



What does it take to truly succeed in life? How do you stand back up when you are experiencing something traumatic?

Jennifer Leigh is a self-made entrepreneur, a mother of twins and an intuitive. She has a background in crisis management, serving as a consultant to companies, organizations, and people who are going through a crisis.

In this episode, Jennifer shares her story, from starting up her own company, going through a divorce, and ended up foregoing her company.

Amidst all the challenging things she has experienced, she learned to be more resilient, more resourceful. She learned to have more faith and belief that she will come out stronger after the storms of her life.

In this episode, we discuss:

- Being resilient during tough times
- Resourcefulness and thinking outside the box
- Reshaping your life using your mind
- Women judging other women
- Compartmentalizing your feelings
- Love Languages
- Speaking words of affirmation to yourself as a form of self-care
- Recognizing the power of vulnerability
- Being kind and not judging others because you never know what battles someone is currently fighting with

Only you have the power to change your life.

Your mind is the most priceless tool you will ever have to achieve the life you desire.

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