Episode 62 Transcript

# Redesigning Your Life with Eileen Carlucci

**SUMMARY KEYWORDS**

life, divorce, women, coach, core values, closet, business, divorced, create, values, feel, years, speak, book, started, people, pandemic, wear, confident.

**SPEAKERS**

Janelle Anderson, Eileen Carlucci

**Janelle Anderson**

Hello ladies, you are listening to Women Emerging Fearlessly. Did you know that four out of five women struggle with confidence and knowing who they are? This show is dedicated to helping women lead their lives with fearless confidence and to know how amazing they truly are. In this show, you will hear from women who are emerging fearlessly who have overcome many obstacles to pursue their dreams and passions. And they will inspire you and encourage you to stand up, step out and speak up. Be your authentic self and bring your true gifts to the world. My name is Janelle Anderson, and I am your host. If you enjoy this podcast, please leave a great review, and subscribe and share it with your friends. Enjoy the show!

**Janelle Anderson**

Well, hello, ladies, welcome to this episode of Women Emerging Fearlessly. Today, I have a guest with me. And she's going to talk about reinvention and repurposing and redesigning your life after going through a lot of transitions, which she will tell you about that. And what she has done in her life to restart her life, I guess and just redesign the life the way that she wants to live it and she's done a lot of amazing things that she's got going on, creating a business and writing a book and a lot of really exciting things. So, I'm excited to introduce you today to Eileen Carlucci. She's the author of the upcoming book, Your New Life Starts Now: Seven Steps to Thrive after Divorce. And she is a sought-after speaker, life, divorce, and style coach. But it wasn't always like this. A few years back, Eileen found herself suddenly separated and heading towards divorce after 24 years of marriage. Her kids were going off to college, she lost both her amazing father and her beloved boxer. And she went back into the workforce after many years of raising children. With so many life changes all at once she made a decision to transform her whole life. As a result of experiencing her own life transformation, Eileen decided to dedicate her life to supporting women during the transitions of midlife to discover their magnificence, ignite that spark, and fast forward to elevating their life to the next exciting new chapter. So welcome, Eileen, you have a great topic.

**Eileen Carlucci**

Thank you, Janelle. And first of all, I just want to say thank you for that lovely introduction and for having me on your podcast. And thank you, I really appreciate, I love what you do for women, especially fearlessly. I love that, getting out of your comfort zone. And thank you to your audience for you know, for tuning in today. And I'm so excited to share my story.

**Janelle Anderson**

Yeah, you know, your story is so similar to mine. I went through a midlife, a lot of transitions in my midlife years as well. I remember one period of time where we'd started a brand-new business and I had just ended a 20 plus year career as a teacher had no idea how to run a business. So, we started a business, I was going through menopause, my daughter graduated high school moved across country, I had to put my dog down. And I had been a leader in my church for years and suddenly found myself removed from that position, long story. But all this was happening at the same time. And it was just crazy. It's really hard to go through that many transitions, but it's common in that season of life.

**Eileen Carlucci**

Yes, yeah. And I'm sorry, you had to go through all that. But it did make you a stronger person, right? I mean, your experience led you to your business. And I think that's amazing. And now you help women, you know, do the same be fearless and yeah, I love it.

**Janelle Anderson**

Yeah, what it did, it led me to a period of just a lot of deep self-reflection, you know, like, who am I and what do I want to do now? Who do I want to be? Where do I go from here? And you know, what is going to be my passion? Because I realized at that time how fast time goes. And I had this opportunity now to do something I wanted to do and what was that? So, it was cool because it really did put me on that path of self-discovery and that was so amazing.

**Eileen Carlucci**

Self-discovery just have to do that, right, and then like, even when you're having that self-discovery, it's nice to really look like well I get to create the new me as well.

**Janelle Anderson**

Exactly, creating the new me. Yeah.

**Eileen Carlucci**

Like who am I being now? Right the new me.

**Janelle Anderson**

This is what I love about your topic and you know what you talk about redesigning and reinventing, you know. It's that time of life where people want to do that and just igniting your spark, discovering your magnificence. And I found that women have not done that, because they've been so busy raising a family or building a career or whatever they've been doing. Notoriously, women tend to think of others first.

**Eileen Carlucci**

Exactly, and they don't take the time to do that. But you really, I mean, if you're going to take your life to the next level, or create that next chapter, you really have to do the work, put the work in just like, just like, if you were going out to do a marathon or anything, you have to put the work in, right?

