

Naketa Ren Thigpen – Amplifying Intimacy 360 Degrees in all of Your Relationships

In this episode:

- Understanding the roots of Naketa’s desire of studying human behavior and breaking down common myths of trauma.
- Naketa’s life-changing realization that she is stuck, idle and unhappy and how it pedaled her into doing things differently.
- Hear Naketa’s health scare and how it has motivated her to push through with entrepreneurship.
- The mathematical approach in achieving balance and joy in your life.
- Understanding boundaries and breaking it down into five permission zones.
- Naketa speaks about the formula for creating joy with healthy relationships and intimacy in our lives.
- The five-step deepening connection tool for partners that revolves around “CATCH” strategy.

Naketa Ren Thigpen is the #1 Balance & Relationship Advisor in the World. Naketa has become the go-to for fast-scaling married women entrepreneurs and power couples seeking to balance love and success.

She is the creator of the breakthrough paradigm the Joy Map Method, and an International Best-Selling Author of the book *Selfish*, Transformative Empowerment Speaker and CEO of ThigPro Balance and Relationship Management Institute. Naketa and her team set out every day to inspire, equip and empower her client-partners to amplify intimacy 360° across all key relationships so they can create joy and achieve WHOLE SUCCESS!

Quotes from this episode:

“All my prayers have been about, what will I become, I didn’t ask how to start.” – Naketa Ren Thigpen

“I didn’t know if I was on the right track, I just knew that I wanted to go deeper.” – Naketa Ren Thigpen

“It is the truth and admitting the truth about what you want and what you need over the boundaries that you create to achieve that truth as your reality and keeping distractions out.” – Naketa Ren Thigpen

“Boundaries literally have to be instilled for you to create your own balance and to live the truth of whoever you’re becoming.” – Naketa Ren Thigpen

“Be mindful that as big as we are and as much as power as we have, we’re still a part of a bigger puzzle.” – Naketa Ren Thigpen

“You should always be available but not readily accessible.” – Naketa Ren Thigpen

“Just because it worked for someone you saw doesn’t mean that it actually is the best thing for your lover and for your relationship.” – Naketa Ren Thigpen

“You can’t have a *we* time if you don’t have room for *me* time.” – Naketa Ren Thigpen

“I’m only gonna tell you what’s best for us because I’m really being honest about what’s best for me.” – Naketa Ren Thigpen

Pearls of Wisdom:

1. Always be in a space of gratitude.
2. Imagine yourself forward.
3. Forgive yourself first.
4. Take action.

Resources:

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Website: <https://thigpro.com/>

Facebook: <https://web.facebook.com/groups/certifiedselfish/>

LinkedIn: <https://www.linkedin.com/in/naketathigpen/>

Link to the show: <https://www.kamiguildner.com/ewr-naketa-ren-thigpen-186/>

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