

Narrator 00:00

From Curtco Media...

Jill de Jong 00:008

Welcome to Life Done Better. I'm your host, Jill de Jong. My guest today is Nikki Sharp. Nikki Sharp has many passions and she gets to do all of them for a living. She is a health coach, best selling author, speaker, podcast host and helps companies with marketing. Yes, a lot of titles, a lot of skill sets. But it all boils down to our passion for food, fitness, and well-being. Nikki and I recorded an episode in a Malibu studio pre-COVID-19. We're going to play that recording. But before we do that, I'd like to do a quick check in, and Nikki is on the phone on Zoom right now calling in from London. Welcome, Nikki!

Nikki Sharp 00:51

Thank you so much. And I love the time difference. It's my night, your morning... ready to rock and roll.

Jill de Jong 00:58

Exactly. I love that we can connect during this time that the technology was ready for us to stay connected during this quarantine.

Nikki Sharp 01:08

I fully agree. And the ironic thing I will say about it is pre COVID. You know, there was a point of which people were, and myself included, were kind of like almost complaining about technology that it was too much that we were on it too often. And then here it's like oh no, wow, I'm so thankful for it.

Jill de Jong 01:30

Absolutely. I so agree. Like, my, my dad lost his partner, right before this all went down. And I am so glad that we get to call every day and see each other if we want to you know. And same with all my friends, like we need the support during this time. It's so important. If we can't get a hug, then a warm voice and a you know, a smile through the phone, it makes a real difference.

Nikki Sharp 01:59

100%, I will say that I'm starting to feel the the Zoom effect, I think that everyone is going through where there's so many, it's the only way to connect, right? So there's so many FaceTime calls, so many Zoom calls so many, I mean, just being online that it's it has become a little overwhelming. So I've like learned how to manage that a little bit better. But it's it all came so unexpected. And so, you know, we're all doing the best that we can.

Jill de Jong 02:30

So and how do you balance that? Tell me a little bit about how do you balance all this new stuff that has been thrown at us and doing meetings through Zoom and not getting too overwhelmed, or fried. Obviously, we are getting energetic feedback from our phones and from our computer and it can leave us feel really tired even after a good night's sleep we can like like get tired more quickly and feel really drained. And just not able to even like make sense of our words.

Nikki Sharp 02:59

How have I balanced it? Well, I, I didn't do a very good job for the first few weeks because you, like everyone else. It was like I wanted to connect to friends and family and I have my business calls. And this, that, the other and I actually took a social media detox and I completely got offline, I deleted all the apps off of my phone. I didn't call any single friend. And it was really a chance for me to just focus on what do I need to focus and so then I came back this week, refreshed, renewed and ready to go. I think this is like especially as we are in quarantine and nobody really knows how long it's gonna last. And we've definitely become more reliant on technology. That's one of the biggest things that people don't realize is that it's not just your, you know, the food you eat, or the exercise you do. It's literally like, how often are you on technology because it's all affecting you and like you and I both really felt this firsthand. But like so many people listening who have like a million Zoom calls a week and FaceTime sessions, and they sleep with their bedroom and their phone and this, that, the other like, yeah, I just like I recommend and especially as our conversation when I was living in Paris is like, turn your Wi-Fi off just do it.

Jill de Jong 04:24

And also, not just the Wi-Fi but also your phone, right because it's still emitting a frequency and if people are, you know, people are sending you sending messages to you may not disturb you if you put it on Do Not Disturb but it's still an energetic push that comes through. And it's almost like, you know, like you can feel that like and some some people are more sensitive than than others obviously, but put your, teah, the sleep hygiene. Let's just make some rules. Number one airplane mode on your phone. You don't you know, like if someone needs you so badly, then they should call 911 in that moment, like, if someone needs you in the middle of the night.

