

# 48. Clarissa Burt on self-esteem, reinventing yourself, and finding joy in connection and continuous learning

**Michelle Harris:** [00:00:00] From Bosstrack, it's Her HypeSquad, a show about amazing women who've made incredible strides as leaders in their industry. They're here to support you and your leadership growth to encourage you and hype you up as part of your hype squad. Hi everyone, this is Michelle Harris. Host of Her HypeSquad with Bosstrack, and I'm so excited to be back for another year and new season of Her HypeSquad.

Thank you for joining us for a new year of powerful women, stories to learn from, along with career advancing advice and recommendations. We have some great episodes lined up for you this season, and to get the season started, I sat down with Clarissa Burt, CEO of In the Limelight Media and author of The Self Esteem Regime.

We talk about self esteem, reinventing yourself, and finding joy in [00:01:00] connection and continuous learning. I just loved Clarissa's energy, and I know you'll really enjoy the conversation. But before we jump into our chat, I'd like to share Clarissa's background with you. Clarissa Burt is an internationally acclaimed, award winning media personality, producer, director, writer, author, public speaker, and former supermodel.

And winner of the celebrity version of Italian Survivor with hundreds of television and film credits for her name. This who's who of international and American women brings over 35 years of entertainment industry experience in both international and American markets. Clarissa is the founder and CEO of In the Limelight Media.

A multimedia platform consisting of TV, video, a podcast, and a digital magazine. Her shows can be seen on Roku, Amazon Fire, and Apple TV, among other places. And her podcast is heard on 15 different distribution platforms. She is also the author of the Internationally Pluri Award bestselling book [00:02:00] entitled The Self Esteem Regime.

Clarissa was the first American to present Russian TV at the Kremlin and has had two private audiences with Pope John Paul II honoring her social work. As ambassador to the United States for the Walking Africa campaign, she actively helped African women win the Nobel Peace Prize in 2011. If you enjoy my conversation with Clarissa, be sure to subscribe to our channel and help more people find us by sharing this episode with others, or by leaving a review.

Or subscribe to our weekly newsletter filled with things we found that we're excited about and were inspired by, along with valuable leadership advice to watch, listen to, or read. It's a little bit of joy for your inbox each Monday, and you can subscribe at [www.thebosstrack.com/weeklyjoy](http://www.thebosstrack.com/weeklyjoy).

Now without further delay, here's my conversation with Clarissa Burt. Hi, Clarissa. Thank you so much for joining us on Her HypeSquad with Bosstrack today. We're so [00:03:00] excited to have you join us and talk about self esteem and how that applies to our audience.

**Clarissa Burt:** Yeah, it's uh, thanks for having me. It's so good to be here too.

And it's, it's a, it's a huge issue. I mean, people kind of think of it and go, ah, self esteem, uh, poo poo and you know, whatever. But self esteem is one of those kind of things that if it's not, you know, if it's not together by the time your feet hit the ground in the morning, you're going to be having issues either with the relationship to yourself or with others.

Self esteem doesn't discriminate. And so that's another thing that's really important is not to discriminate by age, color, race, creed, um, female, male, and anything else that, you know, you want to throw in the mix that these days just doesn't discriminate. It's just one of those things that, um, that you will always have to deal with in some way, shape, or form.

Sooner or later, and potentially frequently during your lifetime. It's, uh, it's, it's, it's an interesting, you know, the more I, I, I read about it, the more I took a deeper dive into exactly what it is and what it's not. I was really, [00:04:00] really, I was really surprised to learn some of the things that I learned about it.

So let's get into that. And by the way, you knew I could be talking to a 14 year old girl, I could be talking to an 85 year old man, right? Yeah. When you talk about self esteem, people say, well, do you ever get to a point? No, you never take a self esteem test, Michelle, and pass, and then you're good to go for the rest of your life because, because life is life and it, it will trigger you.

It's going to do it. So get ready for that. And life as it ebbs and flows will, will be bringing you, you know, either the storms or those tornadoes or those hurricanes that will come through. And it's on us. It's our sacred duty to have those tools in the shed at any given time so that we will know how to better deal with what's coming our way.

And when that, when that storm does come through. You know, we might lose a leaf or two, potentially even a branch, but we're never going to be uprooted and transported away with a storm. If we're doing [00:05:00] the work and personal development and self improvement that we need to be doing.

**Michelle Harris:** Yeah. And I mean, I know we're going to talk about it, but, I do love the examples that you give throughout your book and they are all, quite a, very different in age range and life situations.

So, I'd love to start by you telling a little bit about yourself to the audience so they can hear in your own words who Clarissa Burt is.

**Clarissa Burt:** Little Chrissy Burt was born in Philadelphia, Pennsylvania in a row home in, you know, again, in Philadelphia to very blue collar, people and, Irish Catholic background, which meant it was quite severe.

And, and, um, at least my people, children were to be seen and not heard. And I think that's kind of where a lot of it started. The background was a background of two parents that really, they met in high school, got married because they had to You're welcome. And, that's what you did when you were Irish Catholic.

Actually you were supposed to get married first. And, and so that threw mom, I think, [00:06:00] into a little bit of the black sheep of the family, if you will. It's what happened to girls back in the fifties and prior, uh, is that they were shamed, for having sexual, you know, have feeling or sexuality, wanting to live their sexuality.

And then. Getting caught and getting themselves caught in trouble. This is pre pill. This is pre, birth control pills. And so, you know, so yeah, there was a, there was that. And so I watched along the way, as a young girl. Women that I perceive to be that, that I put on as my mother and my grandmother and you put them on a pedestal as one does, and then you find that they don't have the same perception of themselves as you have of them.

And it kind of befuddles you, you know, you think you're so gosh, mom, you're gorgeous and you're beautiful. And you, you, my mother, by the way, went to

West Catholic Girls High School. She graduated with, uh, with 800 girls and she was, salutarian. Which means she was second, second in [00:07:00] line and she was on the dean's list all four years.

So you can imagine, right? She was beautiful, she was intelligent and I saw her as that. She never did. So my mother didn't ever wanna have her picture taken. Ah, I could never be like, ah, I had come out horrible with pictures. Well, I lived my life in front of a camera. Right. As I looked into later years, I became a model and I had a very, very successful, a pretty successful, modeling career.

And, and, you know, so I did the complete opposite. My father, you know, there were, there was a little bit of, tension between the Italians and the Irish back in the day. And my father just. Really said some disparaging disparaging things about the Italians. I went and I lived in Italy for 30 years.

