

# UNCONDITIONALLY WORTHY

*The Podcast*

## **Unconditionally Worthy Podcast EP #56: How Self-Worth Impacts Your Money with Rashida Thomas**

Dr. Adia Gooden: (00:00:00) This episode is sponsored by Crys & Tiana...taking the guesswork out of launching your podcast.

Welcome to the Unconditionally Worthy podcast. In this podcast I will guide you on your journey to connect with the true source of your self worth. Each week we'll discuss barriers to unconditional self worth, the connection between self worth and relationships; self worth practices you can apply to your life, and how to use self worth as a foundation for living courageously. I'm your host, Dr. Adia Gooden, a licensed clinical psychologist, dance enthusiast, and a dark chocolate lover who believes deeply that you are worthy unconditionally.

Hello, and welcome to be Unconditionally Worthy podcast Season 4. So I am in a new location. Some of you who might be watching this on YouTube can see that I'm in a different space. If you're just listening, you probably cannot tell. But I am downstairs in our guest bedroom because my office has been transformed into a nursery. So baby girl, [Inaudible] [00:01:19] is in that room, is sleeping in that room and doing whatever she wants to do in that room. And so that means that my office is now in an open space. And it's not a great idea to record in an open space when you got a baby in the building.

So I'm in the downstairs guest bedroom. And it's kind of moody. It's kind of a dark blue color on the walls, not a color we chose. But we didn't change it when we bought the place. So I'm back, but in a different space and reactivating and excited to be recording the podcast again after a break, after maternity leave. And I'm also really excited about the episode today. I have Rashida Thomas with me, and she is a financial coach.

And we really have a dynamic conversation about the intersections of self worth, worthiness and financial abundance and our relationship with money. We talk about, you know, this question of

can you feel worthy if you're not working hard? Can you get into a position of receiving and can you feel worthy of receiving and so it's a really interesting and dynamic conversation.

I know that you're going to get a lot out of it. Because the reality is that we don't talk enough about money, and really how our relationship with money impacts the money that we get, and our sense of worthiness, how that impacts the money that we receive. We don't talk about that enough. So I'm excited for this conversation. I'm excited for you to tune in and tune in, let me know what you think. And let's start the show.

I'm so excited to welcome Rashida Thomas to the Unconditionally Worthy podcast today. Rashida is the founder of Finn Rose [ph], a financial wellness company, which provides tools to help individuals build a healthier relationship with money.

As a certified financial education instructor, her mission is to help others bring awareness to the origin of their money story, establish healthier money habits, and apply the proper tools and strategies to successfully tackle debt. I am really excited to have this conversation with you Rashida because I think, you know, money is so relevant to all of our lives, but it's also really taboo. It's something that we don't talk about enough.

And I know that you are going to just share so much wisdom and insight from your experience as a financial coach and your own life. So thank you for being here. And welcome to the podcast.

Rashida Thomas: Dr. Adia thank you so much for having me. I really appreciate you. And I'm really excited about this conversation.

Dr. Adia Gooden: Awesome. Well, I'd love to start our conversation where I start all of the conversations with guests on the podcast, which is by asking you to tell us a bit about your own self worth journey.

Rashida Thomas: Okay. So it's interesting, because Dr. Adia, I have worked in, for the financial profession, you know, since 2007, when I started as a personal banker, whether it was incorporate, or if it's whether it was in my own personal business. And it's so interesting because I worked in the field. I had been around, you know, financial advisors, and whatnot, and seeing how they were creating portfolios for individuals to grow their money and whatnot.

But it literally wasn't until a few years ago, that I was able to believe that I was worthy to have the type of lifestyle as well, that I was able to worthy to create the type of wealth as well, because honestly, like I really didn't see that many examples of wealth around (00:05:00) me when I was growing up and I'm sure, you know, a lot of us can relate because, you know, our financial education, like, we didn't necessarily get it in high school, and we kind of were in a place where it was, you know, through trial and error.

And, you know, some of us, the financial piece not really talked about in our household, in depth. And so with that, it took a while for me to really to get to a place that I was worthy to have abundant living and worthy of, you know, acquiring wealth and seeing it for me. So that was part of part one of like, my self worth journey is realizing, okay, this is for me as well, like wealth is for me, as well, and another party's, and I don't know if you heard this, let me know if you did, but like I was told, and I'm sure other people have a go to school and get a good job.