Nikki Sharp 05:04

Well there's nothing you can do, like you're not allowed to go to people's houses. And I would say too like, you know, as another sleep rule is get off the phone an hour before bed, like, even though at least like I found myself being on my phone, going to the bedroom, you know, scrolling first thing in the morning just to wake up, I scroll, I do check emails. And when I did like it, I mean, it's it is it's addictive. And last week, when I did my social media detox, I found like, I would just go to bed and there was nothing to check and news didn't interest me. So I just put my phone away and read. Even like

Jill de Jong 05:41

Even like yesterday, I felt like, okay, I need to get away from my computer. And I was gonna go walk on the beach without any input, without needing to get any more information in my head because I need to actually, like, process the day and leave it behind me. So I can actually have an open mind and feel more patient. And also when I I have a lot more clarity. Yeah, like when I get some time away from electronics, do you feel the same way?

Nikki Sharp 06:11

I'm in 100%. And I, one of the big challenges that I face and I've spoken about this a lot to my audience, is that we're online and engaged and there's all these free courses now. And everyone is doing something to promote their brand because they want to help, right? Like people want to make money.

But also there, there really is there has been a big shift in people wanting to serve and help, which I love.

Jill de Jong 06:34

It's a beautiful shift I've seen and experienced too where people are reaching out how can I help you?

Nikki Sharp 06:39

With this new shift is like every day I, you know, I follow a bunch of different accounts that I like on Instagram, and every day they're doing Instagram Live workouts, and there's meditations you can do and there's, I don't know, there's all these workshops you can do. And it's it's almost become overwhelming, because you feel like you should be doing all of them.

Jill de Jong 07:02

Right? It's almost like we feel this pressure now. Okay, we have the time it's available. So we got to do it.

Nikki Sharp 07:08

We got to do it. And which is ironic, because it's left just as you were saying, like go to the beach and just be it's, it's left very little time to be. Like we've always been human doings, not human beings, and more so now we are we are human doings more than ever. Because it's like, Do this, do this, do this, do that watch Netflix, you know, read a book, instead of just just be just literally, can you just be in your own space and not need the distraction. And so I also believe that while technology has been amazing, and we're having this conversation because of technology, it keeps us distracted from the real thing that could be one of the greatest opportunities in our entire lifetime. People have always put their health as a secondary priority. And right now it's like we can say without doubt, and I might ruffle some feathers. And you know, sorry, if I do but like, we know, without a doubt the people that have gotten sick or who have died had pre existing conditions of some sort. And when you have a pre-existing condition, it is more important than anything else in the world to prioritize health.

Jill de Jong 08:24

Yep.

Nikki Sharp 08:25

Right. And it's like, now I'm my biggest wish for this for the whole quarantine is that people come out of it, and they realize, oh, my health is more important than anything else.

Jill de Jong 08:36

Yes, amen to that. And nothing matters anymore if you're sick, right? And, and so if you have a preexisting condition, if you feel like you can make some changes in your life, and you've not been uncomfortable enough to make these changes, I hope this time did gonna, you know, give you the kick in the butt right to say, hey, you know what, it's time, it is time to make those changes. And, and when Nikki and I talk about changes, we do not recommend radical changes, we recommend small changes that end up you know, like, doing you so well that it becomes they those little things like drinking more water, drinking less coffee, eating more vegetables. I mean, yes, you know, we all know that we got to

do it, but how are you implementing it? And how long can you keep doing it? Because, it's really all about what you do all the time. Right? And consistently, not what you do every now and then. Or, oh, I did really well for a week and then I fell off the wagon. It's fine. Like if you fall off the wagon for a meal, but then you know, there's another meal coming, right? Every couple hours you have choices like what do you put in your body? What did you put in your mouth and you have the power over your own body and if you don't understand your body, then it's really good to obviously get checked by a doctor but also to look into natural ways of healing. You know, our body is designed to heal, right? It wants to thrive. But if there's something sabotaging it, we got to find out what it is.