So, you know, all of that to say that you, you will learn certain things from the natal tribe that are not written in stone. They are not etched in marble and you it's on you to kind of decipher that and decide what best serves you and what best [00:08:00] doesn't. Hmm. And so as you make those choices in life, you may know some people are going to get their noises, noses out of joint, other, you know, others are going to get jealous.

Others are going to be angered, whatever is going to trigger them, but that's not on you. That's their perception of themselves that you must not, you can't bring that along with you. Right. And that takes a while to learn, Michelle, as we're kids, we don't, you know, we don't have these tools that I'm talking about now.

Right. So you have to learn that as you go. So when I was a child, when I was a kid, we didn't have computers and internet and cell phones and all of that, but we did have three bookstores here in the United States, which are Barnes and Noble, Walden Books and Border Books. And I lived in those bookstores and I lived in this, there was a little section in the back, Michelle, little teeny section, about 40, 50 books.

It was called the self help section. Mm hmm. And that's where I garnered my, my support, assistance, guidance, help, some, [00:09:00] some, some answers to questions that I had. And so I basically have been a self help and personal development junkie, for a really long time.

**Michelle Harris:** Yeah, I can relate. I can relate to that. Yeah.

Thank you for sharing all that. And, I think it might be helpful if you could tell us a little bit about your book, *The Self Esteem Regime*, because I think that'll serve as the basis for a lot of our conversation. I think it'd be helpful.

**Clarissa Burt:** Well, thanks. Thanks. Yeah. Um, it's the self esteem regime.

It's an action plan for becoming the confident person that you were meant to be. And when the book first came back from the publishers in New York city, you'll see it's three triangle, three blues, three blue. In the beginning it was pink, yellow, and orange. And whereas it would have jumped off the shelves at Barnes and Noble, probably with, you know, with more oomph, I wanted to make sure that men picked it up.

I wanted to make sure that we didn't overlook that men also go through the same thing, same challenges, um, same issues, same, debilitating [00:10:00] thoughts, that women do too. So I'm glad that I did because I've gotten a lot of great feedback from men as well, on that. The book is, it is really, it's for me, the self esteem regime, it's a manual.

But it's a mission and a movement because I want to see everyone living as, uh, as esteemed beings and feeling happy, healthy self esteem. It's broken down into 12 chapters. Each chapter uh, begins with a reword and it takes you from where you are to where you're going to be and beyond, once you're done with that 12th chapter.

And is it, as in many of these kinds of books, the personal development in the personal development realm, you can read it today and get a whole bunch of great info from it. And then you read it in a year's time. And, and get a whole, it'll be like reading it all over again, uh, uh, because you weren't ready probably to get to see some of the messages right now.

And so that's what I love about, you know, about these kinds of books as well, self esteem, personal development. And each book we start with is that each chapter we start with [00:11:00] release, which is really the greatest. Part of, you know, of the work that you will do, we go into then rebuild after that is responsibility.

I mean, I ask people where are you taking responsibility in your life? And where are you shirking it? Wow. You should see what comes up from that. We then have reinvent. Michelle, I'm going to be 65 here in a little bit. And I will tell you that I reinvented 10 times in my life. I've been, you know, and life will, will take you.

You've got to also take a look at some of the opportunities and then cut your losses at times. So some things are going to work out. Some things aren't, but there will, there will be opportunity for reinvention. It's up to you to, to jump on that. And sometimes you'll have to create your own, opportunities.

You know, we're having a lot of conversations with women in my age group and that think that, well, you know, fifties was already like, you gave up and then you're 60, you should just put out to pasture. Well, I'm sorry, that is not the message here. I [00:12:00] started, I started in the limelight media with, you know, television podcasts and a digital magazine when I was 60.

Yeah, and we're loving that, we're having a great time. And then the book came out, I was 63. And so I'm telling you that if it, you know, that there's, there's plenty of time. I liked it. You know, just you coined the phrase, it ain't over until the fat lady sings. It's probably not a kind thing to say, cause I don't know who she was, but it's really not over until it's over.

It's just not over until it's over. And so, this is a time that we can really, after we've done the wife, we've done the, the, the mother, we've done potentially even grandmother, you know, it's time for a lot of us women to, to get up, and move on with things.

For ourselves. So traveling and retreats and girlfriends and, and hobbies and new businesses, the world is at our fingertips with our, at our computer. It really is. You just need, I think sometimes you just need a [00:13:00] little bit of a tribe to sort of, sort of prompt you a little bit and, and support you along the, along the way.

**Michelle Harris:** Yeah, so yeah, it's funny you talk about reinvent and when you reinvent yourself, that's a time I think where your self esteem can need help all over again, because you might not necessarily be ready and comfortable in that new reinvented you.

**Clarissa Burt:** It's all new and it's scary. Make no mistake that, you know, when you do the work that's in this book, people go, Oh my God, it's work.

All right, wait, put in some effort. I don't know. It's semantics at this point, but yeah, it's going to be work. And sometimes it's going to be scary. And sometimes you're, you know, want to put it down and go, Clarissa never, no, no Clarissa. Um, and then pick it back up again. Okay. Clarissa, you might be right.

You know, uh, do the work, do the journaling, do the, the, the mirror therapy is phenomenal. And I learned about mirror therapy from Louise Hay and then Jack Canfield, adopted it in his works as well. I mean, it's, it's one of the most impactful. Things you will ever do [00:14:00] is to stand in front of a mirror and it looks weird.

And it feels weird and it sounds weird, and you probably wanna do it with nobody else's home. And you may feel even embarrassed about it. I gave it to a couple of people to, to do one, sailed through it, grandly and the other one had a really hard time guy, I couldn't do it. I just, I got there, I got in front of the ca.

I just couldn't do it. 'cause there are two ways of approaching a mirror. One is looking into the mirror and one is looking at the mirror. So when we're putting on our makeup, we're looking at the mirror, right? We're looking in the mirror. When we're looking into the mirror is when we're really looking, you know, deep down into our soul.

And when we start to say. You know, Michelle or Clarissa, I really like you. I love you. I give you permission to whatever. I forgive you for that one time that you gave up on yourself. No, the, whatever the conversation is you need to have. And I really want to say what an amazing job you did with that, you [00:15:00] know, that presentation today in front of the board, whatever it is, because you know, it, it's a surefire way.