And because of that, and this is something that I started working through, literally, it just came up for me last week, is me associating with go to school and get a good job is associating external. I'm getting my word from external factors. And it's not coming from internally. So it's me is finding myself worth to the cubicle to a corporate job. And it's not an external factors, and it's not internal.

So that's something that I've been working to literally unravel because that light bulb went off for me literally just last week. And I was like, because I've been out of my corporate job in the corporate setting, just for two months, and I just really started getting that revelation of like, dang, girl, like you were tying your worth, to external factors. You were tying your worth, to the cubicle to your corporate job. So yeah.

Dr. Adia Gooden: Thank you for sharing that. Yes I can really relate around the sort of workplace and tying a sense of worthiness to the work you do. For me, it was academia. And I, you know, I went to graduate school, and then I worked at a university, and then I worked at another university. And so having these sort of academic jobs, or being affiliated with a prestigious university that was sort of like one of the final layers of like attachment to worthiness that I believe needed to peel back, I'm imagining that will probably be more that come up as I continue living, what that was a big one, right?

A sense of, well, if I'm achieving, either academically or professionally, and I could say, oh, I work at this university, this went to university, then people would know that I'm worthy that I can add value. And so then leaving was like, oh, I have to stand on my own. And yeah, I can say, you know, in the past, I worked there, but I'm standing on my own. I'm not affiliated with any institution, or any university at this time.

And there is a sense of like, like, you know, especially in the work world, are people going to see me is valuable, do I see myself as worthy. And I think some of the irony is, I left my last job, in part because I felt underappreciated. And undervalued. I felt like the work I did wasn't truly valued and appreciated.

And yet, then there's when you're on your own, you know, your clients, or the people you work with me affirm you, but you don't have that same institutional level sort of affirmation of, you know, what you're bringing to the table, or your financial stability that comes along with that, which can kind of contribute to our sense of self worth, and all of those things.

Rashida Thomas: Absolutely. Thank you so much for sharing that. And you know, what, something that you said that hit home for me, is standing on my own two feet. So like us getting to the core of like, who are we, like outside of these titles, the academia, these accolades and whatnot, like, who are we, what is that core essence of who we are outside of that, and then understanding like, we still have things to bring to the table outside of all of those things. I mean, they are great accomplishments, and whatnot, but it's putting me on a path of like, who is Rashida at my core, my very core who is she. Yeah.

Dr. Adia Gooden: Yes. You know, makes me think about sort of this, I think, interesting dynamic, where we can be in a job in an institution, and feel really frustrated and constricted and like, they don't really know me, they don't really see me, they don't really appreciate me and sort of have this ongoing frustration and resentment because of that. And then we can leave that job. And in you both you and I's case, we like going into entrepreneurship, this sort of this wide open field, and it's like, oh my god, now I have to figure out who I am.

Rashida Thomas: Right.

Dr. Adia Gooden: No, I don't have those restrictions. And, you know, it's like what we wanted, and sometimes freedom can be scary and overwhelming (00:10:00) because we are left to figure it out on our own and determine it on our own. And I think for so many of us, we spent decades in the confines of an education system or a job or work system or whatever. And that freedom is what we've longed for. But it's like, what do we do with it, what do I do with myself now?

Rashida Thomas: Right. Right. And it's, I think the good part is what do I do with myself and also checking in with yourself; how do you feel in your body? What are some thoughts that are coming up? And then also getting out of the sense of trying to hurry up and figure what's next? So that's what I'm navigating right now is, I have things that I need to carry out right now.

Let me focus on carrying out these things right now, instead of trying to rush to figure out what's next is a big thing that I've been working to navigate and I'm having to put my own brakes and saying, like Rashida, you have things to focus on right now. Instead of trying to rush to figure out what's next and stay out of this survival mode in a sense.

Dr. Adia Gooden: Yes. Well, you know, I'm, I know that you mentioned, you just left your job very recently. I also know you just moved. You had a big move. Let me [Inaudible] [00:11:17] and so I would love for you to share just what's been coming up for you as you transition. You know, you've been working on your business for a while. But as you transition out of working full time in the corporate world, and having sort of your business on the side to your business, your financial coaching being your main thing, like what's come up for you, and how have you sort of use your wisdom as a financial coach to coach yourself through this transition and process.