Nikki Sharp 10:12

And it's going back to basics. And it's not just about the food we eat and all of that. It's literally like what we think. And I, you know, there's so many people during this quarantine, who have been super stressed out and I, at the beginning of it the first few weeks, I received a few comments from followers who had said, I can't believe you're being so positive, how can you people are dying, oh, my god, they said. You know, I acknowledge that I acknowledge this is very serious. And at the same time, I choose to be positive, because it changes my my state in my body, it changes the cortisol levels, it reduces my cortisol levels, meaning that I don't have as much stress, I don't have as much inflammation, I sleep better. And so yeah, I'm gonna choose to be positive. And then as quarantine continued, I started getting the opposite messages from people saying, thank you so much for being positive. I don't know if I would have been able to handle this as well without your account. My wish is that everyone comes out of this understanding that your mind is is the most powerful thing and what you choose is what you become. Simple as that.

Jill de Jong 11:19

It is a wonderful way to like end this check in and to like start the recording of your last episode that we recorded in Malibu because there's so many so much in there, we, you know, there was so much that we shared there. And I really don't want anyone to miss out on that. But I'm so glad we got to catch up on you know, on what happens during the last couple of months.

Nikki Sharp 11:41

Well, this is amazing. I adore you. And I hope that everyone listening took some value and the next episode that you're gonna listen to obviously we dove in deep.

Jill de Jong 11:51

Oh yes! I am so excited to share with you all Nikki Sharp. Thank you so much. You are a powerful force my.

[Ad Break] 12:12

Jill de Jong 13:13

Welcome back to Life Done Better at Curtco Media podcast studio in Malibu. Nikki Sharp, welcome. Welcome in the studio. Welcome back in LA, you've been traveling for many months.

Nikki Sharp 13:28

I did 29 in 2019. I did 29 flights, 16 international flights, seven Eurostar trains, six international work trip, I was just like, what.

Jill de Jong 13:41
And you're not counting.

Nikki Sharp 13:42
Yeah, and no one's counting who's counting.

Jill de Jong 13:44
I mean, you have many passions and you get to do them all for a living, right? Your health coach and author, speaker podcast host and you help companies with marketing.

Nikki Sharp 13:55
My entire career people have said pick a niche, do a niche you'll have more followers, you have better success, da da da and I'm like, I mean, I just don't want to.

Jill de Jong 14:04
I would get bored, bored personally like I feel like I have so much more to share than on one topic.

Nikki Sharp 14:09
Yeah, well, we're multifaceted human beings and times are changing so much that it's not just about do one thing for the rest of your life. It's I think people are starting to understand that we are ever growing changing consistently every year and that your passions yesterday might not be your passions today.

Jill de Jong 14:25
Yeah, you may have talked so much about a certain subject you just, it grows old, you're like, you know what I have other things to share. Life goes on, you evolve.

Nikki Sharp 14:33
And so my evolution and I share everything, all of my evolution on on social media, but I'm much more into spirituality and self help and psychology. And so that's really what I'm teaching now because you can eat all the right food, but if you don't work on the mind, the food never really has the greatest impact.

Jill de Jong 14:49
And so this is your new biggest lesson that you're sharing, right? Like so really embracing yourself embracing your body. It really looks like you love what you see in the mirror. It looks like you really love your body. And, and it's not always been like that because you've dealt with eating disorders and it's probably, you know, your body's never looked good enough and was never, you know, like functioning the way you want it right. Can you can you talk a little bit about that and the journey to like really embracing your body because it's it's it's such a contrast. Right?

Nikki Sharp 15:17

Right. Yeah. So I had two eating disorders and I, I had anorexia for many years, and I had a huge body dysmorphia. I was tiny. And I thought I looked fat.

Jill de Jong 15:26

What age was this? And did it have anything to do with modeling? Was it?

