

Hey there, beautiful! 🌈 Before you dive in, a quick heads-up: this transcript is a super close-to-verbatim buddy from our podcast, but it's got its quirks! We didn't call the grammar cops on it, so you might bump into a typo or two. But hey, that just adds character, right? 😊 Embrace the wild side of language and enjoy the read! Happy exploring! 🚀



# How to Find Success and Balance on Your Terms

**Megan McShane:** Find someone who's doing what you want to do and follow them. You know, everyone needs a coach. It doesn't matter who you are you need someone who is going to hold you accountable. See what they're doing, you know, success leaves clues.

**Carmen Hecox:** Well, hello there and welcome to Create the Best Me, where midlife isn't an end but a beginning. I am your host, Carmen Hecox. Today, we're thrilled to have Megan McShane with us. A powerhouse in personal development and leadership.

With years of experience traveling the globe with Tony Robbins and her bold leap into entrepreneurship and community building, Megan embodies the spirit of transformation and resilience we celebrate here. Join us as Megan shares her journey and insights on living your best life, embracing faith, family, fitness, and finance.

Whether you're looking to redefine yourself, pursue new dreams, or simply find inspiration, you're in the right place. Let's dive in and discover together how midlife can be your most exciting pivot yet.

## Meet Megan McShane

**Carmen Hecox:** Megan McShane, welcome to Create the Best Me it's an honor to have you on the show.

**Megan McShane:** Thank you so much for having me. I'm excited to be here and I love what you're doing. So, I'm just really grateful to be here with you today.

**Carmen Hecox:** Megan, before we start out, can you please tell the audience a little bit about who you are and what you do?

**Megan McShane:** Sure. Absolutely.

## Megan's Professional Journey

**Megan McShane:** I live in Massachusetts, just south of Boston, and my professional experience has been in the personal development industry. Uh, I worked alongside Tony Robbins, uh, for over 13 years and on his executive team. Traveling the world, curating really world class events for high level CEOs, entrepreneurs. And then during the pandemic I left there, just because I had a little one and, uh, the 18 times a year travel was a little bit hectic.

And, um, I just kind of wanted to simplify life and open a little yoga studio and take care of my son. So, uh, I did that. And that was really exciting and fun. I'm really all about community and bringing people together, especially women.

## Creating Your Best Life Now

**Megan McShane:** Uh, and then about during the pandemic as well, another opportunity came my way where one of my former clients, from the Tony Robbins world reached out to me to create a new mastermind group called Your Best Life Now. And I am one of the owners of that. And what we do is we are a mastermind of business owners and entrepreneurs from around the world. We give business coaching, personal coaching.

We have different kind of speaker spotlights focusing on our four cores, which is faith, family, fitness, and finance. And then we offer three bucket list trips a year. And again, each trip has a different themes. So, faith, family, fitness, finance. We just got back from Dubai two weeks ago. That's where our finance trip was.

And we're gearing up to go to Sedona in May for a fitness trip, which will be more physical fitness and emotional fitness meet one. And then at the end of the year, we'll be traveling to Italy for our faith trip. So, uh, I'm a mom of two, you know,

and, yeah, so that's kind of, that's where I'm at juggling, you know, many hats, but, um, I love variety and keeping busy and, and new adventures.

**Carmen Hecox:** Wow So you're still traveling. I mean, you're not traveling.

**Megan McShane:** Right. I'm not traveling, you know, a handful of times a year. So, it still is a lot. But it's not so overwhelming as what it was.

## Personal Development and Leadership

**Carmen Hecox:** Megan, your journey is impressive. Could you share the moment with us that you realized that personal development and leadership was your calling.

**Megan McShane:** Absolutely. You know, uh, at a young age, I really, loved, I had a sales and marketing background. But I always loved to do personal development events on the side. And, my dad, he was a college hockey coach, one of the top in the NCAA. He always had us listening to Tony Robbins tapes when we were kids.

And then when I was in my mid-twenties, he sent my brother and I to, uh, an event to go walk on fire. And while I was there, I was like, I need to be part of this mission. And I kind of took my sales and marketing background, and applied it there and that's, that's how I got into that world.

But it was always, it was something that I was always curious about, you know, even like I said, growing up as a young girl, you know, I always wanted to, you know, elevate all these different areas of my life. Most importantly, I always wanted to help people. So, when the two kind of combined forces, and then I went to an event, it was like, I felt like, oh, this is my home.