Rashida Thomas: Honestly, Dr. Adia and I be very transparent. So I believe we're really, because I'll say this back in August of 2020, I was out of my corporate job for about three weeks because of, you know, just severe depression. I just got to a point where I could not complete a sentence, struggling for thoughts and whatnot. So yeah, I was struggling with that back in August of 2020. And I figured, okay, the source of this is because my corporate position was no longer serving me. So then it was okay, I need to figure out how can I make the exit strategy to get up out of corporate so that I can go full time in my business.

But then last year, I had two motor vehicle accidents, which ended up keeping me out of work for nine months. I was out of work on disability for nine months, allowing my body to heal itself, and that I can do it in piece. But I believe that being out on disability, because when you're out on disability, I started out with short term disability, that was about 30 days or so I was only getting

50% of my salary. And so then, when I shifted back into long term disability, I was only getting 60% of my salary at the time. But during that time, even though my salary took, you know, I was only getting a percentage of my salary I believe I felt abundant during that time. I felt at ease and my finances during that time. I had time to breathe. And I really believed like, that's what really prepared me to make that shift of out of my corporate job when I relocated to LA when they said, okay, girl, we're not going to let you work, continue to work virtually in LA.

And I was like, Okay, I'll go ahead and make the leap. Because I had already had a corporate client lined up. And I said, let me just make the leap. Let me just bet on myself. And I believe so that disability so like that income shift for being on disability helped prepare me and allow me some breathing room, and then securing that corporate client that I knew I will be receiving income from, really allow me to make the leap. But I will be honest with you, it's some grief that has come up because I had been in corporate, you know, since I got out of college. I graduated from undergrad and and I'm dating myself but 2006 when I finished undergrad. So I had been incorporated since 2006. That's 16 years.

And it was a grieving process that I had to go through that I really honestly started last year when I made the decision like we really going to get up out of corporate and still even after I left, and I relocated, there was still days where it was a struggle for me to get out of bed because like I didn't, I was just like in a fog, per se I was just like, oh, okay, like my body was catching up to my environment per se.

And I just had to honor that. I had to rest and once I started to come out the fog I just was gentle, gentle with myself (00:15:00) throughout the process. So those are some of the things that have been coming up for me, you know, as I transitioned of out of my corporate job on May 27. Yeah.

Dr. Adia Gooden: You said so much in that I'm going to see if I can remember all the things that I wanted to like, pull out and highlight. So like, one thing is just remembering that sometimes even in the most difficult circumstances, there are gifts, right? Like, nobody wants to go through a really severe car accident, and, you know, experience a period where you have 50% of your income or 60% of your income, but you found a gift in that, which is this beauty that you connected to this ease and abundance that you connected to, in the absence of being in work full time, and in the absence of your full salary.

I think the other piece that you know, stands out to me is the fact that we often believe that we have to hustle and be anxious and desperate to get the money. Then when we get the the money, then we'll feel abundant, then we'll experience ease. But I think your example shows the opposite, which is get into a space of ease and flow and abundance than the money, the amount of money will probably matter less.

And actually, that is where you start to attract more money to you. You're more likely to have more money when you're a state of ease. And I think that that also shows in how you coach yourself through this transition. And through the grief, right? There's this piece where you instead of, you know, you could have said, I'm in a fog, I'm exhausted, I need to rest, but I got to hustle. And I got to push myself and I got to I don't have the corporate job anymore. So I got to

go, go, go, go go go get into scarcity mode. I don't have enough time, I don't have enough money. I don't have enough, right?

And you could have done that, it would have very easy to do that. But instead you said no, I'm going to trust, I'm going to honor my body, I'm going to take care of myself, I'm going to rest. And I'm going to know that what I need, and more than what I need will come to me.

Rashida Thomas: Absolutely. And that's another thing that was big for me last year after that car accident when I didn't have a choice, because I had to open up myself to receive. And I had to trust that and be able to talk about what it is that I need those moments. A, it's not to feel bad about it and be to trust that people will deliver. And they did. So me opening myself up to receive has been big navigating this journey as well.

And I believe it's just part of the toolbox that I was reaching into this opening myself up to receive not feeling bad about asking, you know, communicating what I'll be needing in this moment. Even with my relocation, people ask me, what do you need? Oh, well I will be opening open to receiving a Target gift card ask, I would be open to receiving a desk and chair there was I put a wish list together on waste there. Boom, like somebody, a mentor of mine.