To really put a lilt in your own step, but it's like that when you start, when you start becoming your own rah rah session, instead of the daily demons that come in and just want to beat you down, call the daily demons. That's what I call them. Yeah. Well, guess what? There's a way to fight that off too, but you have to put in that work.

**Michelle Harris:** Yeah. And one of the things you're very honest about in your book is your own journey through your, or your evolving self esteem as you journey through your career. And I know a lot of people in our audience are younger women who are maybe earlier in their careers, early in their leadership roles. I mean, would you mind sharing a little bit about your own journey and how your self esteem evolved?

**Clarissa Burt:** I mean, you know, Well, I, I went into a business that was, you know, first it was, it was modeling. And so lots of rejection, lots of rejection. I mean, you [00:16:00] know, I was always too tall, too short, too thin, too skinny, too dark, too light, too, you know, there was always something, uh, that, you know, or not always, but frequently there could be something, whether

you're acting, whether you're modeling and a lot of other, you know, uh, businesses as well, where, you're not in a corporate position, you're not.

You know, you're out there in the world as a, as an entrepreneur, if you will. And it really, everything depends on you, you, you know, if you go down, it all goes down kind of thing. So, you know, I take rejection as redirection. And so that's how I would use it along the way. And certainly some of the things that, I got back after some of the appointments that I had with photographers or magazines were could have in the very beginning were, you know, I took it with a grain of salt, but I knew that this is really what I wanted.

And I think that if you, if you keep in mind your end goal and you stay passionate about what you are passionate about and don't let them take [00:17:00] that away from you, then, you know, then there is an end goal. And for me, I just, I just stuck with it. It's what I knew. It's what I wanted to do when the Sears catalog came twice a year to my house.

The first thing I did as a young girl was go to the women's section. I wanted to see the hair. I wanted to see the makeup. I wanted to see how the models were posing. It's what I, it just, I knew you. Well, I already knew by, when I was in kindergarten, I was Mary Poppins in the kindergarten play. I'm a talker, Michelle.

So I was told that I was, you know, I was told that I was vaccinated with a phonograph needle. And, uh, but I was always this way. I was always the kid that was on. I was the boss. I was the one, producing the, you know, the neighborhood plays. I, I love. of microphone and the stage. It was, it was the communicative communication that I love the most.

And so I would say just, be realistic, but, but don't give up. I know how difficult times are now too, because, kids come out of college now are like, well, what do you mean? There are no [00:18:00] jobs. Well, what do you mean? I keep putting, you know, putting in for jobs and nothing's out there.

What do you mean? I can make more. Uh, McDonald's or Starbucks than I can, you know, from any of the jobs that may potentially be available today, definitely the landscape is changing drastically when it comes to when it comes to jobs, when it comes to corporate, when it comes to, the opportunities and possibilities.

But again, you know, I, I. I'm really, I'm really a big proponent of creating your own, create your own opportunity, create your own possibility. What is your



dream? Do you, you know, that's who I am and what I, you know, what I would, what I would propose. And that is, yes, corporate is great for lots of things.

Working for someone else has definitely has its, you know, it's, uh, you know, it's good side. Because when you're an entrepreneur, Michelle, and you may well know this as well, when you're an entrepreneur, they say, if you don't want to work a nine to five, be prepared to work 24 seven. Yeah. [00:19:00] That's what you do as an entrepreneur.

So before, there was the great, uh, um, not the great reset, the great resignation during COVID. I think a lot of people were very shocked at the amount of. Time and work it takes to get a business started to keep the business alive to keep, you know, learn about, I'm still learning about, things.

So, so be very, very clear about what it is. You want, uh, don't worry about the first stumbling blocks because failure is your first attempt in learning and it is to be celebrated. I don't want you to live there too long, but I want you to be able to say, okay, okay. Failure. Good. I know what I won't do.

Great. I'm one step closer to success, right? Because the car that came off the assembly line wasn't perfect. The first light bulb that, lit up a room wasn't perfect. And there have been a billion iterations since, since then, right? And that's the same thing. We are all continually, we are a work in progress.[00:20:00]

**Michelle Harris:** Yeah, and I love that you knew, from a young age exactly what you wanted. I know you go through this in your book and would you mind sharing maybe just a little overview of people, I know a lot of people don't know exactly what their calling or passion is. How, how do you talk people through finding out what that is?

**Clarissa Burt:** Oh, I think it's, you know, you know, you can take quite a few of these tests. I love like the Myers Briggs, for example, or, different assessments that you can take the umbrella, the whole umbrella, colored umbrella, what's that called? I forget the rainbow umbrella or something like that, where you really take some of these tests and help you to kind of figure out, are you an introvert or an extrovert?

Are you, you know, are you meant to sit behind a desk all day? You're supposed to be on stage all day. I mean, there are different ways that you can understand who you are from a personality level. And then I think. Some of the things that

really attracted you think about the things really attracted you when you were, between the ages of 5 and 10 again, for me, it was a Sears catalog.

The other thing for me was, I loved watching it back in [00:21:00] the day. We had 3. television stations. But I never missed Saturday mornings when we would see some of the movies from the 40s and the big glamour, movies. And so my, and I fell in love immediately with Ava Gardner and Rita Hayworth. I thought that there are two of the most beautiful creatures I had ever seen in my life.

And it was wild how, as a young girl, I called that in. And when I was in my thirties on Italian television, I was compared to Ava Gardner in different pictures and Rita Hayworth. I sang one of her songs on live television, all dressed up in Rita Hayworth garb. I forget. Was that Amado Mio? And I think it was from, no, not Mame.

It was one of the other, uh, uh, Gigilda. Gilda. Yeah. Yeah. Gilda. So if you watch that movie and that white and gold, you know, gown that she has on, they recreated that for me so that I could sing it. And it was wild to me that I look back and I'm like, Oh my God, these were the two women. I completely forgotten about it years later.

And then I went, these were the two women that I [00:22:00] called in, when I was a young girl. And then somehow I was presented again, that opportunity, call it the universe. I don't know, but remember that the, that the thoughts that you have or energy and the energy is going out, it just goes out. And so it goes out to the universe and the universe is going to do with it what you will it.

So be really, really clear about that as well.

**Michelle Harris:** Yeah, I totally agree. And I know you give a lot of examples in the book and, I'm curious based on your feedback or your research, what are some of the specific challenges with self esteem that women in leadership and corporate leadership face? Is there anything in particular that you could call out?