**Janelle Anderson**

You do. And I think often women are like, I don't know what work to do, or how to do it.

**Eileen Carlucci**

Right to even get started. I can tell you how I got started. As Janelle had said in the beginning. I was married for 24 years, and I found myself suddenly separated, I'm heading towards divorce. And my kids are, you know, heading off to college, and I lost my amazing dad and my dog. And I was really disempowered by going back, I was going back into the workforce. And I've been out of, very part time as a substitute teacher, doing little jobs and really disempowered of my skill set. So, I just remember coming home from work and like the house is empty, right? You know, the kids used to be home and their friends, and my parents would come down, and now I'm single, and I don't have the dog and I'm like, a little overwhelmed by work and going, I don't even know who I am anymore. It's like I lost my identity. And I like would cry a lot, you know, and I finally one day I just said, you know what, you got to stop throwing yourself a pity party. There's a whole big wide world out there. You got to figure this out. So, I went in and signed myself up for personal and professional development classes. And that changed everything. Because I started doing the mindset work, you know, really thinking, clearing out any toxic thoughts and like really changing my verbiage like, you know, like, because I really was at a place right info, very confident myself and really just getting my confidence back.

And I'll just share a little bit more on my story. But as I, you know, was starting to get more confident, I said, you know, I was still working full time. And I was thinking about coaching and I was getting a lot of training. And I said you know what, I really want to host an event for women like an empowering event. So, my first event was also a divorce event. And from there, I started creating event after event, everything around midlife women and how to, you know, create their next chapter. And I had a lot of speakers and, you know, people in wardrobe and finance and health and wellness and I was coaching on the side, sometimes I would meet women at events, and I would coach them like I can help you with that. And in 2018 I went full in and that's it like I am a full-time coach and stylist and speaker and haven't looked back. So, I'm loving every minute that my and every year I'm in business, I'm sure you have this, I feel like it transforms and changes and I'm just, I just love that I get to contribute to women. And you know, see them, just be so lit up and have this whole new life that they get to walk into and create and be lit up by, so I love what I do.

**Janelle Anderson**

 Yeah, absolutely. And don't you find that doing this work, that the more that you do it, the more you continue to grow yourself? You learn from, more about yourself, I think, helping people.

**Eileen Carlucci**

Yeah, yes. So, you do. You learn so much more about yourself, more confidence. And just, you know, because I didn't, I don't know about you, but I know you started your business how long ago? I can't remember.

**Eileen Carlucci**

Six years ago. So, in the beginning, right, like, I've never had a business. So, you're not only learning how to be a great coach and maybe speaker and getting your skill set, but then like the business end of it. I was a little overwhelmed by all that, like, what am I doing here? I did have a business coach, which was a huge help. So that was a huge help. My first year I got the packages laid out and, you know, the whole base of the business. So that was very helpful. I suggest that, in learning a business.

**Janelle Anderson**

Six years ago.

**Janelle Anderson**

Yes, you absolutely need both of those. If you're going to be a coach or whatever you're going to be, it's a different set of skills. And I like how you went and got help. I think that's important. It's okay to ask for help. In fact, it's you need to because to try to do it on your own. It's too much it's too overwhelming.

**Eileen Carlucci**

Yeah, I didn't even know where to get started. So, I did I started taking, you know, a lot of self-development and I probably done at this point, like sometimes I think I'm a little bit, but I don't care. It's part of my core values. I take a lot of courses, so I must have done over 25-30 programs and courses, but I love it. I just think it helps so much. It helps my clients, it helps me the relationships in my life, so you can't get enough of self-improvement. That's for sure.

**Janelle Anderson**

No, you sound like a learner like me. I love to learn new things. I'm always enrolled in something.

**Eileen Carlucci**

I know, you were very, just talking to you when I had that last call, you're so knowledgeable. You know so much about your craft, your business, you know, and I see that you're always, you know, working on yourself and taking courses. I think that's fabulous.