She took care of it just like opening myself up to receiving and not feeling bad about communicating what it is that I need. It just not trying to figure out all this stuff on my own. Not trying to figure out all of this stuff on my own. So that's been a big piece too, is being open to receive.

Dr. Adia Gooden: That is so powerful, right? I think especially as black women, we are socialized to give but not receive. Right? It's no thank you. I got it. I'm good. I don't need it. I, you know, and then we feel resentful because nobody's helping us. Right. There's obviously a lot that goes into that. I'm not saying that people are always offering because they're not. But I think the opening yourself the practice of receiving is so powerful.

And I think there's too many of us who want more abundance in our lives but we don't want to receive. We don't feel comfortable receiving. And I think you know, dealing getting comfortable with the practice of receiving being open and willing to receive and asking for what you need for people and then breathing and allowing them to show up and meet your needs like that is a practice that supports abundance. Because if you are like I don't need anything, I'm not accepting anything. What you're communicating is don't give anything to me money, time energy, support. And so I think that's such a powerful thing and I hope that all of you listening will take that with you right like check in with yourself.

Do you allow yourself to receive whether it's a compliment, whether it's somebody you know, helping you, you know, carry a heavy box up your stairs at your apartment that you know is maybe too heavy, like whether it's money like are you open to receiving? Do you allow have a sense of receptivity? (00:20:00)

Because that's really going to set the stage for abundance for all sorts of things. And I think that also relates to a sense of, do you feel worthy. Right? Like, do you feel worthy to receive gifts from people?

Do you feel worthy to receive compliments from people? And it doesn't mean you need it, or you're dependent on it. But if you feel like oh, yeah, that's reasonable that somebody would offer me something, I would give to them if I was in a similar position. And so I'm going to openly and gratefully receive this because I know I'm worthy of it.

Rashida Thomas: Yes. So good. Just getting into the posture of practicing, being open to receive. And when you said, and honestly, it starts with being opening open to receiving a compliment and not trying to, will somebody give you a compliment, just simply just saying, instead of a rebuttal, just say thank you.

And leave it at that. Just something that may happen in your day where, okay, I see you like gratitude for that, thank you for working out how it did, just being open. The compliment piece is what hit home, like, being able to just literally take a compliment is allowing you to be more able to be open to is opening yourself up to receive by just simply just taking a compliment. And just saying thank you instead of well, I mean, like, –

Dr. Adia Gooden: I didn't really. I just rolled up the bed. Just wasn't anything. You're really cute.

Rashida Thomas: [Inaudible] [00:21:37] Just now. Just thank you. Just a simple just thank you. That's all.

Dr. Adia Gooden: Yes.

Rashida Thomas: that's all. Well, you said that I was like, that's good.

Dr. Adia Gooden: It's a big one.

Rashida Thomas: Yes.

Dr. Adia Gooden: So I'm wondering if you could share in your experience as a financial coach, what are some of the biggest challenges and issues that you see people having with their relationship with money?

Rashida Thomas: You know, I would say this, and what really got me to investigating my relationship with money is because I couldn't understand why is it that I'm making six figures, but I'm still living paycheck to paycheck. Like, I know that there's more out there for me that I desire, but how am I able to tap into this like how am I able to really, you know, break this wide open and that's what the shift was, for me is the the paycheck to paycheck cycle.

And me just sitting there being like, why is this math, not math in? Like, I literally got to a place where I'm like, why is this math not math it for me. And that's what got me to really take a look at the money and I think with a lot of people don't understand is that you know, things how

money was talked about in your household, or how was not and just early money memories all of that taps into the decisions that you make financially as an adult; all of that. And it's having the knowledge and awareness of that and working to unlearn what is not serving you and your financial journey.

That's the missing link, right? It's like understanding like things, the money memories that are coming up, and whatnot, and investigating that and how that is impacting your current financial journey. That's the big piece. And then we have to be graceful with ourselves. Another thing Dr. Adia, is we have to be graceful with ourselves about financial mistakes that we made, because we were making these money decisions based on the level of awareness and knowledge that we had at the time.

And I also had to be mindful about the people that was around me, like if I got people is constantly screaming that they broke and things of that nature and just not coming from a good you know, a good space and just being and I'm paying attention to the type of conversations that we're having, if they're not really necessarily uplifting, you know, that's going to tap into my experience with money as well, especially with the individuals that you spend the most time with, because people talk about your network is your net worth.