**Clarissa Burt:** I think the imposter syndrome is always a big one that comes to mind. The imposter syndrome, you know, who am I, who could I ever be? Why do I think that I can? Well, if not you, who? Is my answer to that. If not you, who? So leadership, unfortunately, lots of times we get, we [00:23:00] get, um, you know, I was always taught that, when I was a kid, I was, I was a boss and nobody wanted to play with me because I was too bossy.

Well, I wasn't bossy. I was just a boss. I was, I was meant for leadership roles. I was meant to connect people, communicate with people. I was meant to, even, you know, keep the conversation alive and lively. I was meant to communicate with people. Find the research, do the, you know, do the research, pull the book together, make sure that it got into the hands of the right, the people that, needed to see it and hear it and read it and get the message.

So if that is, is what I'm being called out for, you can call me out all day long because I'm happy with who I am. I am. I'm thrilled with the people that I've been able to lead. I'm thrilled with the people I've been able to help. There was a, an instance in the book and you've read about her, her name is Tiffany in the book.

It's not in real life. But in Tiffany, it was the, call girl from Las Vegas that came and lived with me. And she [00:24:00] was a long story, but we met at a, at an event there and she came to me and she had Googled me and, and she started crying and I said, honey, what's going on? And she said, well, I, she just kept crying.

I said, is it money? No. Is it a man? No. I said, are you a call girl? Yes. I said, and she wanted out of the life. And I said, look, I live four hours from here in a little town called Cave Creek, Arizona, and you are more than she did. She came here. She lived with me for about four, four and a half, five months, something around four and a half, five months.

She changed her phone numbers. She, she'd got the rid of the false eyelashes, the nails, the whole thing. It all, she just shed all of that Vegas. Uh, persona went back to Vegas, went back to church, got back in touch with her mother, has a phenomenal relationship with her mom now started up a beautiful salon because that's what she wanted.

You know, she was an esthetician in a salon, in Dallas, Texas, met a guy, married him a month ago. [00:25:00] And, and, and so it's kind of sometimes, the universe will put people in your path because they know that you have the tools in the shed again to be able to, to give them guidance and solace and hope.

And so you can call me out all day long for, uh, and, and let them call your, your gals that are listening. Let them call you out all day long for having, leadership skills. I don't feel like I'm an imposter. At all, and nor should you because you have to take into consideration who you are actually helping.

Sometimes, Michelle, and I'll end with this, it's not always about business. The leadership skills you bring into work may not always be about something that you're discussing in a business meeting. So remember that too.

**Michelle Harris:** Can you expand on that a little bit?

**Clarissa Burt:** Your heart, you know, you know, we're expected in, in workplace scenarios, especially in corporate to, [00:26:00] you know, there's certain things and it's very rigid and you've got meetings and deadlines and schedules and, and, and you call out, you got all the, structure, you're very structured in corporate.

And so I, I think that. That a leader can really bring, that extra, can bring the extra mile when, when they are also, when they lead, lead, but also leave some space to lead, with heart. And um, no, no sooner than this morning was I able to run into a meeting, uh, uh, a gal this morning. That's my neighbor actually next door.

I don't know her well, but she and I started to have a quick little chat and she started to cry. Well, I don't know why it is everybody comes to me and cries, Michelle. I don't know what that's all about. And she started to cry. I said, honey, what is it? What's going on? What's wrong? And I said, well, you know, I've got a book about it.

And so I took the book over and gave it to her. I said, I've got a book about this stuff. I've got a mastermind that runs on this stuff. And my mastermind is business and personal. So when we first started, Michelle, [00:27:00] we started out here with just the business stuff. You know, what are we doing? Who do you know?

What do you need? What are the resources? How can we help you? All of that. And then there were a couple of times that gals would come in and they'd start to cry. That's when I just stop everything and we let her do what she's gotta do. And then we round robin and we say, what do you need? How can we help?

So one of them was yep, a university professor. And she said, one of my kids committed suicide last week. Mm-Hmm. . Stop there. And we round robin and gave her a thought, a prayer, a resource, a book. A-A-A-A-A. Whatever we could come up with. We gave her. This is, you know, the, the, the support that she needed at the time, um, you know, husband that got stage four, prostate cancer, another girl came in and woman, woman, I call us girls, woman came in and said, my son tried to commit suicide.

So there was a lot of this, they called it a safe place to land, my mastermind being a safe place to land. And that's what I think really, I would like to think in corporate as well will set a good apart from a great [00:28:00] leader. Is sure to never forget to bring that heart that lead lead with the heart when it's the right thing to do.

**Michelle Harris:** How does that I'm just curious how to like those situations that people are feeling and coming to the mastermind. Did they come because of those situations and how does that intertwine with self esteem or is it they just. How it, it started as like, I'm coming because I need help with self-esteem.

And then those are things that happened.

**Clarissa Burt:** No, no, no, no, no, no. It started out as business. Mm-Hmm. . And then I think in the fourth year when the book dropped, I said, girls, listen, the next mastermind, there are 12 meetings. 'cause we get together 12 times and there are 12 chapters in the book I'm gonna give you, each time we meet, you're gonna get a chapter.

I'm sending you a book, you're gonna get a chapter, you're gonna read it and you're gonna come back and we're going to discuss. Mm-Hmm. . And that's what brought it up. So whether it was peace, whether it was rebuild, whether it was responsibility, reinvent. Oh my God, I can't even remember all my damn chapters.

I've got so 12 chapters. I can't remember [00:29:00] them all. Whether it reinforce, repeat, rebound, redirect. In other words, replace, reaffirm. There were different things that were coming up for them. That really was bringing it to, and of course, you know, we're all stressed out anyway, right? So we're coming to these meetings, and we just took a softer approach around things.

When, when somebody came and said, I don't have anything this week, but can I, can I discuss something else? I don't have anything business wise this week. Can I, yeah. Go ahead. Oh, and of course, if someone starts to, be visually upset, that's again, when we round robin and we give her that virtual hug and that virtual love.

And again, Michelle, when they told me, when one of the gals said, Clarissa, you've created a safe place for us to land. That's huge because for women, we don't have many of those. We don't have many safe places to land. Oh, it can be. Yes, of course it can be, you know, a glass of wine with a girlfriend's out one night.

That sort of thing. Yeah. But, and that's great. That's not a poo poo. That's a fabulous [00:30:00] thing, but I think we, we as women don't really give ourselves a lot of permission to be able to sit there and say, Hey, listen, can the spotlight be on me for a minute? Cause I, I need to cry. Who says that? Like, who does that?