**Janelle Anderson**

Yeah, it is. it's super important. I encourage all my clients, of course, just keep growing, I mean that as long as you're alive, there's new things to learn you, you don't have to step out of the box already knowing everything. And that's one thing I hear a lot, is women feel like, I don't have the expertise. And I'm not good enough yet to do this, well, you're not going to get there unless you start doing it. And as you do it, you'll grow and you'll learn more, and you'll get better, but start somewhere and that's what I hear from you, like you started somewhere by starting that first event. And you took some action. And then that led to the next thing. And as you went along, you develop your craft and your skill, and you're probably name for yourself, too. And I love that idea of just bringing in all these different experts and speakers on all these different areas so that women can learn, you know, kind of like a little Academy or something.

**Eileen Carlucci**

Well, you know, when you said like, I was a little nervous to host an event, I didn't want to be a speaker in the beginning, like, I'll just be the hostess, I'll play it safe. And I'll have my little cards and, but I did, which was great. I had, you know, a whole panel of experts on attorney and mediator, a life coach, I was not a coach at that time. And I remember just, you know, being the hostess and sharing my story. And you know, a few women came up after me and they, when they came in, and were they look like they're like a deer caught in the headlights. They were trying to figure out this whole divorce part. What do we even do first? Yeah, like, they just were so thankful to me. And I said, you know what, I found my passion and my purpose. You know, I really honestly, like my divorce led to my business, me starting this business and getting to contribute to women. And so, I'm just grateful for it. And I became a work in progress. You know, I would do one event after the next after the next. And then I started to get invited to speak. And it just, you know, everything you do, it feels uncomfortable at first, but it just you expand yourself and you get more confident. And just It feels great after a while, right? You know, when you do like your podcast, when you speak, it just it feels so good.

**Janelle Anderson**

Yeah, and that is one of the secrets to building confidence is to take a small action, even though it feels, do the thing that it feels uncomfortable. The thing that you feel a resistance for, do it, because that's really what you need to do to grow. And it's just like when you're working out with resistance. And you did that. And so, I think that's very encouraging and inspiring for women to hear it from other women to know that you didn't, you started off just like anybody else. And going through a difficult thing, all the things you went through, but like a divorce after 24 years. It's pretty tough. But you took that as a door of opportunities. So, what would you say? I mean, I know I went through divorce as well. And I know it when you're in the middle of it. It's hard to think of anything else, but just getting through that. So, for you like what would what was your point in time where you were able to take that divorce and all that pain and probably a lot of grief after 24 years. And letting go of that. And when at one point did you like and what helped you to like, look at that as a door to a new life?

**Eileen Carlucci**

The first year, I was still like maybe a little in denial. And I think as my dad was sick, he had cancer, and he passed away and trying to get my daughter off to college, it was just a lot to think about. But then that next year, you know, I got divorced in 2014- 2015. You know, my son was home, I was trying to get him already for college applications and take him on tours. And that real kind of, you know, it was like I had a new meaning, new purpose again, and you know, she was my daughter was at school. So, I just started really, like, you know, let me see what I can do to like, maybe I'll decorate the house. So, I started between 2015 and 2016 really, it was a good year and a half after I started to repaint and let me change out the decor, like just take things and move them in different rooms and like look at my closet and get rid of things that I didn't love anymore. And like started going out and being social, like what events can I go to, started, you know, I was working for another company on the side. I actually had like two part-time jobs which like a full-time job. this was before I got my full-time job. And I was going out to a lot of networking events and like learning, you know, meeting new people and just like really took like a vision board we'll you know, you have like the areas you were like I looked at every area and how I wanted it to look and then I before I knew it, I created this amazing new life, you know, my career, the coaching. It was just so refreshing, was like a whole new chapter and it was a lot of fun. You know, like once I got past the hard part of really like okay, I'm divorced. Now what do I do, and it all started to come together.

**Janelle Anderson**

Well, there's a couple things I heard. Number one, I thought about the wheel as well as well looking at all the areas of your life and taking one piece at a time. What can I do here? And what can I do there? And then you also said, you know that the first year is really hard. And so really, it's okay, give yourself permission to go through and just concentrate on what you have to do during that time, because I remember that, for me, it was like one step at a time, one day at a time, I couldn't think any further than that day.

**Eileen Carlucci**

Yes, exactly, yes. I so agree, I didn't even date, anything, I wasn't ready for any of that. Like, I just want to focus on my kids. And like, you know, getting my training and my decorating did feel good, because it was like, we were a new family of three now, instead of a family of four, and I just wanted to kind of get the space refreshed. So that felt really good to do. So, little by little, and then I started from there, I started, you know, going into those areas, like okay, what's the next area I'm going to transform?