But it's honestly the conversations that are taking place. So if you have people that's constantly talking about money in a negative manner, then eventually yes, that that's going to rub off on you at some point. Because some of us do take good advice from our friends in regards to money, but it needs to be in a more positive space versus negative discussions in regards to money. So those are some and also you know, what are we talking about worth because this is Unconditionally Worthy.

And just how are we taking care of ourselves like how are we putting ourselves first before we give ourselves to the world (00:25:00) is so critical like when you get up in the morning, like, what are you doing? Are you immediately attending to other people's needs? Are you attending to yourself first, and being okay with, you know, self care, however that looks for you and not feeling bad about it. So those are some big areas for the self care, the conversations in your circle, whether they are the positive or negative about money, the relationship with money, like understanding, like the origin of your money story, those are some big things that tie into them.

Dr. Adia Gooden: Nice. Yeah, I mean, I think all of those are sort of great things for people to start to think about, like, what was the conversation that people were having about money around you when you were growing up? What sort of beliefs about money did you implicitly adopt? Because there are a lot of I think things about money, because it's not talked about explicitly, they were sort of just internalize without investigation.

And when we want to have a different relationship with money, what if you want to go from living paycheck to paycheck to feeling a sense of, you know, financial abundance and you have to investigate like did I, do you believe that, you know, you don't get to keep money, right? If you have money, you lose money, or you have to get rid of it or right, like what are or is bad to have money, right? I know that I sort of grew up and sort of adopted this belief that like, you know, there's kind of something wrong with being wealthy, right? Like, if you have too much



money, like you can have like, solid middle class, maybe not even middle class, but like, if you have too much money, if you live too lavish of a lifestyle, that's not good. There's probably something unethical. There is probably something wrong with that, right. And I also had this belief that because I went into this profession of being a helping profession of being a psychologist, a clinical psychologist, I wasn't doing it for the money, I wasn't in it for the money, I didn't want the money, right.

And so that sort of stance, then reflected itself, in my experience of not having much money. And then when I was in graduate school, I was, you know, I was in graduate school living on a small stipend. And so there was some facts to that. But I also found that after I did a lot of work on self worth, and a lot of work on my relationship with money and healing, that, that my financial situation changed pretty dramatically within like, a year.

And I was like, okay, this isn't just about like, oh, I got this job. It's about I shifted my relationship. And I challenged the idea that I sort of the subconscious that I would be bad if I had money, or I really didn't want money, because I just love my job. And it was just so amazing. And now it's like, I can love the work and want the money. Once I challenge that things open up for me in a really powerful way that they just didn't before.

Have you ever considered launching your own podcast but don't know where to start? Is your podcast idea is still taking up space in your head and your launch to do list too long and tedious? You need a gentle push in the right direction. And I highly recommend you consult the team at Crys & Tiana; a podcast launch production company helping entrepreneurs like you and I launch podcast without the overwhelm.

That way you can focus on what you do best talking, connecting and sharing your special message with the world. Crys & Tiana allowed me to relax and focus on creating meaningful content that I'm proud of while connecting with all of you. They keep me organized and on track so I can spend less time on tedious tasks and more time in my zone of genius. Crys & Tiana's team will help you declutter your priorities, identify your most important podcast goals, create a plan for execution and lead you to success.

They'll provide you with the structure and accountability you need to thrive, which means you can use your newfound time to focus on growing your business, making a bigger impact and more money doing what you love. Whether you're a coach, entrepreneur, or lifestyle brand, Crys & Tiana will help you take your podcast to the next level. Book a podcast on strategy call today and start turning your podcast dreams into reality. Go to [www.CrysandTiana.com/launchstrategy](http://www.CrysandTiana.com/launchstrategy) for 25% off a launch strategy session. You can also find the link in the shownotes.

Rashida Thomas: I can love my work and love the money that is coming in from that at the same time. That's good. And just the conditioning that you had to learn about, oh, I'm a clinic like you know, middle class is cool, upper middle class okay, but just you know, wealthy and lavish lifestyle and like that's literally scaring the money away like we talked about a little earlier and just like getting into that hustle mode, that scarcity mode.