This is where I need to be to impact people and to help people really find, you know, living their best life. You know, again, it's, it's those four cores that family, faith, fitness, and finance, so really helping people find that balance and joy.

**Carmen Hecox:** So, do you kind of feel like your dad being a coach, because he has to inspire these young individuals in sports to push it to the next level. Do you

feel like your father kind of inspired you by introducing Tony Robbins to you and your brother at such a young age?

**Megan McShane:** You know, absolutely. I, I was blessed with, both of my parents were, you know, athletic and driven, and, um, I think that's where I definitely got my foundation from. Um, my mom, she's more of a spiritual hippie, uh, and my dad is, you know, more, you know, kind of go, go, go structured. So, I had the best of both worlds, I feel like.

And I think that's really where it stems from, you know, especially, um, having children of my own now, I see that, you know, we are the example.

## Balancing Life and Career

**Carmen Hecox:** Working alongside Tony Robbins and traveling the world must have been an extraordinary part of your life. Can you share a pivotal experience from the time which shaped your approach to leadership and entrepreneur?

**Megan McShane:** Yeah, I, um, I would say probably towards the end of, my career there. I served on his executive team for many years, which was great. You know, I got, to meet so many incredible people and to learn from the best in every industry. And my clients really inspired me there the last, you know, seven, eight years I was there, I ran a group that were, you know, business owners and entrepreneurs. And I thought, you know, I want that. I want to take, you know, what I have in my experience to that next level, and create something, you know, solve a problem that people are looking for. And, when we created Your Best Life, it was really fun going into like my artist mode and creating something because it's different than really any other mastermind I've been a part of because a lot of these groups that people join, it's like you're in a conference center for like 10 hours a day. You don't really get to network and connect or really see the beauty in the places that you go to and experience the culture.

So, um, that's why at our events we've curated them where, you know, in the mornings we do about three to four hours of content with our different speakers. And then we give a lot of time to really network and connect with the people in the community. Cause that's what it's really about. Like having a tribe and having a peer group, with people that you can share.

Whether it's, you know, struggles in business or struggles in your relationships or your health, you know, it's a beautiful group that it's nonjudgmental and they just really want to help people and grow their lives in every way.

**Carmen Hecox:** You know, and I did go on your website, and I saw a couple of videos of some of the events and I will say it did look like a very large group, kind of overwhelming, but then I also saw the one-on-one connection. It was almost like, yes, you're around a big group, but you guys have sort of condensed it down to where it's not big because we're all family. And I really admired

**Megan McShane:** Yeah,

**Carmen Hecox:** that.

**Megan McShane:** And, you know, again, that was a need I saw because these other groups I've been apart with, you know, they were 200, 300, 400 people in the group where we only have about 70 members. And that does seem like a lot when you're sitting around a table. But really, you know, on the trips, it's small enough to do these really incredible experiences.

Like we went gorilla trekking last year in Rwanda, you know, you can't do that with a huge group. You know, we did Machu Picchu and did a VIP experience there and, you have to have a certain number of people to be able to do these really special things. So, and then when we're in the groups, you know, we kind of make groups within the group so that everybody really gets to know everybody and, um, you know, get different perspectives on their lives.

**Carmen Hecox:** Transitioning from a high-profile event curator to teaching yoga, running your own studio is a fascinating pivot.

## Core Principles and Daily Rituals

**Carmen Hecox:** What core principles have guided you across such various endeavors?

**Megan McShane:** You know, I would say the core principles that really were my driving forces were, I love variety, and I love contribution, and love and

connection. And I think those things really pushed me to move forward, you know. I don't like staying in 1 place, especially professionally, um, as a leader.

I also my team, I don't think, they should stay in 1 place. I'm doing a disservice as a leader if they're not growing. So, um, you know, I take that very seriously. So, I would say definitely, you know, I like to grow. I like variety, those are principles and the love and connection part of it is, you know, meeting different people and the relationships.

You know, you never know who you're going to meet at any time in your life. That's going to, you know, catapult you to that next step. And I think the really important thing is having people around you that are doing what you like or even better so that you're inspired to grow, uh, so that, you know, you're not the big fish in your ponds.

You know, you really want to be around like-minded people that, um, really, like I said, inspire you and, and push you to do more and to be the best version of yourself you can be.

