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Thank you so much for joining me for a podcast episode! I’m excited to chat with you and share the gift of *you* with our community! Here is the general format for the show and some ideas to help you prepare for our conversation.

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PODCAST

Introduction: We will begin with a conversation that helps the audience get to know you a bit.

* Your name, where you live, where you grew up-your partner/relationship, family.
* What you do for work, passion, livelihood.
* Anything you would like to share that you would like the community to know about who you are.

Your Story: ZMATA Everyday Gurus is about people finding meaning & purpose – lighting up the world by living their truth and finding their passion. Usually this is a journey of discovery that has been influenced by people, experiences, struggles- your epic journey. We would like to hear your journey, how you found your north star, the challenges you have had to navigate- how this informed your direction.

Some things to consider: it may help to think about key things in your life that led you to this point and realizations along the way. What is your why?

* Do you think this was something you were born into? Your calling?
* How did you find alignment and stay there?
* Was there was a struggle or turning point in your story? Has this become a gift that has informed your directed, your purpose or service?
* Is healing part of your story?
* Did spirituality play a role in your healing or self-discovery?

Resilience: How do you stay resilient in your quest for meaning and purpose, in navigating this journey of being human?

* Do you have practices, things you do in your life to support and sustain your curiosity, health and wellbeing?
* How do you adjust to the changes in life – especially those that feel out of you control (i.e the pandemic or other things that come into your life uninvited).
* How do you know when you are out of balance? What are your tools of resiliency that help you realign or get balance back.

Wisdom: Wherever you are currently in your journey, if you could share one piece of wisdom, one nugget that you feel would help others to stay true to their journey, what would that be?

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This is a guide, we will let the conversation carry us to share exactly what was meant to be shared!

With Gratitude,

Mary