That's that's scaring the money away honestly. (00:30:00) And just working to unlearning that I absolutely love that and the fact that the shift for you was so quick because it could be like for

instance I'm not going to lie like I have days where I'm just at home, maybe financial days, and I have to do to get my two bucks. Okay, is it a day where I need to move my body? Is it a day, then I need to take a Epsom salt bath, a pink Himalayan salt bath to move that energy? Do I need to do some yoga? Do I need to go because I'm in California now? Do I need to just go sit by the ocean? And just get out of my environment and get out of this space and then come back to it. And then also, that's the thing like, it's a day, it's a few hours, but not attaching our identity to it. It's just a moment in time that identifying with it. Moving forward is the big thing. Yes.

Dr. Adia Gooden: Right. When I think you know if I've studied a little bit around abundance principles, but a lot of it is like how you feel affects what you attract. And so I totally agree with what you're saying. Like if you're having a day where you're stressed and anxious about finances, shifting your energy and shifting your mood by getting out of the house, moving your body, going for a walk, getting some sunshine, can really, that's really going to be more helpful than spending five more hours like on your computer, work and like desperately, maybe I'll apply for a side job and like doing all of that you're actually calming your body, easing your body, soothing your nervous system, all of those things is going to put you in a better position to attract, call in the money that you need or want, then the anxiety and the stress.

The other thing that came up for me as you're sharing is, you know, just this idea that a lot of people feel like what makes them worthy is that working right? Hard work is worthy. And if I over-work, that's what where I get my worth. And that's the only time I can receive money. I have to be I have to work hard for the money. Right? That belief, right. And so if you're finding that you're overworking, you're overextending yourself, you're exhausted. And that's the only way you end up feeling worthy.

Like it's hard to be relaxed, it's hard to be at ease. It's hard to allow wonderful things to come to you without struggle, without striving, without hustle, then that's a piece to work on. One is, can you feel worthy when you're not working? Can you feel worthy when you're playing, when you're at ease, when you're, you know, like when life is flowing? And then can you feel like worthy of money? Right? Can you believe that you can attract money to you without working hard? Right. So one of the things I talk about is that since I left my job, I have worked less and gotten paid more and had a bigger impact. Right? Magic.

That's what we want, work less get paid more, have a bigger impact. I needed to shed the belief. And it took years to shed the belief that hard work that I needed to overwork and hard work and that's what I had to do to prove my worth and to earn money in order to get to this space that I'm in now.

Rashida Thomas: Great. So for you doing that work and it's literally the question that you presented that I again, I'm still working through is can you feel worthy when you are not working hard? Can you feel worthy when you are not working? That's the big thing. Are you disabled to be literally because being is not doing. Because that's what was coming up for me last week being is not doing. What does that look like for Rashida that's literally what I came up and I'm working through and can you feel worthy when you are not working.

So yeah, I love the fact that you were already you were able to navigate and do the work. And those are some big questions like, can you just be and be comfortable in just being and not feeling like you always have to do something all the time. Like it's okay to rest. It's okay to rest your body and you mentioned play. It's okay to play and tap into that childlike energy because there's still a part of you at the end of the day, that four, five, six, seven year old or whomever you got an inner child, the inner team I even talked to my you know written letters to myself in my 20s. Those beings are still within you and still needed to be attended to so that play that childlike play helps with that, especially, and it's a part of your worth, your self worth journey. Still incorporating that in because those are things that we enjoyed as children. Absolutely. (00:35:00)

Dr. Adia Gooden: And I also like to highlight, I think, especially for those who are like, I don't know about all this [Inaudible] [00:35:07] stuff, I like to highlight that I actually think our biggest, most potent gifts for the world are found in our being. That's the energy we bring, that it's what sort of flows naturally from us that most impacts the world around us.

And we think, especially in the Western world, I'm guessing that other cultures don't have this as much. But especially in the Western world, we are so tied, attached to the doing, how many hours are you putting in? How many reports are you producing? How much money are you? Right? Like, we are so doing oriented, whereas other countries, you know, siesta in the middle of the day, two months off, you know, like, there is more of a relaxed, there's more being that's happening.

And so I like to challenge people to think about okay, so if when you think about the people in your life, and the people that have had such a powerful impact on you, the people who have blessed you, is it what they did for you? Or is it how they were with you? That was the blessing. And most of us are going to say it was this person, it was my grandmother, because of how she was with me, how she be with me, right? That was what was powerful. It wasn't, yes, she could be nice breakfast and dinner. And like, that was really fun. We went to a museum when I was growing, we went to museums when I was growing up.

