Tanya Dalton - Are You Filling Your Calendar or Are You Filling Your Soul? – Episode 235
Show Notes

In this episode:

- How Tanya transformed her life when she went from living for her to-do list to living on purpose
- How to go from having your business run your life to allowing your business to create the freedom you crave
- Why Tanya left social media and how it enabled her to connect more deeply with her soulmate clients
- Shifting from “should”ing on yourself to a more gracious mindset that allows you to show up as your authentic self
- 5 Minutes to Peak Productivity
- The relationship between confidence and purpose
- The beautiful mess effect and why your mess is key in your hero’s journey

Notable quotes:

“Our business is a vehicle for our lives. Our business is not the end-all, be-all.” – Tanya Dalton

“We can't shine our light on others if our battery needs recharging.” – Tanya Dalton

“Every single one of us has the ability to impact 80,000 people. If you're not stepping into your gifts or sharing the things that make you special, you’re keeping your unique gifts from changing people’s lives.” – Tanya Dalton

“If you're constantly achieving everything you set out to do, you're setting that bar so low that you're not stretching out of your comfort zone at all.” – Tanya Dalton

3 Pearls of Wisdom:

1. It’s okay, wherever you are.
2. Don’t get caught up in the big goals, focus instead on taking small action today.
3. Try the 5 Minutes to Peak Productivity activity to close that work compartment and open yourself fully to the people you love.

Resources:

Tanya Dalton, Are You Filling Your Calendar or Are You Filling Your Soul?
Website: https://tanyadalton.com/
Podcast: Intentional Advantage Podcast with Tanya Dalton
Book: *On Purpose*
Book: *The Joy of Missing Out*

Link to the show: https://www.kamiguildner.com/ewr-tanya-dalton-235

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