**Carmen Hecox:** And how do you balance, I haven't quite perfected this, but I know I need to evolve and adopt this new habit or this new thing.

**Megan McShane:** Yeah, like habits and rituals. Um, you know, I think it starts about planning and planning, especially your day. The way I start my day, it's like, I have to do my meditation. I get up, I have certain rituals that I do that set my day going forward. And if you don't plan it, you're not going to do it.

Uh, the same thing if you can't measure it, you can't manage it. So, you really have to have, um, some goals. Uh, and, and again, I'm big on goals, whether it's weekly goals, monthly goals, yearly goals, 10-year, 20-year. Get really clear on your outcomes and what you want. And especially those little daily rituals are what is going to transform your life.

And it really begins, in my opinion, with your health. Uh, your health is your wealth. So that's, that's what you, what are you feeding your mind? What are you feeding your body? You know, what do you, you know, who are you surrounding yourself with? Um, so it's really a whole, whole-body health, mind, body, soul connection.

Uh, you know, a lot of business is 80 percent psychology, 20 percent fundamentals. So, if you get, you know, this and this right, I think you're a few steps ahead of the gang. But it really starts with how you plan out your day. I know so many people talk to me about, well, I just can't get ahead or I just, you know, can't get this done or that done.

You know, there's 24 hours in a day and, you know, you see some people who've got, you know, five, six kids running businesses doing it. You know, we really have no excuses. So, it's how you time block as well. I mean, there's many different programs out there to show you, you know, how to use the best of your time, but those rituals are what you're going to get things done and you're going to be able to track in the right direction of where you want to go.

## **Empowering Women in Midlife**

**Carmen Hecox:** And so, my audience is women in midlife, and I strongly encourage them to, embrace their dreams and be who you want to be. And so, I tell them, envision, where do you see yourself five years, 10 years from now? And so, some of them might say, well, I want to be a small business owner. Like when you started your yoga studio, how would a woman manifest that, follow that, but not say, oh, well, look, I want to have a studio just like Megan. Megan's got an awesome studio, you know, she runs a successful business, but not get sidetracked by, oh, I'm never going to reach where Megan's at.

**Megan McShane:** Yeah, I think it's, um, find someone who's doing what you want to do and follow them. You know, everyone needs a coach. It doesn't matter who you are, you need someone who is going to hold you accountable.

So again, if you want to own a yoga studio, you find, and you'd go to the best yoga studio in your town and you love it and you want something just like that, see what they're doing, you know, success leaves clues.

And I think it's a compliment if someone, you know, copies what you do. It really is. Some people get so insecure and look this is competition or something, but I am a big believer is there's enough for everyone to go around in this world and more. Uh, and if you have ideas and you're successful at something, you know, share that with people who are working their way up to that.

Um and especially, you know, like you said, us ladies, it's really hard juggling things. And especially when you have this dream sometimes that seems so unattainable and so far. But I think the first thing is, you know, getting clear on that dream. You know, writing, journaling is huge. You know, if you're not going to write it out, you know, it's just kind of a pie in the sky and that's a little too woo woo for me.

I think, you know, definitely that I believe in manifesting, but you got to put some action behind. So, you know, write it down, find somebody who's doing it, see what they're doing and get some ideas. And then, give yourself some benchmarks, you know, three months, six months, nine months, twelve months. So, you know where you need to be and to stay on track to open that career, that studio, or, you know, whatever dream that you have. But again, if you don't write it down and you don't, you know, measure it, you can't manage it.

So, hold yourself accountable, or if you don't have a coach, you know, have a friend that's going to be like, we're meeting once a week, talking about your dream so we can get it done.

**Carmen Hecox:** But you know how sometimes imposter syndrome takes over as you're, as you are manifesting, working toward this dream. And then I'm pretty sure you've heard this term because a lot of entrepreneurs say it a lot is stay in your lane. How can you kill the sound of imposter syndrome and also stay in your lane and be authentic?

**Megan McShane:** Well, I think it's about getting to know yourself. And I think the older we get, the wiser we get and the more comfortable we get. At least that's how I feel. I'm just like, oh my gosh, I I'm so much more comfortable in my skin in my forties and in my thirties or twenties, you know? And I think it just, that's what happens as we age, we get wiser.

I also think too, you know, self-confidence is hard for us women. And it's easy for someone to kind of burst our bubble, especially uh if you have these really beautiful ideas. So, I think being very selective of who you share these dreams with is so important, you know, because sometimes everybody has an opinion of what you should do and how you should do it.