But really what the impact was how she loved me, just by being with me, just making me feel welcome, right. And she, my grandmother was a teacher. So she was teaching first grade students. And she did that with all of her students, too. And what a blessing, right? Not just what are the lessons and yes, she taught them to read. And that's all great. And it was her presence that provided this foundation for her to be an amazing teacher, because the kids felt safe to learn and to be themselves. And so I really encourage I think all of us to think about how we be as the blessing as the impact, as the intervention, more than what we do. What we do can be sort of the portal, but it's not all of it.

And we can get so lost in the doing that we leave behind the gifts of our being. We don't bring them with us. We're exhausted. We're tired. We can't access them. And so it's like, okay, if you can do some of these things, you're talking about Rashida slow down, notice how your body feels, get outside, ground yourself, right, some of the things I talked about practice self compassion. That's when we can get in touch with our being, and bring forward those gifts that truly bless us and bless the world.

Rashida Thomas: So good. And it's the experiences that you bring for other people like, what's the energy, what's the experience that you bring that's your core being literally not doing, like you said, the doing is, you know, as the portal and you know, as complementary to your being, as a person as a human being, you know, I just, that that was really good. Really good. I mean, it's given me nuggets to think about, like, you know, what is it that I bring to the table, like, what, what is my experience that I bring to other people? What does that look like? What is, you know, what is some of the feedback that I have received? And just keeping that with me and remembering that outside of the external things of the things that I do. That's good.

Dr. Adia Gooden: Yes.

Rashida Thomas: Thank you for that.

Dr. Adia Gooden: Oh, you're welcome. I think we're also both challenged, like we're both sort of in this coaching space. And the ask when you're sort of marketing or telling people about your programs is like, what will it do for you? What will it do for them and so so you're asked, I think, understandably, so to say, okay, this is what we'll be doing in the program.

And these are the outcomes that you'll get but I think one of the things I struggle with, I don't know if you feel this as well is how do I articulate the experience that's intangible that I think is really that powerful and healing and valuable. But it's like, well, you get to, I get to be with you, and you get to be with me and that our presence together, create something magical that I cannot tell you exactly what it's going to be or how it's going to turn out.

But I know it's going to be powerful. I know it's going to be healing, more if we get together in a group. And so that sort of this challenge of like, we live in this western world that you know, says you need to articulate like, what are the outcomes, what are the results and there's value in that. I'm not saying it's invaluable and (00:40:00) how do we articulate and value the parts that are more abstract, the parts that are hard to put into that doing outcome framework.

Rashida Thomas: You know what helps Dr. Adia because again, like both of us are in the coaching space, I have, you know, financial therapy clients and I have financial therapy session. And it's the testimonials, because everybody's experience is going to be different. So it's the testimonials that maybe speak into the experience, and maybe it's speaking to the transformation that have been helpful for me to be able to articulate potentially what the experience is going to be, even though the outcome for the individual is going to be different. Because again, it's hard for me like I just, I'm going in, you know, I have, you know, I have things that I walk through, but it's an experience, and it's going to be different and we're just stepping in and doing the work and doing the work that we love. So it's hard to articulate. This is not a cookie cutter situation, like, you know, this is a different type of space.

So I've what has helped me is, you know, the testimonials, some of the feedback that I have received that is able to help me hone in, okay, this is maybe what the experience is looking like. That's what's been helping me.

Dr. Adia Gooden: Yeah, that makes a lot of sense. Some people may be listening and thinking, maybe I need financial therapy. What are some of the things that people seek you out for, and maybe some of the things that your clients have said have been helpful in terms of working with you?

Rashida Thomas: You know, people come to me when they're just like, I just have anxiety, about money period. I know I'm making or, I know I make, I'm making great money, but I'm not understanding where my money is going. It's a big thing that comes up.

And then just, you know, the person that may be potentially, you know, may feel like their financial situation may be a bit too much for them. And they may feel like they've accumulated, you know, a lot of, they just have so many, you know, fires to put out potentially, and just walking through, okay, what does that look like? What is the root of that? And just individuals who say, I know, I desire more, but I'm not 100% sure how that's going to look like for me, and how do I get there?

