

Jill Keuth, Founder of Be Courageously You, Awakening Women to their True Selves, Episode 265

Show Notes

In this Episode:

- Jill shares how she organically entered the world of coaching and how her mother has been an inspiration in her journey
- How motherhood changed her career trajectory
- The ways she worked through many identity crises
- Insight into her journey as a life coach
- The different ways she taps into courage and her true self
- Jill's one message for the world
- Tips on moving from your head to your heart
- The ways she's grown her business with divine purpose
- How she's expanding her offerings by hosting her first retreat
- Ways to trust the certainty within yourself
- Tips on saying yes to your potential

Notable Quotes:

"When I reflect on my life, the path always led me to this place. I can see it clearly now." -Jill Keuth

"I didn't play dolls. I played office." -Jill Keuth

"I woke up one day and decided I had to start asking new questions." -Jill Keuth

"When we tap into our heart and live our lives authentically. We show up to the wholeness of who we are." -Jill Keuth

"Women are most in need of a sense of fulfillment." -Jill Keuth

"It takes courage to trust that you can do it." -Jill Keuth

"From the beginning, I allowed my business's growth to be organic. I trust that however it grows is in divine purpose." -Jill Keuth

"When we come home to ourselves were connecting to the certainty within." -Jill Keuth

3 Pearls of Wisdom:

1. Trust that moving forward in life and business takes courage, and it doesn't mean you're an imposter; it means you're human. Trust that every single one of us is stepping into courage every day.
2. Dedicate a practice of choosing empowered thoughts.
3. You are meant to shine. You are meant to be big, and you are meant to do important work. Trust in yourself and shine.

Resources:

Jill Keuth is the founder of Be Courageously YOU and a Whole-Person Life Coach for high achieving, accomplished women who are rocking their professional lives and yet still feeling the need for something more in life.

Website: www.jillkeuth.com

Facebook: <https://www.facebook.com/JillKeuthLifeCoach/>

Instagram: <https://www.instagram.com/jillkeuth/>

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