And they take away the importance of it. So really being selective of who you're sharing these dreams and visions and goals with. And also, really keep doing the



things that make you feel good because that's going to help with your confidence. You know, that's going to help you grow and feel good and feel like, you know what, I know this, I'm certain about this there's nothing that's going to get in my way or no one that's going to tell me any different. Uh, so I think the more confident we are then the more, you know, we can get anything done. Women are superheroes.

**Carmen Hecox:** We certainly are.

## Overcoming Challenges and Finding Gifts

**Carmen Hecox:** With a rich background in both business and personal development, how do you blend these worlds to empower women, especially in navigating the midlife transition?

**Megan McShane:** Yeah, I think, um, I think they really complement each other. You know, the more like personal development is all about, you know, really working on yourself and getting clear on your goals and your outcomes and your relationships and your business. And then, then you apply them to your business and then the business works, you know, it's like a blueprint.

Um, Now, I think also at midlife sometimes, you know, a lot of women I talk to want to change careers or want to do something else. And a lot of people are afraid, you know, afraid of failing. Oh, I worked, you know, my whole life in this one company and now I'm going to do it. And it is scary, you know, but we grow the most, you know, when we're in discomfort, when we're outside our comfort zone, I believe. And life is so short, you know, we never know when our day is coming. Um, and especially if you have kids, I feel like, you know, you want to show them how to be brave and how to have courage and, you know, how to take risks.

And I'm not saying like, if you don't know what you're doing, quit your job tomorrow and just you know, burn the boats, but have a plan in place. Like really think it through. Again, write it out, write it out, and then start to take action towards that plan. And again, I, you know, like I said, I can't, you know, emphasize more about being surrounding yourself with people who are doing it and doing it at a level that you want to do it at, is really just so important.

**Carmen Hecox:** And I think you're a perfect example because I think a lot of people would have said, oh my God, you were working side by side, or you were working with Tony Robbins, one of the best, or probably first life coaches out there. You were like learning from a master and you knew when it was time, you've grown as much as you can grow there and you knew, hey, I have what it takes.

**Megan McShane:** Yeah, yeah, I knew, you know, it was a hard decision, and I am so grateful for the pandemic because if that didn't happen, then, you know, who knows what would happen. But that pushed me to, you know, take a step back because there was no option. We weren't traveling, you know, actually, I'm, I'm so grateful and I have a strong faith that it all fell into place that way, uh, divine intervention.

And it was, like I said, it was scary. You know, at the time I was a single mom. And I just, but I knew in my heart and, you know, I think as ladies, sometimes in our gut, we doubt it because we try to keep the peace, or we try to do the right thing. And what I've learned is just follow your gut, you know, our instincts are powerful. And you know, it's the universe's way or spirit or God or whatever, you know, kind of influencing you or pushing you to maybe go in a different direction.

And there's been times where I didn't listen to my gut, and it didn't turn out really that great. So even when it can be really hard, it's go for it. You know, and, and the worst there really is no worst-case scenario because I really believe that everything is a gift. You know, some of the most challenging times are the biggest gifts.

And I know it's hard when you're in it to see the light at the end of the tunnel, but there is beauty really in anything. In any challenging thing, there's going to be an incredible outcome out of that.

**Carmen Hecox:** And you know, I was a single mom for over 20 years. And I will say that it's funny because I'm not a single mom now. I'm married. I've been married for almost 13 years. But I can honestly say there's so much truth to what you say because as a single mom, I feel like I accomplished so much more than I did when I have a husband.

**Megan McShane:** Because you're like kind of in survival mode, right? You're like, okay, I got to, you know, run the house, take care of the kids. Like, and you just, you know, you're a mama bear and that's it. That's all, you know, your kids have.

And yeah, I agree with you like. When I got divorced, and then I changed careers, like within a year or two that was a lot looking back. And it was like, I think I was just so go, go, go that I didn't have a lot of time to kind of process, you know, the sadness and the feelings because I didn't have time. But, you know, I think it is, it's those situations that push you and then you look back and you think, wow, like I can't believe I did that.

You know, like I'm so proud of myself. And, and again, it's like, I'm proud that I did that for myself and my child and for my child to see that, you know, you can do anything.