**Janelle Anderson**

Yeah. Yeah. Now I know you have a book that's coming out, Your New Life Starts Now. Tell us a little bit about what's in the book.

**Eileen Carlucci**

So, during the early days of the pandemic, you know, I started thinking about the divorce community, because I heard that we were talking before, you know, you're with each other all the time, people are really struggling in their relationships. And I thought that's got to be so hard to go through a divorce during a pandemic, like I can't even imagine because you already feel like you're in your own little pandemic, when you're going through a divorce, like that fear and uncertainty that you feel, you know, that we were feeling in the early days of the pandemic, like, when is this going to end? Or I felt like, I don't know if you did, but I felt that same way, that fear, and I didn't know what life was going to look like. So, I thought, you know, I, I really just thought I want to write a book, this will be my like, my project and my gift to give back to the world. And so, I kind of write it in the beginning. it's like, I think I started in May 2020, like those were the early days. And you know, just talking about, I'm thinking about you to the divorce community. And like, I really want to share like what it was one of the worst things I felt that happened to me, became an amazing thing, because I started a business and now, I'm helping women around the world like to transform their lives, post-divorce, and everything I learned and all my training, I share in the book. Now those seven steps, you know, and it's like, again, it's like that vision board we like you know, your career and like, how did you, how do you want this to look like I have some really great tips about mindset cleanse and your core values and getting crystal clear on what you what you want your new life to look like. And the steps to create it. I have, of course, in the book about relationships, like how to really have great relationships with your ex-husband or say your ex-in-laws and really with yourself where you know, have boundaries if you never had them before. There's some really great points in there to really have a, create that next chapter post-divorce, really thrive after divorce.

**Janelle Anderson**

Well, that sounds really comprehensive. And like great, like almost a guidebook.

**Eileen Carlucci**

Exactly, exactly.

**Janelle Anderson**

Come out on the other side.

**Eileen Carlucci**

I have a well-being section with like doing a morning routine. So, a lot of great things in there.

**Janelle Anderson**

Super. When do you expect that to come out?

**Eileen Carlucci**

Yeah, got a little off. I was supposed to have it done by the end of 2020. But it will definitely be out on Amazon and done by May, the end of May. So just a few more months. So, I'm really at the end of it. It's just got to go through editing and formatting and the testimonials and the foreword needs, you know, and that kind of thing.

**Janelle Anderson**

That's where I'm at with mine as well.

**Eileen Carlucci**

Yeah. You know how it is those ends, tying it all up?

**Janelle Anderson**

Yes.

**Eileen Carlucci**

Yeah. And congratulations on your book.

**Janelle Anderson**

Thank you! Congratulation on yours.

**Eileen Carlucci**

Awesome, so awesome.

**Janelle Anderson**

So cool to see women providing resources for other women and being able to say, Hey, this is the path that I walked through this and here's some things I learned and being able to give that to other women so they can maybe have an easier time through it or just make it their own. Because we're all we're all on a journey.

**Eileen Carlucci**

Exactly. We're all on a journey. And it's okay, like I do have this one little section because I know there's a lot of stories people have about divorce that aren't the truth. Like oh, people just give up. And that's not really the truth. As I've coached a lot of women, I never heard Well, we just decided what didn't, it wasn't going to work out you know, like it's there's always something. So, I just kind of like, just don’t, you know, because I know society sometimes it's hard on people who divorce. So just you kind of have to drown out that noise sometimes and like this will probably be the best move because obviously you're divorced for a reason, right? And if someone else made that choice or whatever, there's nothing you can do, but you can, like from now on, you get to create the next chapter. That's, all that is in the past. So really focusing on that's the end and this is your new life.

**Janelle Anderson**

That's such an empowering viewpoint to take is that you know you have to come to that point of finally accepting it is what it is and not laying blame anywhere, but it is what it is we had the life we had and now you know doesn't mean my life is over. I think one of the biggest things for me was almost like coming into my own and realizing I'm a person by myself. I'm not a person because I'm with a certain other person. I get to have choices about how I want to live my life and who am I, what am I all about? That's a great perspective.

**Eileen Carlucci**

Yes, I love that.

**Janelle Anderson**

And I think sometimes the most difficult times we go through are the ones that we grow the most and discover the most about ourselves.