Nikki Sharp 15:30

Yes and no. It started really when I moved to California at 18, or 19. And it was the first time that I had been out by myself, I was completely uncomfortable, didn't have any friends here. It just it was like, taking a snow globe and shaking it. And that's how I felt. And I was like, whoa, scattered and I didn't have any of the the spiritual practices or the self help. And the, you know, health and wellness was not a thing back then.

Jill de Jong 15:59

And was that something that triggered it? Or did someone say something or like, you know, I do know that eating disorders often originate from trying to control a situation and like trying to control what you can control. And that's your you.

Nikki Sharp 16:12

And that was exactly it. If you if you shake the snow globe, what's the one thing you try to control, one of the snowflakes falling as if you think it's gonna control the entire snow globe. Yeah, that's what it was.

Jill de Jong 16:23

Makes total sense.

Nikki Sharp 16:25

It was me all of this chaos and scattered and you know, everything. And so I was like, control your uncertainty, certainly huge uncertainty. And so and now I, I thrive and uncertain, it's like, that's my zone of comfort is uncertainty.

Jill de Jong 16:39

You're comfortable being uncomfortable, you've learned to get out of the comfort zone. That's why you're growing so fast to you, you really do learn a lot evolve so quickly. And I love that you're sharing these beautiful positive messages with everyone, because it's so needed, it's so needed to be heard.

Nikki Sharp 16:54

I try to say to people, love yourself as you are now and know that you are not the same person as you were yesterday, you can be a better person than you are today.

Jill de Jong 17:04

And so how did you go from pretty intense eating disorders? And I don't know how many years exactly like you were dealing with it? And when How did you pull out of that? Like, how, what was the practice?

Like? Are you completely healed from it? Do you feel like you're not scared of food and you're just so you know, relaxed in your body? Or do you at times feel like it's creeping back in?

Nikki Sharp 17:24

Great question. I believe that's a big question that people have is, you know, will I always be affected by this? And so for me, no, I'm, I can say I'm completely free of them. Does that mean that it's not still in your head of like, there are times where I'm like, Oh, God, I've eaten so much. And then it kicks in the next day like, oh, don't eat, it's like no Nikki, just, so I'm at a place now where I just listened to my body. And if I'm hungry, I eat. And if I'm like exercising a lot, I know to eat a bit more. But otherwise, I'm like, I don't need breakfast every day, if I'm not hungry for it.

Jill de Jong 17:59

So I think the food and the fitness is always your fundamentals to straighten out your mind to like, reset your attitude. And you know, to really connect with your body and you know, mind in a way that you can't just when you are busy all the time and don't stop. And so I think taking excellent care of yourself is very much part of that spiritual connection. Like I think the the nutrition and the food and the recipes are also a way to say these are the first steps.

Nikki Sharp 18:27

Well, because those are the things that actually clear the brain flog and get you more connected to your body. And once you've gotten more connected to your body, that's when you can go into those deeper levels of meaning have deeper purpose of understanding.

Jill de Jong 18:39

Yeah, exactly. So it's kind of a natural process. So people that have been following you for a very long time. They've seen this evolution, but then there's the new followers that may go like Oh, wait.

Nikki Sharp 18:50

What do you do?

Jill de Jong 18:51

What? Yeah, so it's not you know, it's, it's it's a it's definitely a process and a journey that is ever evolving.

Nikki Sharp 18:58

Yeah.

Jill de Jong 18:58

And I think that's a that's the beauty of it. And also, if you're going through hard stuff, and personal challenges, you're like, okay, you know what I've, I know that this is going to be a very valuable lesson. And I know that someday I'm going to share this. I don't know how but I'm sure that what I'm going through now is prepping me for something big.

Nikki Sharp 19:20

This evolution that I've gone through was really unlearning all of these filters that we put on. So we, we put makeup on, we do our hair, we put clothes on, but we wear different clothes for different experiences and different people. So, who's the real you? You who you are perfect exactly the way you are. And just to realize that it's a filter that we put on, and that's okay. That's like there's nothing wrong with that. But really start to get to the core essence of who you are and stop trying to do things for other people. Because you will never make everyone happy.