**Carmen Hecox:** I don't know if maybe our brains like grow a little bit because I felt like I learned, I taught, I extended myself, I, it's like, yeah, we have 24 hours, but I have no idea, maybe I worked in 48.

**Megan McShane:** I agree I don't remember sleeping during that time. I think for like four years; I definitely didn't sleep. And it is, I think and that's the power of a woman, you know, look at, we can create life. We can, you know, we grow life inside of us. We feed life from our body we and then we take, and then we can work and run a home.

And I mean, it's incredible, uh, what these bodies can do. And I think that's why, you know, I say our health is so important because you need it to be able to show up in a big way. So, it's pretty magical.

**Carmen Hecox:** I remember my oldest daughter, she was going to college at the time, and she says, mommy, how did you do it? How did you have a full-time job? Go to college, take care of my brother and I, and buy a house. How did you do all that? And you know and graduated with *Cum Sum Laude*. How did you do that? And I'm like, I don't know, I had to.

**Megan McShane:** Right. You don't have another choice. I mean, I guess you could like but I don't know, that wasn't a choice for me. Right. It was like, you know, and it, and I think, for some women, at least for me, it was hard asking for help. You know, I kind of just did everything and I was like, I'm just going to do everything. I got to get it done. And I think that I don't now looking back, uh, I wish I asked for help now. I don't have a problem asking for help.

I think it's powerful. Um, you know, because we become a lot more masculine, right? When we're just like, I can do it. I can do this. I can do that. And I see even women in business trying to, you know, be more masculine to, you know, be like a man. And it's like, you know, our femininity, that's where it's at.

That's where you run a business. That's where you run a home. Like don't, you know, society, let's not take that away because it's so powerful to be in your divine feminine.

**Carmen Hecox:** So that takes me into my next question, community. Did you have a strong community that you could lean on when you just needed that, you know, that little push to just get you to the next level.

**Megan McShane:** You know, I have friends, you know, from all around the world. Um, and I had moved so many times that it's not like I had a good community you know, where I lived, but I think I always had a lot of acquaintances and a lot of friends, but as I got older, it's, you know, your circle gets smaller of the people that you really trust.

And that's like your core people that you can depend on. So, I definitely had a great support system. Um, my family was so helpful and supportive. And, um, the few friends that did know what was kind of going on in my life, um, they were there, and it was, it meant the world to me. You know, you remember those things, uh, later when you go through them, looking back, who was there for you.

And, you know, I think in any kind of change you know, when you leave a career, you leave a, a relationship, you know, there's also relationships that, you know, and friendships that end. And that was really hard for me because I had always kind of been a people pleaser too. And I had to come to the realization that some relationships just aren't meant to be, you know, a lifetime.

So, see the gift that they served during the time that they were in your life. And then, you know, uh, you move on and other, you know, blessings come into those places.

**Carmen Hecox:** Yeah. I think that's something that it's kind of instilled in us women is that we must be people pleasers.

**Megan McShane:** Yeah, yeah. uh you know, we lose ourselves. I know, especially sometimes in a relationship or, you know, to please someone, right. So, I just want everyone to be happy. I just, you know, and it's, you know, it's hard. It's really hard to take a step back and be like, wait, but I don't want that. And you know, my needs aren't being met in this or that. So, uh, it's good to take inventory.

**Carmen Hecox:** Yeah. So, Megan, tell me, you left Tony Robbins, and you were, also getting a divorce. How did you find Megan? What Megan wanted and what lights Megan up and what's going to make her grow into this phenomenal woman that we see right in front of me, right in front of me.

**Megan McShane:** Oh, thank you. I think it's a, it's an ongoing thing. You know, at that time, again, I knew in my heart, um, you know, something wasn't right in my marriage. Uh, and, you know, there was no way for that to be fixed. And, in my career, I knew it was time to leave. Um, and like we said, it was really scary, but I also knew, that next evolution of me that had to die in order for me to grow. And, again, I think this, it's not just like a one and done thing. I think as humans, it's ongoing, you know, it's like, it's sometimes going to be every year, you know, or every few years, but it's like, we're always evolving. And, uh, I see a lot of people who stay complacent, you know, cause they're afraid, fear is a big thing, and it is scary.

It's really scary, but I think it's even scarier staying complacent. So, I think, you know, find something that really inspires you. For me, it was my son at the time. And I really want it to be the best mother and the best example and show him, you know, whether it's business or relationships, what you tolerate, you get. So, have some expectations and standards that fit your values. You know, uh, everybody's different, you know, that's the beauty of life. But it's what works for you, because we can't control what everybody else does. We can only control our reaction to situations.