And so when they came to the, this mastermind and started to, be visually upset, it was, it was, it was liberating, I think, for all of us. Because then it was like, well, well, Susie Q did it. Maybe I could do it next. Or if I feel like I need to cry now, I know I feel comfortable with these girls and I can do that.

So not that I wanted to become a crybaby session. That's not the point, but it was, there were times when we, we really, again, we redirected the business meeting into where are you now? Like, what do you need right now? And that's

what they got.

**Michelle Harris:** Yeah, and I know we kind of got a little bit away from it, but you mentioned imposter syndrome earlier, and it is something that a lot of people experience.

I mean, even Oprah and Michelle Obama have talked [00:31:00] about currently feeling. I don't know if you've ever felt it, but for people that do feel it, like, what are, like, what, what is the strategy to move beyond feeling that way?

**Clarissa Burt:** Well, first of all, what it is, is that it's a comparison to your role models and other influencers, let's say.

So the first thing you're doing at the very core, the very base of all of that is a comparison. I don't care what you say. If you feel like you're an imposter because you're not good enough for what you're doing, you're kind of at the core, you're going, well, somebody else is better than this. Somebody else must be better than this.

Somebody else is better than I am. Right. And I'll tell you about what I feel about that in a minute. And you're worried about like, the scrutiny from coworkers, because you, you just feel like you're setting yourself up. So if I'm, if I'm out here and I'm in a leadership position, and if I screw up then, oh, my God.

You know, what could possibly happen because my co workers are going to think that I'm, you know, I'm just, I'm, I'm, I'm not all that. And I, I, where did I

get my, [00:32:00] you know, my degree, I get my degree at Walmart, that kind of thing. So, um, so that's it, just, it's this persistent inability to believe in oneself.

That's exactly what it is. And that you don't ever believe that your success is deserved. Dang it. And I'm telling you, it, you know, you've worked hard. Um, but you know, the other thing about that as well is with the imposter syndrome, is don't ever sit back on your laurels either. Continue to, to educate yourself, to, take courses, take classes.

I do a lot of stuff like online like Udemy or Linda, you know, I take a lot of those like little things that I could. Just use a little bit of extra help on because I think that, our education, again, we're always a work in process and, you know, the educational, the educational part of, who we are, um, is something that we should never really say, well, I got my degree.

I'm good. You know what I mean? No. I think that one of the most important things we can do is to constantly be, yeah, we're busy enough. And I get that. But [00:33:00] maybe it's a book you take with you on vacation. That's not a romance, but you know, it's something that's a, it's something about a leadership or marketing or merchandising or whatever it is.

You may need a little extra help with pick that up and take it with you. I think that that would be really good too. Um, it's, it's, it's that, you know, it's that increased anxiety that we put on ourselves, for no reason at all. It really is. It's just that, okay, I, I, I don't have enough, going on.

I need to, I need to, have this construct that, will self destruct. Do you know what I mean? And we can't do that. We just can't do that. So get back to the mirror, get back to the mirror work, get back to your rah rah session, your own little personal rah rah session, and tell yourself the things that you, you kind of wish other people were telling you that you know to be true about yourself.

**Michelle Harris:** Yeah, I like that. I like that. One of the things that happens, I think a lot with women in their [00:34:00] careers is that they start to tie their self worth to their professional achievements. And that can kind of go to what you're talking about with imposter syndrome. But is there, how should people look at that and ensure that they're not, they find their self worth outside of their career?

**Clarissa Burt:** Yeah. Well, first of all, I think you need to take a look, you know, for, I'm really, I wanted to say one, well, let me, let me start with this,

your value system, what's your value? So if I say to somebody right now, give me five of your top values right now, what in your value system I'm going to get deer in the headlights, usually people are going to go, ah, I don't know.

I don't know. I got it. People aren't really thinking about, first of all, a lot of people don't even know what values are, value systems are like, what words would they choose? But I really feel, I mean, strongly that you need to pull together at least. Five. I have four, that are really important to me.

And that for me, Michelle, is my blueprint. That's who I am behind the scenes. That's who I am on stage. It's who I am in this meeting. It's who I am, before what, wherever I am and wherever I go. And it's, it goes like [00:35:00] this. I take the high road. That's honesty, integrity, gratitude, and honor. And I break that all down because honesty to me, I mean, could you imagine?

I know this is, you know, this idea like, but if we were to live it, everybody in the world was honest. Can you imagine how we would live? Be a fabulous place to be. Integrity. I, I, I am really big on integrity, huge on integrity. I think it's one of the most important things that we can lead with as leaders and as, as laymen, as people or laywomen.

Um, gratitude. We all know what that is. I can give you 10 things right now, every day. And again, we'll be different. You know, every day I can give you 10 new things that I am grateful for. And that's another thing we need to be leading with. Um, as crazy as the world is right now, and it kind of is like Claire said, it's a little bit of a stretch to be grateful for, now we're grateful for a lot of things.

And I would, I would tend to push back on that. And then honor is something that, you know, that we, that we kind of think is more of a military, term. And it's really one of those things it's kind of like, well, [00:36:00] first of all, who are you when no one else is in the room. Who are you really?

Who are you really, really, really, really, really? Who are you? How do you treat people that can do nothing for you? How are you with the wait staff? You know, I've seen people treat waiters in a way that I wanted to get up for. I, I, I was so. Horrified, I mean, so kindness is always, I think is the best way to go.

Um, but yeah, so honor being something, they say honor your parents. What do you mean, Clarissa? I came from the worst parents than ever and they were horrible. And yeah, but you know, remember that again, I touched on this



before your parents must be honored because first of all, , they, they gave birth to you, but secondly, they.

Uh, they have, you have taken what they have projected onto you. What they were on, uncomfortable about with themselves, what they didn't like about themselves was projected onto you. And therefore you made it yours or they made it yours. Take it however you will. And so again, I'll go back to saying it is your [00:37:00] sacred duty to make sure that you, you know, you cut that out of your life.

You release that chapter one. And know that that is not etched in stone. That's not who you are. So for me, the value system is extremely important. Again, as your blueprint that you take everywhere you go, you know that people can count on you being, or me in my case, honest, you know, honesty, integrity, gratitude, and honor.

I will always be. Yeah, I mean, I'm, I'm human, I get it wrong sometimes, I get cranky, you know, I can get, pissed off or whatever else, but for the most part, I will come with those things. And I think that we definitely need to have that real clear, write them down, put them on that, you know, that famous sticky note that you're supposed to have, all the sticky notes that we have up and make sure that you read it, make sure that you follow that and that that's who you are on any given

day.