Jill de Jong 19:51

And I think that's a really important mindset. If you give yourself freedom. He don't feel like you needed anymore or maybe a little like you just like it's Something that I've discovered for myself, if I restrict myself, I want it bad. If you told me you can do whatever you want, I'm like, what?

Nikki Sharp 20:07

What I teach for in the Beautiful Binge in the second book is, have the pizza, do the thing that you want that you normally feel guilty about. And lay it out on a plate light a candle have a glass of wine, so —

Jill de Jong 20:21

Make it special.

Nikki Sharp 20:22

Right, you're, you're having this thing you still want, but you're taking away the guilt. Because the moment you take away the guilt, it changes the entire experience.

Jill de Jong 20:30

It's double bad, right? It's not great, you know, not a great choice, then you feel really bad about it. It's like, yeah, that doesn't really make sense, just enjoy it.

Nikki Sharp 20:38

The other thing on how I overcame the eating disorders was I started changing my mindset about exercise where I used to live exercise as a kid. And then I started hating it when it was like, oh my god, I need to burn off the calories, I need to go on the treadmill for an hour, which so many people do now, like 16 minutes. And so I started saying, you're not allowed to work out unless you eat healthy today. So that's what it was, I was punishing myself for an already bad behavior. And it became a negative feedback loop that just kept going kept. And this is why diets fail. And this is why New Year's resolution like I'm going to go to the gym now. I'm not going to eat dinner, you know. And so I was like, okay, if you eat well, you get to go to the gym. And I was like, but the more that I did not the healthier I started eating, and then I realized from that

Jill de Jong 21:24

It became a reward, not a punishment. That's the difference

Nikki Sharp 21:28

That's the huge thing. Yes, we have to stop making exercise the punishment for an already quote unquote, bad behavior.

Jill de Jong 21:35

Yes. And that's powerful. Because when you explore there's no judgment, and you can go to places where you would normally not go.

Nikki Sharp 21:43

Exactly.

Jill de Jong 21:44

How can they do life a little better? How can it feel better? How can it feel more connected? How can it heal?

Nikki Sharp 21:52

Yeah, yeah, absolutely. It's, I mean, it's just a it's an evolution. And the, when we try to go to who we were yesterday, we're preventing ourselves from growing to who we're supposed to be tomorrow.

Jill de Jong 22:07

Love it. We're gonna take a quick commercial break, and we'll be right back.

[Ad Break] 22:21

Jill de Jong 22:45

Welcome back, I'm drinking my tea, some water. I mean, that's like kind of my favorite thing to do. Like we're having such wonderful conversations, my guest is Nikki Sharp. I feel like even though I've only known you for three years, I feel like we have so much going on and so much different things. But one of the things that we have in common is that we try so many things. We learn, we constantly learn, and with learning you and try new things, you also fail at times. What do you feel has been some of your biggest failures. Some were maybe wasteful, but on the other hand, is anything wasteful? Because it may have led you to the right path.

Nikki Sharp 23:29

I love this question. Because I think that we we don't talk about failures enough. It's like people talk about oh my god, all the successes, you've had them like, holy moly, if I told you all the times, I've received a no in my life, oh my god. So I've failed so many times in terms of technology, in terms of not doing proper market research, in terms of expecting too much. And so what I've learned is slow down. Really do your research before you do it, really get to know your audience. And like one of the reasons that I I got a bigger book deal, I already had 100,000 copies pre sold. So then proof.

Jill de Jong 24:07

Proof that you can sell.

Nikki Sharp 24:09

Proof that I can sell.

Jill de Jong 24:09

That you have an audience.

Nikki Sharp 24:11

If you have a million dollar idea. They don't care if you have a million followers, doesn't matter what the book idea is. That like that's point blank what it is. I have failed so many times.