**Eileen Carlucci**

Exactly. No it's so true it's so true but yeah I’m really excited for the book and I even put a wardrobe section even though we are in a pandemic, I still think it's important and I know by the time the book comes out things will be looking a little different but even to get on a zoom call or a live or you're, a presentation at work on your computer, you know, you still want to look and feel good. Let's face it, a lot of us have been in our sweatpants and comfy clothes and yeah, I actually went into my closet in the early days of the pandemic and did a total transformation like painting, light fixture, made sure I had all the same hangers, and like color coordinate everything and I filmed that entire thing. I made a little program out of it so yeah. I put it on my website so just for women to like if you want to take on your closet and you know.

**Janelle Anderson**

That's a great idea! I don't have a walk-in closet. I just have a closet, you know, and so everything's packed and jammed in there and I always wear the same thing and I'm never like, well I wouldn't say never. If I'm going out somewhere, I'll look in there and say well what kind of outfit can I put together today where I look a little bit more dressed up. So, give us some tips about that, you know, how you can, you say shop in your own closet.

**Eileen Carlucci**

Yes, so when I first got divorced, I'd been a busy mom running kids around even though I did have some nice pieces, I was going into the workforce. I'm like what am I going to wear, I don't have, so I've really tried to look and see what I had and then I started filling the gaps, but it gave me the idea when I really started to get into the style piece because I've loved clothes my entire life. I was in showbiz in my early days. I was always listening, you know, I was a dancer. I did a little bit of acting. I was always listening to, you know, people, you know, how they would dress someone, or I knew a lot about costumes, makeup, hair because, you know, how you say, oh I don't have that kind of expertise, I'm like you know, I really do. I haven't, I wasn't trained by like I didn't go to fashion school, but I've learned a lot and I could share and especially this gift of repurposing clothing because I love to do it.

So what I do is I, you know, say if someone wants to work with me like or I would love for you to, you know, help me reset my and refresh my closet so I will have them, first we do a little bit of a session where I ask them do you have any rules, like a style session, about clothes so they'll tell me if I don't wear this or I don't do that. Like are you willing to get rid of those rules? Well maybe you know. Like kind of what's the name or the style you want to name like bohemian, classic, or you know French, country, chic, 50s, New York Style or you know whatever you want to call it.

So we'll have a name and then we'll have the session so that's the first like a 30 minute session and then I'll have, I said have your 10 core pieces, your favorite core pieces, take out all your jewelry, your scarves, your hats, like everything in your closet and then we start to create from those 10 core and then women start getting so excited like and sometimes they don't want to take their jewelry out like oh you know I just always wear this. Just take, you know what, maybe I will take that, then they go, then they're pulling more of it out. You know what, why don't I wear this? This is crazy. Colors I never thought they could put together, scarves, like I really do have a lot. Why don't you take the jean jacket, wear it with that skirt or wear boots or you know and then we really get to see like what's missing. You know, like have that full wardrobe. Do I need maybe a pencil skirt or a nice blazer and then we make a wish list and then I'll send them, you know, go shopping and send them the links of those whenever they can a wish list because it does get expensive like little by little you can add these pieces and so and like people just absolutely love this and it's just funny that these are your own clothes and they just look new again and just really being creative like say to yourself every day I know I mentioned this to you before when you go in the morning to get dressed or you're going to do, you know, say a presentation even if it's on Zoom. What look can I create today? Like really, don't wear, you know we tend to wear the same jewelry with the same outfit the same way. Like just be creative and think of it like that like maybe have a little theme for the day.

**Janelle Anderson**

I love that. Those are great tips. I’m thinking you know I have like three speaking engagements two will be online and hopefully one in person in May yes so, I will be keeping that in mind because you know when you work from home and unless I’m doing a podcast like today, I mean I’m still like just solid color shirts that are comfortable that's me.

**Eileen Carlucci**

right, you would just go luckily well let me see like with your solid let me get a little maybe a blazer on top or a long necklace or yeah kind of looking through your stuff and it's just amazing what you'll find so.

**Janelle Anderson**

Yeah, it's true my thesis is I called her my personal shopper This was years ago when I was getting ready to interview for a job and I am not very good at putting together outfits or being able to tell whether something would look good on me or not so she went shopping with me and she was throwing all these dresses in the cart and I’m like really that that that you know that color like that style. she's like yes, I tried them all on and I ended up buying like several of them that I never would have.