**Michelle Harris:** Yeah. Yes, I totally, I totally agree with you on that. And, I, I know in the book you give a lot of exercises to work through the different [00:38:00] rewords that, make up the 12 chapters. What are the things that you, on a daily basis live by, what you know, what are the practices that you do every day that are ongoing versus the one time.

**Clarissa Burt:** Yeah, I got, I got you from one of the first things I wanted to share also was this whole idea of being enough. I am enough. You are enough. We are enough. Everybody's enough. Okay. I looked up the definition of enough and the definition goes like this. Only as much as is required.

So by definition, enough isn't enough. Here's what the new mantra is, and I, I really urge everyone to write this down and put this on that, on that famous sticky note and keep it close. I am so much more than enough. God, am I so much more than enough, you know, and believe it and read it and be it, put that right next to your value system and let them work in tandem with one another.

And that I do every day [00:39:00] because the first thing that we default to, especially because of social media, is, is not because of social media, but also has been ramped up because of social media. Is comparing ourselves. Right. Compare ourselves to everyone else. And here's what I'll say about that.

Especially us, we as women, we're looking at other women and you know, what they're doing and the house and the husband and the kids and the education and all of that. Great. Be happy for them. Be really happy for them. But remind, I will remind you of this. Two things I like to say. We always hear about the grass being greener on the other side.

Well, I'm going to tell you that the grass is greener where you water it. One. And number two, are we really sure that's grass or is it astroturf? Truly. Is it, is it our perception and what we're perceiving or is it what they want us to perceive that may not necessarily be? Real or true. [00:40:00] All right, whatever doesn't it's not my business.

I don't care. But when I go into social media I know that there are people on there that rented that villa and those two Lamborghinis for the day for the photo shoot I know it and should they have worked very very hard and earned that I am thrilled for them But I also want to be really really mindful that there's a lot of there's so much out there That's not real and that's not truth This is probably as important for us as grown, you know, as grown, as grown women, grown men, but we have to be careful with our kids with this because, we had our attorney general came out in April and said, we have a national youth mental health crisis.

Uh, the, the, um, Dove Self Esteem project and they do phenomenal work. They came out in April, the same month, and they came out with the hashtag no filters, hashtag turn your back, turn your back to these filters. And there are these lobbies now that are going after the social [00:41:00] media platforms and saying, you got to stop the filters because you're teaching nine, 10 and 11 year olds that they're not good enough the way they are, and that they need a filter to be better, to be prettier, to be fit, to be popular, with the other girls and with boys.

And that's not okay. So get rid of these filters, get rid of these, you know, these, these constructs, get rid of all the rest of the stuff and just be you. It's really hard to tell a 12 year old, you're just, you're fine just the way you are when they're going to school and social media is telling them something completely different.

Also from their search history, they are able now to be geo targeted. I think you call it geo targeting on social media or targeted anyway, by retail, uh, and by, um, by, um, corporate. I'm not coming up with the right words, but I think you understand what I'm saying. Yeah, yeah. Is that they're being targeted, from social media, from, you know, you, here's the, be thinner, be better, be prettier, be sexier, be, I don't want a six year old to be sexier.

[00:42:00] That's not what, you know, just, it's not. It's just wrong. And so our kids right now, according to the CDC, about 48 to 50 percent of our kids, and I say kids, that means middle school, high school and college age, are either depressed, anxious, thinking of committing suicide or have committed suicide. These are alarming numbers.

Michelle alarming numbers. So we've, we've got to do better. We've got to keep, you know, I, I'm not a parent. I've never had the children. As I said, I'm not a biological mother, but I've been mother to many and, I think it's time to get back to the kitchen table. I think it's time to put those devices down.

There's a, there's, I just learned today. There's a, what state it is, or I forget what school district it is. It said your, your, your cell phone's going in a cubby. It's going to be there all day long. Yeah. You know what I mean? And we need to be doing, I think, the same thing again. It's easy for me to sit here and pontificate as a [00:43:00] non parent and I know it's one of the most difficult jobs on the planet today with, you know, with teens and kids the way they are and, how, how it is, how the whole social, vibe is right now.

It's tough. It's really hard. But I do think that, I think that nothing has ever been more true than there's nothing like, you know, than, the love of family, the love of, um, you know, of a loving family and wanting to really hear about how your day went and not let it be in the kitchen.

How long does it really take to prepare a meal and eat it? Are we talking an hour a day? Yeah. Really, truly, you know, so you chop up the celery, you get out the pots and pans, you lay the table and let's chat, we're going to eat. That takes 20 minutes. We're good. You know what I mean? Yeah. You know, I spoke to someone recently, he said, yep, I know you're right.

He says every weekend, I, you know, it's no device day and we take the kids and we do this. Great. Fantastic.

**Michelle Harris:** Yeah, I mean, yeah, we were talking about kids, but you're so right. I mean, [00:44:00] social media, even with adults and comparison is so

true. And I think I've, I've been hearing a lot more about people talking about more like they're saying no news, news diet.

But including that news diet is the social media and just taking that time to read that nonfiction book and, focus on self improvement versus

**Clarissa Burt:** read my book.

**Michelle Harris:** Yeah, and read your book, of course. But I, I completely agree and I've been myself trying to kind of follow that same guidance. I know we talked a little bit about it when we talked before.

But I'd love for you to talk about a mentor that you or mentors that you've had that have impacted your career in a positive way.

**Clarissa Burt:** You know, it's, uh, I, it's funny you should say that. Mentor mentors. I think, from a business standpoint, it really [00:45:00] was, you know, I used to say jokingly, because I have a media group, I used to say Oprah, Martha, Clarissa, so what they had, 1000 employees and a billion dollars.

I didn't have that. But, um, but I really love the whole multimedia, scheme of things. I just love media. And, I love everything about it. I love everything about, uh, what we're doing now, the interviews, the podcasts, the television, all of that. I think one of the greatest mentors I've really ever had was my grandmother, you know, Clarissa.

I'm, by the way, I'm the fifth born Clarissa, first born of every generation got the name, but my grandmother Clarissa, who was really just, she was, she was again, very, very obviously we're talking old school and we're talking different times, but just a real class act all the time, every time, just a real class act, a lovely lady.