Because I started my sessions out, you know, asking, you know, what is an abundant, what is abundant living look like for you, and then, you know, we work to reverse engineer into getting there by walking through the origin of your money story, what's your current relationship with money and things of that nature to get to a further get closer to a place where, you know, you feel like money is all around me. money is available to me now.

Money flows to me freely and abundantly, you know, getting to that place, how am I talking about money. So that's what people come to me for and it's interesting. I've had a lot of, I've worked with, you know, married women. I've worked with, a lot of small business owners come to me because being a small business owner, that's going to cover some money trauma that may or money that may not have been addressed, and I'll be honest, your relationship with money is going to continue to evolve. There is going to continue to be things that are going to come up, but it's just I'm equipping them with tools to help them as things continue to may come up and whatnot.

Because we're continuing to evolve. I'm helping equip them, give them the toolbox to reach into to be able to address it and then move forward. For instance, for me, I've had to have conversations. I don't know and I don't know if you in this season or not, but just looking at my parents as though they are humans. And having the conversations like, you know, these are some started things that I witnessed, I saw that happened in my childhood and maybe in my early, you know, my teen years that attributed to my money story. You know, having those type of conversations is where I'm at as well.

So yeah, that's what some people come to me for. Again, it's been a lot of small business owners and it's also been the individuals like I just, I know I'm at the tip of, you know, just everything I desire, but I just can't seem to figure out how to get there. Well, what's unlocking? What do I need to do to help unlock that. (00:45:00) Yeah.

Dr. Adia Gooden: Yeah, I mean, those sound like, really incredibly powerful questions. You know, I think we think a lot about, okay, I need a financial adviser, I need this, I need that, but not I think you offering a space one for people to think about what they want with their money with the abundance in their life, what they want that to look like, and just a safe space where people can talk about money, right? Because we don't have those spaces. And, you know, I think financial advisors are great.

And often there's, you know, they're also trying to make money, right, and they have an agenda of some sort. So working with you where you know, your agenda is to support them and healing their relationship with money and getting to the life that they want to live. Right? And you're not invested in them saying, well, I want to invest in this, or I want to buy this or I don't, it's really how do I help you craft a life, a financial life that you want I think that's could be such a powerful space. You know, I think that I'd love for everybody listening to take the time to think about that I believed I was Unconditionally Worthy what abundance would I want in my life? Or what abundance would I feel worthy of right? So allow yourself to dream big, right? Think about what would you like without the restrictions, without the oh my gosh, people aren't going to like me, or I'm going to lose this or what like, what would you like an abundant life to look like for you?

So I think that would be a great question to leave people with and tell us, Rashida, how can people follow you, get in contact with you? Right? If somebody's listening, they're like, oh, man, I need to hear more what she has to say. I'm interested in the services that she offers. How can people connect with you?

Rashida Thomas: Sure. You can contact me on Instagram, at Rashida S. Thomas and also I'm on LinkedIn as well as Rashida S Thomas. So get in contact with me those two ways, or you can just directly email me at [info@RashidaSThomas.com](mailto:info@RashidaSThomas.com). And I would love to further have a conversation with you if you reach out. So thank you for that.

Dr. Adia Gooden: Awesome. Well, it's been a really, this has been a great conversation.

Rashida Thomas: Thank you.

Dr. Adia Gooden: I really enjoyed getting into this. You know, yeah, it has been juicy into this topic. I think it's so important. And I think, you know, a lot of people are going to find it helpful that we're talking kind of openly and honestly about this. So I appreciate you, taking your time, sharing your wisdom, sharing your energy with me and joining me on the podcast.

Rashida Thomas: Thank you so much for having me Dr. Adia. Thank you for this space that you have created that allow me to feel safe and comfortable. To have this beautiful conversation with you I really appreciate you for that.

Dr. Adia Gooden: You're very welcome.

Rashida Thomas: Thank you so much.

Dr. Adia Gooden: Thanks for joining me this week on the Unconditionally Worthy podcast. Make sure to visit my website [DrAdiagooden.com](http://DrAdiagooden.com) and subscribe to the show on iTunes so you'll never miss an episode. You can also follow me on social media at Dr. Adia Gooden. If you love the show, please leave a review on iTunes so we can continue to bring you amazing episodes.

Lastly, if you found this episode helpful and know someone who might benefit from hearing it, please share it.

Thanks for listening and see you next episode.

This episode was produced by Crys & Tiana and the music is by Wataboi.