**Eileen Carlucci**

right because another set of eyes exactly and that's what I am I’m like another set of eyes like how about those pants with that top but it's not the same color. that's alright, we could tie it in with the jewelry right, so I’d even think of that you know yeah so that's yeah that's awesome.

**Janelle Anderson**

And to think what style do I want to be today you know what look do I want to create today.

**Eileen Carlucci**

 exactly just you have to make life fun and your clothes fun and it just makes you feel good you know so and of course I sometimes women like just I’ll tell them okay that outfit if you have this I would I would say go get a blow dry from your hairdresser or maybe do a fun bun on the top like that really just changing up your hairstyle a little or you know some lashes or something it just I don't know just kind of it's just get you out of the normal what you normally do so it makes it a little more fun and makes you feel good.

**Janelle Anderson**

Well, you have like the whole package you know you're like all the different pieces and redesigning all of it so that's really really cool to help women through all the different areas of their life.

**Eileen Carlucci**

All the different areas and really just having them change that conversation in their head because once you get your mindset in a good place you know this as a coach everything shifts. And if you're constantly with doubting yourself and you know sometimes, we have these self-limiting beliefs or self-sabotage even and if we keep doing that all day it just takes us out of the game so just that's like the first thing you need to do is just really constantly change your verbiage the words that are coming out of your mouth right or you're thinking in your head you know.

**Janelle Anderson**

It affects everything you know while you're thinking, or it affects you really comes from what you're believing about yourself and then what you speak over yourself and the emotions that come along with that and then the actions the result of all of that.

**Eileen Carlucci**

The results exactly because you actually create it right? You say it so much that it happens right. You want the opposite the powerful words like I even do this put on like my little CEO crown and like who am I being today I’m being unstoppable I am the CEO I’m a powerful CEO of my company like you know so I kind of get out of being Eileen to the CEO of her company and you know a global coach you know I create, I’m the I’m creating this so

**Janelle Anderson**

Absolutely love it. Yeah, those affirmations and saying them like you know in the present tense this is what I am right now. It's very very empowering.

**Eileen Carlucci**

very empowering

**Janelle Anderson**

I talk a lot about words the power of words and words we speak over ourselves and changing that whole dialogue first of all identify what you are saying and challenged you know we are usually our hardest self-critic hardest on ourselves and you know just even this morning I in a group call I was like what would you say to a friend about that and of course it changed to be very positive and empowering and so catching ourselves talking to ourselves that way and then showing self-compassion and kindness and then beginning to see what are the gifts that we have what makes us truly unique and special and then speak those over yourself

**Eileen Carlucci**

Exactly, exactly and all the labels you've gotten along your way of life, you know, you put on yourself or someone else said and you made it to be true. It's not. Lose all that.

**Janelle Anderson**

Yeah yeah, be who you truly are because that's freedom and power.

**Eileen Carlucci**

Yeah yeah, I used to think I wasn't smart for years I mean a teacher said something years ago and I made it to be true and it just and then I realized later when I started getting a lot of training and wow that was just a story that I made up I was walking around like this for decades, believing that was true.

**Janelle Anderson**

Yeah, yeah. I mean as children we take things in and believe them without knowing what we're doing of course, and it sort of gets embedded there and then it just becomes your story and then everything else kind of lines up with it's like a self-fulfilling prophecy. You know? yeah, I've discovered those about myself too. Awesome.

**Eileen Carlucci**

When you're aware of it, it's good that it's a story. It's not the truth. Self-Awareness is great.

**Janelle Anderson**

so, you're the complete makeover You know, this makeover shows Extreme Makeover. Your mindset.

**Eileen Carlucci**

Redefine your life, Yeah.

**Janelle Anderson**

Your wardrobe, your house, your finances like everything, right?

**Eileen Carlucci**

Yeah, even your house, you can take you know, little pieces around your home and change it up. And you know, because sometimes I think we have to, we feel we have to redecorate the whole thing. But we really don't. I mean, painting is always great. Gives it a fresh new, just to change pieces around or spray paint frames or change mirrors. Yeah, change is good. Just makes it feel like a new space.

**Janelle Anderson**

So, I know you have something to give to my audience that we were talking about earlier.