Jill de Jong 24:22

And it sounds like you, you will continue to fail in so many things because you try new things and obviously you know, like you don't know it all you learn as you go, right? I think that's the best thing you can do to educate yourself is to do it, to read it, to learn about it. I mean sure you can do courses and you know and apply what you learn right away. But real life experience is the best.

Nikki Sharp 24:26

It's the best, it's the best MBA you'll ever get.

Jill de Jong 24:26

And I love that you fail at times because you can teach me the don'ts and then you save me from a lot of trouble.

Nikki Sharp 24:54

Well I think that's, people really forget that the reason that we should listen to others more successful than us is because they have failed. They've learned and they're teaching the ways to success now. And it's like, why do it on your own when you can follow the blueprint of someone else? So like I did this book, the Masterclass, and I'm teaching you the exact way that I got half a million dollar book deal.

Jill de Jong 25:18

So you want other people to succeed.

Nikki Sharp 25:20

To succeed. And getting a coach getting a mentor is a necessity.

Jill de Jong 25:24

What type of women do you attract? And what are their main struggles, like, if there were one or two, your most common ones.

Nikki Sharp 25:32

I get people mostly who come to me just because of the eating disorder background that I had, honestly, the the clients that I get, it's not just a you can apply and get accepted program, because I have to see that you're willing to put in the work like I've had people come in after one month, they quit. And so I always tell people, because the moment that you start to tap into your biggest fears, people get really scared. And so I become your best friend, I become your support system, I also become your greatest nightmare, in that I'm going to call you out on the shit that no one else has. And so people it's like this uncomfortable, but really loving, comforting situation. And we grow so close. And there's such a

beautiful bond, like the reason so it's the three months and I say after three months, should you choose to want to coach with me still, that's fine, but that the three months is the program. And I had one client who chose to continue for six months total. And after six months, she came to me crying one day, and I was like what's wrong, and she was like, I'm really terrified to lose you as a friend, but I don't need to work with you anymore. I think I finally learned everything I needed to. And I said, You will never lose me as a friend, ever.

Jill de Jong 26:40

I love that. That well, that's a big success story.

Nikki Sharp 26:43

Huge. And I ran into her out of the blue one year later in a different country it was crazy. And she looked amazing. And she said, everything you ever taught me is finally in my toolbox. When I have a bad day, I know how to pull myself out of it. And everything that she wanted she finally was having because and it's like that, for me is how I sleep at night.

Jill de Jong 27:07

So rewarding.

Nikki Sharp 27:08

Yeah, yeah.

Jill de Jong 27:09

Because it is nothing more rewarding than coaching others to teach and coach themselves.

Nikki Sharp 27:15

Yeah.

Jill de Jong 27:16

Right. Because you don't want them to be depending on you. I mean for a certain amount of time, you're very committed. And obviously, you're their accountability partner. But after that, it's like you want them to fly by themselves.

Nikki Sharp 27:28

Yeah, I believe in therapy, and that I think everyone should go to therapy. But I don't believe in going to therapy every single week for years and years and years and years. If there's a challenge you're genuinely trying to sort through. Because if you're still in therapy 10 years later, it means you probably haven't tackled the root issue because it doesn't take that long to get to it and overcome it

Jill de Jong 27:47

True, but also, I think that a therapists may become kind of like a best friend.

Nikki Sharp 27:55

Exactly.

Jill de Jong 27:56

Where a lot of people that and so I find it surprising that I find like a lot of people don't have best friends that they can talk to like the way we talk about everything and anything.

Nikki Sharp 28:07

Well that's because it's the lack of judgment. Whereas our friends, we feel might have judgment, or they might be judgmental. And if they're judgmental, then maybe they're not the right friends, but we feel they're going to be judgmental, whereas a therapist

Jill de Jong 28:22

Is neutral

Nikki Sharp 28:23

Is neutral. Don't get me wrong. I love therapy, I think, I think it should be taught in school that you should see a therapist, you should do all the self-help. You should learn how to meditate, you should learn how to cook. We're teaching the wrong things on how to succeed in life.

