you're doing that don't earn you money, then what your job is to eliminate, anything there, that, you still be doing anyway, don't want in your life, give us a person to outsource and delegate everything else and spend only 20% of your time there and 80% over here, all of those things that you loved doing. So this idea of having to work hard, you get you want it like this. I believe it's wrong, puts it this way, and solve every mystery in your day. Is it fun? Is it easy? And make a results and I loved that. So the biggest myth about money is inability to make it or manage it or lose it has nothing to do with money itself because if you think of money, it's neutral, right?

DR.KEESHA: It has no meaning until you are attached to it.

KATANA ABBOTT: It's your belief.

DR.KEESHA: Right.

KATANA ABBOTT: No. It's our beliefs and they create symptoms of what we do with the money. So whether it's hoarding or let it go. So I believe it's the biggest myths is that money is neutral. We don't realize that. We think money has power over us.

DR.KEESHA: Right. So you have 3 secrets to success you give to people, what are those?

KATANA ABBOTT: Okay. So the first thing is to find a mentor, you know we talked about it

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earlier, you know it could be a book, it could be a person like a coach. Mentor is great because you don't need to prepare for mentor and John-Maxwell said that the chains here is 10,000 hours to become expert your field whatever you're trying to do in your life. And so you can shorten that path with a mentor or a guide. And that, so you could shorten that journey. So even this program, you know, something like this, get something, it's gonna shorten that, you know finding something like a mentor guide. Number two, the community, this is the communities, smart women you know, coaching is a community.

So you want to identify your tribe around yourself with people who love to support you. And who will hold you accountable for your dream because you don't have to do it on your own. While you're creating this community of love, you are certainly want to eliminate. The third is to never ever give up. Because, so often, what do we do? We give up just before we reach the goal. And I will say, I'm so, it's one of my biggest problem in self-doubt. It must be something back to trait but I' still working on it. And so I have so many projects are completed and they are fabulous. I am the queen of pocket. But I haven't launched them all, so when I say I have this book that designated to cure, getting program.

I created this in 2005, so many wonderful panel discussions and I deal a lot with it but I never finished it. So I'm bringing the baby back first and actually going to writing a book with it and I'm going to license the whole program for financial advisers to them for doing me doing it myself. Don't ever give up because there's book chipping, the chipping point, you remember that. So often we, why it's the darkest, you know, not the dawn, it's the darkest, don't give up on your dream because so often you are so close when you give.

DR.KEESHA:

I think that is the perfectionist thing, you know, where I'm not gonna get this to move on. You can't become good and tell you put in some hours, right. You'll never going to be so good in playing the piano until you keep in practicing. So I think that, sometimes in that childhood thing that we have, we wanted to show up and it's good, you know, we gave it up when we are not instantly good. And it's part of comparing self off to others.

KATANA ABBOTT: You know that giving up thing goes back if we go back to those personalities we were talking about, if you look for personalities, it will give different reasons.

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DR.KEESHA: Exactly. Exactly.

KATANA ABBOTT: Like me, I swear you think it's not gonna be fun, Honestly.

DR.KEESHA: There are seven in the Instagram, right Katana? Are you?

KATANA ABBOTT: I think so.

DR.KEESHA: I think so, too. Flaming, flaming seven.

KATANA ABBOTT: I think so. It is not funny, I don't wanna do it and so I'm thinking "oh my gosh If I do this and this is really huge". And I can't be travelling and going and watching the thing and doing it. See, that's not fun.

DR.KEESHA: Right. And there are too many in your inner gram, that's why I wanna connect. The love, money, language you know, personality styles because of all of that connection. And so, what you can do is you can say there's a shadow of that part. That means, spending time by myself, you know writing a book is not fun for me. I was so much writing about collaboration with people but I have to do that. I said, okay sit down get this done. That becomes the growth age and just visualize the people I'm talking to as I'm writing.

So you have to develop this tools. So we are running out of time but I wanna give you a change because you have a wonderful program. You also have the one thing that people can do, that will shift their mindset from scarcity to abundance and I wanna have you talk about your program.

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KATANA ABBOTT: Okay. Do you want me to give that first. The tip is nice because it's so simple. If you remember Napoleon saying that's our things because, just watch your words and watch your thoughts. It's seeking for your subconscious program you and so the moment in your life. So watch the words. Oh God, and I said something about to the lady, and you know with yoga, you don't do that, better if you don't do that, it will calling bad. And I'm just trying to be to set at a time.

And so, she said, that I really realize that watch your words. So when you say things in different ways, take the words out to your kids, you know, we can't afford it. We are too poor, my husband makes security personality and we did it a lot with my kids, right. We can't afford it. So my girlfriend and I will do a program called Millionaires together. We came up with something else. We're choosing to use our money in a different way.

DR.KEESHA: Nice. Nice.

KATANA ABBOTT: She started using that and her style was with this body and he used feminine. He actually said, no, no, I'm choosing to spend my money in a different ways.

DR.KEESHA: That's great.

KATANA ABBOTT: So we are modelling for that. We are all model, aren't we?

DR.KEESHA: That's beautiful. Alright, I have the bonus material that we are giving to our viewers and the speaker part of the website Women's Vitality Summit dot Keesha dot com and your contact information and how to sign up for your course. But let me have you give a little bit overview before we sign off.

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KATANA ABBOTT: This will be really short. I have a link, go to Smart women gift and you will

immediately get a hundred days of inspiration quotes by women then you'll get my weekly easy different interview, really great interviews. We also have bloggers, so we have articles course, I'm so excited about this, it's called Unlock Your Financial Power the Key to Help Wealth and Happiness. Because when you unlock your financial power you can live and happy to send some out. That course is fun, remember, it's not fun when I'm doing it.

So there's five videos, there's audios and worksheet. This is the material that I have here to use for retrieval retreat and private clients and we have a grant non-profit, grant for C foundation has funded this program so we can make this program free. Now, I have too many people saying they couldn't afford to work with me, so I'm taking a big lead on this course and this is free. People can make donations if they choose but they don't have to.

DR.KEESHA: Wonderful. That's beautiful. Alright, and all that information are in our

website here too. Thank you so much Katana, it's always a pleasure to talk with you and thank you so much for your sharing your, just a little bit of your buzz wisdom when it comes to financially abundant and free empowerful Women's Vitality and Vibrant for Women, really love the work is that you are doing in the world. I thank you for it.

KATANA ABBOTT: Thank you.