So, I always hold that really close to my mind, um, when sometimes I'm struggling with, with something that's going on that I can't quite wrap my head around.

**Carmen Hecox:** Do you just kind of see it like this is just a phase I'm going through it looks ugly, it looks muddy, but there's so much beauty on the other side of this.

**Megan McShane:** Well, and that's, I ask myself the question all the time. What is the gift in this? What is the gift? Is it, you know, it might be a huge gift of meeting someone or a business opportunity, or it might be the gift of patience. Gift of acceptance, you know, the gift of faith. So, you know, I ask myself that question a lot when it's challenging, you know, what is the gift in this?

And there's always an answer inside. You'll always hear something come back at you. But just know it's like, just take one day at a time because sometimes when you're in that place of, you know, discomfort, it is, that's all you can do is just say, okay, what can I do to get through today? Tomorrow's a new day.

And it really is, uh, I just, I love that slogan, the one day at a time, because sometimes it's like, a day seems like, you know, 10 years.

**Carmen Hecox:** Yeah. And I love that you and I both believe in the same thing, that whatever you are facing, there is a gift. There is a learning opportunity, and you are going to become a better, stronger version of yourself get past the gift.

**Megan McShane:** It's so, so, so true. And I think most people have been through that at one point in their life, whether it's loss, um, you know, grief, we can all look back and say, Oh, that was so hard, but look what came out of it, you know, uh, look what I learned and look who I met and look at the opportunity that came that. So just, it's true like brighter days are ahead when we're in that place.

## Motherhood and Leadership

**Carmen Hecox:** The role of a mother is both challenging and fulfilling. How has being a mom influenced your professional decisions and leadership style?

**Megan McShane:** Wow. Um, being a mom, I think has been the biggest gift of all. You know, I, I don't think anyone can ever tell you what it's going to be like, right? It's just such an experience. And it's similar to running a business. You know, running a household is, you know, in our home, we have family values and family rules. And, you know, be respectful, be kind and courteous, you know, be responsible.

So, it's from a six-year-old to a 51-year-old, we can all, um, understand the rules. And, if those rules aren't met, then, you know, you either lose something or have

to, you know, to gain another responsibility. So, it's like that in business, I think sometimes as a mom, people get a little, you know, don't want to say no, or are so exhausted that it's like, here, let me just throw them the M & M's, you know. It's like, and we all have those days I mean, listen, it's hard. But I think they really complement each other and it's very similar in business and in the home of laying out again those values, those rules, those expectations, because then you won't get disappointed. And if everyone understands it, then the business is going to operate, the home is going to operate, and there's no gray area.

We're all on the same page and we're a team. It's not, Oh, I'm your parent. I'm in charge. You're, you know, you didn't do this. It's no, hey, if you didn't take the trash out, well, then you know that, it's a loss of a privilege or you have to cook dinner tomorrow night, you know? So, it's fun.

And it gives the kids a sense of independence too. Um, and that's our job is to raise them and, get them prepared to go into life, without us. So, I think they both really complement each other. And, uh, we've worked with an incredible, family coach who really helped us, because it was a struggle, you know, we have a 16-year-old and a six year old. And it was like, how do we communicate there it's like, speaking two different languages. And he made it so simple. He's like, listen, all four of you are going to understand this. And, and we did, and it's transformed, you know, our home in a beautiful way.

**Carmen Hecox:** That's great to hear.

## Future Plans and Closing Remarks

**Carmen Hecox:** So, Megan if there is a woman right now in midlife who says, there's so much more. There's more to life. I just, I need to figure out how to get there. You know, I'm tired of this job. I feel like there's so much more of me that needs to be put out there. What steps would you recommend that she start to take now to help her get to her finish line?

**Megan McShane:** Well, I think she needs to get quiet. I think she needs, you know, I'm a big advocate for meditation, whether it's one minute a day, five minutes a day, an hour, you know, I think we find the answers in the quiet. And I think we're so used to as women, go, go, go, you know, we're working, we're running our homes.

We're doing it all. And I really find when I get quiet and have a daily meditation practice, a lot of answers come to me. And then I always journal after a meditation because some things will come to me, some ideas for either a new business or something that's, you know, going on with my kids or anything or my relationship.