And I say, lady, she's just a woman who never drove. I don't think she ever saw a pair of pants until like 1973, um, you know, cause women didn't wear pants back then. I remember in elementary school, we were allowed to wear [00:46:00] pants and as, as girls, I was allowed, I think I was with the fourth, third or fourth grade when they finally said, okay, girls, every Friday you're allowed to wear pants.

And that's the God's honest to every Friday we were allowed to wear pants. I'm really aging myself right now. My grandmom never had. An unkind word for anyone. She never had a curse word come out of her mouth. She always was

just all about her family and feeding them, you know, loving them, loving on them, being with them and feeding them.

That was my grandmother. And it was, it was such a warm, loving, kind place to be. It was that safe place to land. That I'd like to, that I've been able to do. I'm not, I'm nowhere near the woman she was, but, we were different. Let's just put it that way, a little bit different. But, but I, I would say my [00:47:00] grandmother was, you know, she was always, yeah, she was, she was the one, she was my gal.

My soulmate.

**Michelle Harris:** She was my soulmate. I love that. I love that. Thank you for sharing that. Yeah. And, we talked a little bit about this before, but, is there a routine either in the morning or the evening that you have to, you feel like you have to follow or you just don't feel like you're in a good mental, or a physical state?

**Clarissa Burt:** Yes. So the first thing I do before I get out of bed is I just, I, you know, it's gratitude for another beautiful day. And then I get up. And I will, I work out. So that's usually a power walk, an hour every day. And then I will, I'll read, some passages from a self help book that I may have, that I may have, I have a hundred of them.

Some, so there are self help books right now. Right now I'm reading the, uh, I can't remember her, the, author's name, but it's about empath. Being an empath. And so I will read a, it has the dates, you [00:48:00] know, the 25th of October, 26th of October. So every day I'll read one of those, have that go by.

There are a couple of other books over there that I pick up. Some of it's about shadow work. And I'll read a couple of those passages as well. And then I kind of get on with my day. I will, uh, essential oils go into the diffuser, chill or lounge music goes on so that there's this ambience.

It's almost like a spa like ambience that I create for myself. And, yeah, I, I'm very much, about the, um, the ambience is, is set for the day so that it's, it's, I, you know, I, you're pro, I'm full on energy, so I need all of those things that just kind of calm me down, keep me, you know, keep me, uh, quiet me, quiet me if that's possible.

**Michelle Harris:** I love that. And, that reminds me, one of the things I did want to ask you about the book was, in every chapter you include affirmations. And I,

I guess I've never, [00:49:00] I've never taken on affirmations as part of my daily routine. I'm curious if you could talk a little bit about the benefits of affirmations.

**Clarissa Burt:** Kinda like if I were to say to you a red, you know, little red sports car, you probably didn't notice it, but now that I've said Little red sports car, you're probably gonna see 10 of them in the next week. It's a reticular activating system. It's kind of the same idea. And so when you live, when you, when you are working and living in repetitive, it's, it's like when they say, a habit takes 21 days to change, you know, change a habit.

It's the same thing. So you build upon, build upon, build upon, build. And what you're doing really is it's, it's, it's the building upon that rah rah session that I, that I talk about and, and be an impregnating your brain, if you will, your mind, your heart, your soul with positive thoughts, again, thoughts being things that, you know, being energy that we put out will come back.

And it's, it's, it's really a funny thing how it, how that works. I had longer hair about 6, about [00:50:00] 5 months ago. I had hair much longer than it is right now. And I had lost a lot of hair during COVID. I lost a lot of hair during COVID. So I was saying, I was, really out of, you know, my hair won't curl anymore.

It won't do anything. I got to get this haircut. I got to get a cut. I got to get a cut. I got to get, never did. So I went into, to the, to the hair salon. I said, do me a favor. I just want two inches off the back. And I showed her a picture. I said, why you're out? Can you give me some of these layers? I saw this one cut.

I thought it was real cute. The next thing I know, she went.

Where my hair was halfway down my back, I now, I went from like two inches to where she had cut 10 inches. And it was two years, Michelle, that I was saying to the universe, I really want to go get a cute, you know, cuter shortcut. I really want to go and find, um, I put some, you know, looked for pictures, put them aside, put them in a folder to, you know, so that the next time I went in and so this poor woman was mortified.

And I went. It's okay. Don't worry. I said, cause I went, Oh no, [00:51:00] I said two inches and I was very kind. I wasn't, you know, well, this woman just went into tilt. I mean, she went great. I'm so sorry. So she had, she even had her colleague finished my cut. Oh my gosh. Shaking. And I, I took her hand and I was kind and I really kind to her.

I felt so bad for her. But here I went from hair, to really was down, you know, down to here to it was, this is already grown out. It was like, Yeah. And, and so really she cut 10 inches off, but I had been telling the universe for quite some time that that's what I wanted to do. And it happened.

Didn't happen in my timing and it didn't happen in her timing. It happened in the universe's timing. And I'm telling you, it's powerful. Stuff. When you, I'm trying to find something for you. I wanted to read it for you so that I might be able to answer a question. And it's in the acknowledgement side. A lot of people skip through this part because, yeah, it doesn't always really tell.

But this is what I wanted everybody to hear. [00:52:00] I'd like to acknowledge the millions of people who all over the world have been abandoned, abused, beaten, hit, struck, oppressed, depressed, distressed, held back, lied to, cheated on, lost, betrayed, deceived, misled, double crossed. Walked out on, stabbed in the back, sold down the river, stolen from, deserted, discarded, shunned, cast out, dropped, dumped, forgotten, neglected, rejected, and or dejected.

You are the sole reason I have written this book.

**Michelle Harris:** Yeah, I did read that. It was beautiful. Yeah.

**Clarissa Burt:** Oh, thank you. But when you say that, Michelle, it's everybody. Yeah. Everybody. Yeah. You know, so that's why I really, I, I, I love my book. I love my baby and I love that it does. It's changing lives one chapter at a time.

**Michelle Harris:** Yeah. Yeah, if you have a few minutes, I just I have a few more questions. I'd like to ask their questions. I ask all my audience. Yeah, I mean, sorry, all my guests and [00:53:00] one is, we already covered the routine, but , do you have a song that is your go to song when you need a bit of a confidence or energy boost?

I mean, I don't think you need that.

**Clarissa Burt:** One of my favorite songs is, first of all, it's, I don't know if you remember Gloria Gaynor's, I Will Survive. Yeah. I think that's a classic for all of us women. Definitely beautiful. The second song that I absolutely go crazy for and always have is I Love You Baby from Frankie Valli.