Jill de Jong 28:37

So what would you like to see improve in your life?

Nikki Sharp 28:39

Oh, that's a fabulous question. Um, I would like to see my friends more more quality, quality time with my my best friends. Yeah, I'm like a level 9.7 out of 10 Dang, yeah.

Jill de Jong 28:56

Congratulations.

Nikki Sharp 28:57

Maybe a bit better sleep. What about you?

Jill de Jong 29:01

What do I like to improve? I feel like there's two words that keep coming up. And one is I would like to be more playful.

Nikki Sharp 29:08

Yes. Okay. I'll add that.

Jill de Jong 29:11

Adventurous. Because that really kind of ignites the spark in me because I am also like a high performance, you know, type of like the way I you know, like, do a triathlons and yeah, as I perform best when I'm busy because I get really laser focused. And I love getting lots of done so it's definitely a zone that I feel great in, but then, I get to like, be too responsible. It kind of goes out of balance. I don't play enough. I don't smile enough. I see myself being super productive. But then I'm like, This is not

fun. Yeah, it's not fun anymore. So the balance kind of goes to the other extreme. And so that's one thing I would like to improve in my life. Next question for you. What superpower would you like to gain? No. Wow,

Nikki Sharp 30:01

Oh, wow. What superpower would I like to gain? I look at people like Jim Kwik and Jay Shetty and Tony Robbins and all these people that I look up, like, just I'm like, I want your careers amazing. And like, Jim's a great friend of mine. And they wake up super early. So but you know, they wake up 4:30. By the time it's six, they've already meditated, worked out, eaten breakfast, and then they're starting their day.

Jill de Jong 30:23

They're kind of ahead of everyone else.

Nikki Sharp 30:24

They're ahead of everyone. And so you get more done in a day. And it's not about being more productive, per se. It's, you know, how much more value can you give and serve. And I look at that, and I'm like, I have a new motto that says, if it scares me, you must do it. I'm so passionate about my career right now that

Jill de Jong 30:40

It's everything for you, you live and breathe it.

Nikki Sharp 30:42

Yeah. And like, my speaking stuff is really kicking off. So I'm, I would love to just continue like rolling with it as fat like a snowball where it goes down a mountain and gets bigger, bigger.

Jill de Jong 30:54

I see only bright things in the future for you.

Nikki Sharp 30:56

Aw, thanks.

Jill de Jong 30:57

Nikki, how do people stay in touch with you?

Nikki Sharp 30:59

You can find me at Nikki Sharp on Instagram. So it's N-I-K-K-I S-H-A-R-P, the same as my website. And just anyone who's listening, drop me a message. I love connecting with people. I still respond to all of my own DMS and comments and all of that. So if you're interested in the coaching program, or you just have a question, drop me a line.

Jill de Jong 31:18

All right. I want to thank you for being a wonderful guest. I mean, you are a podcast host yourself. And you just make this so easy. It makes it easy to like, share the joy that I feel when I talk to you. And

that's what this is all about. I want to share abundantly in the things that I have in my life. And Nikki, you are definitely a gem.

Nikki Sharp 31:43

Oh, I love you. Thank you. This was amazing.

Jill de Jong 31:46

Hey, it's Jill. The one thing we cannot buy more of is time. Time is precious. And I am so grateful that you chose to spend time listening to my podcast. There's a lot more I'd like to share with you. So don't forget to subscribe to Life Done Better on your favorite podcast app and stay in touch. If you have a question or a topic you want to hear discussed on the show shoot me a message on Twitter @_LifeDoneBetter. We all deal with a lot in our lives, and it's freeing to talk about it openly. From my heart to yours. Thanks for listening.