**Eileen Carlucci**

Yes, I actually I'm gonna do two things. So, I have this amazing live to thrive wheel. You know, we're talking about the areas of life and stuff, I added an extra area, which was home and your environment. Since we're home so much. Yeah, so it's kind of a wheel that you can rate from one to ten, how you feel a feel about that area doesn't need improvement, you know, one being Yeah, 10 being Yes, like, this is something we really need to work on. And you can do three little actions. So, I'm going to have that available. And I also have a really nice, like transform your space guide. And it's just how to repurpose and mix and match the things in your home. I'll throw one more thing and I have an accessories wheel. So, this is like really taking your really how to get your accessories organized your scarves and your hats and get them really nice and organized. This way you can see like what you have, because sometimes if you can't see it, it's you know, you don't want to deal with it. So, I have those three little handouts. And I think you'll really enjoy them and really kind of see Wow, discover something with the exercises.

**Janelle Anderson**

Yeah, cool. So, we will have the link for those. So, you guys can grab them they'll be in the show notes. So, if you had one little golden nugget to leave with everyone today, what would that be?

**Eileen Carlucci**

So, I am a believer in core values, like really knowing your core values and not so much like, you know, like someone else's values, like they have good values, not that like the things you value the most. And for me, like I value my family and friends more than anything. And my business, that's a core value like that I just, you know, my home, I love my house, like some people aren't really maybe house people like their kids, or if they become an empty nester, they're going to go travel the world. Me, I love my house, I kept my house after I got divorced, because I love it, you know, and self-improvement that is a core value. And I know I value clothes. I know it sounds crazy, but I love it. And I just think it just makes such a difference for women, and I love to help women in that. So really just think about the things you value the most like things you could do day and night, night and day, you're constantly focused on them. Because when you're really present to that your whole life changes, you know, just to be always living in your values. And when because if you're not living in your values, you're kind of just trying to make people happy, or, you know, taking their values on and they're not your own. So that's really important.

**Janelle Anderson**

It is important, it's important to know what your values are and to see, am I am I living them? Am I connected to them? And is my life in alignment with them? Or am I trying to line up with somebody else's values are actually when you feel out of sync and yeah.

**Eileen Carlucci**

exactly out of sync. You're so right. Yes.

**Janelle Anderson**

I love that discovery of your core values. I just recently realized, you know, when I had done those assessments before I came up with different values. But recently was a year or so ago, I did another one and I came up with truth and freedom being my top two values. And it just struck me one day. And I was like, yes, everything I do has to do with those two things. So how you make decisions and how you go about living your life is usually driven by those core values. And I hadn't realized that before. But those were like the main drivers of everything, why I make the decisions to do something or not do something or invest in something or not invest in something.

**Eileen Carlucci**

And mine is freedom and independence as well. I love just being free to be able to live life and you know not be but yeah, so I totally get it. I totally get it. And those are awesome values.

**Janelle Anderson**

Well thank you for sharing all this great goodness and wisdom and tips. I think for me, the biggest takeaway from this conversation is just that, that empowerment and hope of knowing that hey, you can go through a really tough time and a lot of transitions in your life but it just means something new is coming and that you have a choice to really create, like that whole idea of creating the life you want, creating the home you want, creating the look you want, creating the you that you want. Super empowering. So, thanks for sharing that with us today.

**Eileen Carlucci**

I really so appreciate this was such a great conversation. And I really appreciate the invitation and having me share and speaking to you, you're such a wealth of knowledge and really appreciate it. Thank you very much. Thank you to the audience, too, for joining in and yeah, I hope you got a lot of value from the conversation today.

**Janelle Anderson**

Oh, I'm sure that they have and thank you for doing what you do in the world. And so yeah, so ladies, make sure you grab, Eileen's wheels and the guide for your house and your life and I think you'll get a lot out of that and your accessories. And thanks again for listening ladies. And so as usual until next time, just be confident, be real and be you.

**Janelle Anderson**

I hope you enjoyed that episode and got a lot out of it that will help you on your journey to becoming fearlessly confident. If you would like to know how to work with me, to help you to become fearlessly competent. Just email me Janelle at emerging life coaching.com you can also go to my website. There's lots of great resources on there, including a free mini course called Be confident, be real, be you it's a three-video course with downloadable action guides that will definitely help you to get on this journey to becoming fearlessly confident. My website is emerginglifecoaching.com Thanks for listening and until next time, be fearless. Be confident and be you.