I love you baby. And if it's quite all right, I need you back. Love that song. Every time that song comes on, I don't know what it is. It just, it floats my boat. But I really, really love those, those two songs for sure. My favorite movie of all

time for, you know, I'm a New Jersey girl, so I really love Casino but, uh, and Goodfellas, but I really love the most, I love Terms of Endearment.

And I don't know if you remember, it was Deborah Winger and, um, Shirley MacLaine and the daughter was dying of [00:54:00] cancer. And that, Shirley MacLaine is my mother. And, and, um, and, I think Debra Winger was really be more my part if, if I had to break down the personality types and that, that movie does it to me every time, every time when she comes out from the hospital room, her daughter's hospital room, it goes to the nurses.

station and says it's 10 o'clock. It's 10 o'clock. She needs her dose. She needs her. Please give her. As she goes around the nurse's station, speaking to begging all of the nurses to give her her morphine shot because she, and then she goes, Oh my God. Oh. Oh, that just gets me every time. And I go, that, that's my mother.

That would be my mom, you know, so, so there you go. Yeah. And you mentioned answering your questions. I know.

**Michelle Harris:** Yes, you did. Of course. And, I know you mentioned you read, you have a lot of self help books that you read. Is there one book that you would [00:55:00] recommend besides your book, obviously, that you would recommend to the audience read?

**Clarissa Burt:** The Unconscious Mind is one of them.

And then certainly, you know, the class. I love that book. I live by that book. I have the workbook. And then I've, I've gotten into some of the empath books recently because I, I just resonate. It just resonate because I do. I know that, uh, about myself as well to be empathic. And so, um, and so that is explained a lot about.

me to me. And that was another thing, Michelle, that as I was doing the work on the book, that, people would think of me in one way and then, you know, and that would skew my thoughts about myself. Right. Because people go, oh, you're just a pain in the ass. Well, I'm really not. It's just that there are reasons I am the way that I am.

And so I read another book. Oh, God, I'm not good with authors, forgive me. But the name of the book is Aspergirls. not Aspergers, Aspergirls, and I'll be darned if it wasn't like, check, check, [00:56:00] check, check, check, now. You



would look at me, you'd talk to me, you probably don't think that, I'm on the spectrum in any way.

I think all of us are in some, to some degree. But this really brought home for, that was one of the books that brought home to me, okay, I get it. I get why I'm a loner. But I'm not lonely. I get, there were a lot of things in here. I went, okay, I get it now. Great. And it gave me solace. It, you know, when you take, again, that deeper dive into yourself, that whole personal development journey.

And another one was, is called The Extra Sensitive Person. And it's by a PhD by the name of Dr. Elaine Aron. And what that is, is, uh, being triggered by, you know, like for me, it's bright lights, loud music, like you can't cook in my house. I can't cook in my house because I can't have the smell in the house.

It physically upsets me. And so, um, so the, all of those kind of triggers, were what people would say, Oh, you're such a pain in [00:57:00] your head. And I'd be like, I'm sorry, I just can't stand the smell. And there are some perfumes that will set me off, you know. So, again, there are, there are reasons that we all are the way we are, right?

There are reasons, whether it be genetic, genetic trauma, generational traumas, things that we are, that we bring forward that were probably, whose were they? They're not ours, whether they're our parents, our grandparents. So there are lots of like little things that we can take and bring together that makes us, us.

Yeah. Right. So, yeah, I think that we all have to give ourselves a little bit more, uh, grace. Yeah. Thanks. For sure. Absolutely.

**Michelle Harris:** And this might be what your answer would be to my next question, but, you are now officially part of our audience's hype squad. Do you have any last pieces of advice or inspiration that you would give to everybody before we end?

**Clarissa Burt:** Um, I think that I, I wanted to read you something and it might take a minute, but I think it's really important to say, and I'm going to, and this [00:58:00] kind of dovetails on what I just said before. This is what is called ancestral mathematics. When you stop and you say, who am I and why am I okay? And so you go through your life and all the things that have happened and then you go to your family and say.

In order to be born, you needed two parents, four grandparents, eight great grandparents, sixteen great great grandparents, uh, sorry, great great

grandparents, thirty two great grandparents, I'm reading quickly, sixty four great great grandparents, a hundred and fifty, a hundred and twenty 5th great grandparents, 256 6th great grandparents, 512 7th great grandparents, 1024 8th great grandparents, and 2048 9th great grandparents.

For you to be born today from 12 previous generations, you needed a total of 4,094 ancestors over the last 400 years. Think for a moment. How many [00:59:00] struggles How many battles? How many difficulties? How much sadness? How much happiness? How many love stories? How many expressions of hope for the future? Did your ancestors have to undergo for you to exist in this present moment?

So when you talk about why am I the way I am, who am I, where do I come from? We may never have the answers to the, all of that, but know that all of that is behind you too. Yeah. And remember that as I close, I will say there are always three people in a relationship and that is you and your relationship to yourself, him and his relationship to himself.

And then the two of you in the relationship that you have with one another. Yeah. That is why, again, I go back and use the term, our sacred duty is to come whole and complete to the table for all of the people [01:00:00] that we will have relationship with, a relationship within life.

**Michelle Harris:** Yeah, that's a beautiful way to end our conversation.

So if our audience wants to find you, reach out to you, look at your work and what you do, what is the best way to find you?

**Clarissa Burt:** Thank you. Well, yeah, I'm on social everywhere except Snapchat. So it's just Clarissa Burt, Facebook, Instagram, YouTube, LinkedIn, Twitter. I'm there, you can find me there. Um, websites [clarissaburt.com](http://clarissaburt.com) and the, and the book is.

In Barnes and Noble, and it's also, um, on Amazon, Kindle, and Audible.

**Michelle Harris:** Perfect. Well, I will provide all that in the show notes. And, Clarissa, I really appreciate your time and you giving us all of this great inspiration, advice, and I hope that people are inspired to read your book because there is so much great content.

So it's so helpful, I think.

**Clarissa Burt:** I wish everyone to live as an esteemed.

**Michelle Harris:** Well, thank you. And we'll talk to you soon.

**Clarissa Burt:** Thanks, Michelle.

**Michelle Harris:** All right. Bye bye. [01:01:00] Hi, everyone. This is Michelle again. If you enjoyed this conversation, hit subscribe so you don't miss out on our weekly episodes. And if you're really feeling it, please leave a review.

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