So, get quiet, get still or if you don't practice, you practice yoga, you know, if you can't sit still, you could always do a moving meditation. But you need to have that stillness to find, the ideas will come in that. When you're kind of go, go, go, and running around, you don't have time to really, um, create.

So, um, I definitely recommend getting quiet, you know, get a meditation practice going and start writing. And the more the ideas come, the more you write, and then you start to kind of block your ideas together and create a plan. And again, like I said, creating the plan, it's like, okay, you know, what are you going to do this month, next month, so that you have some benchmarks to move forward.

And again, find yourself a coach, a mentor. You know, even like listening your podcast, you create an incredible community, right? So, there's so many resources out there, for us to be accountable. So, find your tribe and find the people that are going to hold you accountable and stick to it because we can't do this alone. You know, women need women. This is a team sport ah because it can be very lonely when it's not.

**Carmen Hecox:** That is, and we're all, we're not here to take something from someone else. We're here grow together.

**Megan McShane:** Yeah. Have some compassion and empathy.

**Carmen Hecox:** Yeah. So, Megan. What's in the future for you? What are you currently working on? And when can we expect to see the goodies?

**Megan McShane:** Oh, well, right now, uh, in our business, Your Best Life Now, like I said, we are curating a emotional and physical fitness event in Sedona and that's in May. And then after that, we are working on our event in Italy, which is a faith trip, which we'll be doing Rome and the Amalfi Coast in September.

Um, we also have **every Thursday**, and I'd love to give this to your listeners. We have a, what we call a speaker spotlight. It's at **10:30 Eastern Time**. Uh, the zoom



link is just [YBLzoom.com](https://www.yblzoom.com). And we usually bring in a top speaker, whether it's in relationships or business or finance or health, and they talk for an hour.

And so, I would love for your listeners, yourself to come on and listen as my guest. And, we're getting ready, uh, to build a new home as a family. So that's exciting. Um, I'm taking a course. And, uh, my partner and I are creating another, health, business. So, we got a lot of things brewing. It's exciting and crazy, but I guess we, I thrive in chaos.

**Carmen Hecox:** I'm like, you don't slow down, girl.

**Megan McShane:** I know. But you know, again, it's fun. It inspires me. So, you know, I love it. I love keeping busy. But I also love downtime. Don't get me wrong. We all need it, self-Care

**Carmen Hecox:** Megan, where can the viewers and listeners learn more about you?

**Megan McShane:** Sure. So, um, they can go to our website, which is [YBLnow.com](https://www.yblnow.com). You can also follow us on Instagram that's, at [YourBestLifeNow](https://www.instagram.com/YourBestLifeNow), or my own handle is at [Megan Dash McShane ninety-nine](https://www.instagram.com/MeganDashMcShane). And, you know, come visit us and let's connect and, uh, if anybody needs someone to hold them accountable, I would love to.

So, I love helping women and, uh, you know, create especially the best life out there. You deserve it.

**Carmen Hecox:** Great, Megan. Thank you so much for coming on. I will include all of your links, handles in my show notes. This has been an honor.

**Megan McShane:** Thank you, it really has been so enjoyable chatting with you. I'm so grateful.

**Carmen Hecox:** As we wrap up today's episode of Create the Best Me, we are profoundly grateful to Megan McShane for sharing her invaluable insights and actionable tips on personal development, leadership, and building a supportive community. Megan's journey from traveling around the globe to empowering entrepreneurs and individuals through her mastermind group is a testament to the power of transformation and resilience in midlife.

Her highlights on importance of focusing on our four cores, faith, family, fitness, and finance provides us with strategies to enhance our lives in these areas. For those looking to delve deeper into Megan's work or join her on a journey of self-development, she's kindly offered our listeners and viewers an exclusive invitation to attend her [Zoom speaker spotlight](#) as her guest.

To learn more about Megan's tips and personal journey and how you can participate in her upcoming events, visit [createthebestme.com/ep068](https://createthebestme.com/ep068). There you will find additional information and today's transcript. If you found value in today's conversation, don't forget to subscribe to our show.

Join us next week when I'll be discussing navigating through menopause. Tips For Feeling Like Yourself Again. It's an episode filled with guidance and support for those experiencing this significant life phase.

Until then, keep dreaming big, take care of yourself. And remember, you are beautiful, strong, and capable of creating the best version of yourself. Thank you for watching. Catch you next week. Bye for now.