

Ep #7: Your Last Dance



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Dr. Tangie

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You are listening to episode seven of the Wealthy Happy Soul Podcast: Your Last Dance.

Welcome to *The Wealthy Happy Soul Podcast*, a show for high achievers who are ready to start enjoying the life they've worked so hard to create. Join me, your host and Certified Life Coach Dr. Tangie, to learn how to start infusing the dedication you have for your career into living a truly fulfilling life. If you're ready to finally gain the happiness your soul has been longing for, this podcast is for you.

Hello everybody, welcome. I am so happy you are here for episode seven. And before we get started I just wanted to give a quick shout out to V. N. Hart who left me a wonderful review on my podcast. And she said, "Great podcast for anybody who wants change. Even though I'm retired, this message was so applicable. I have a transformation journey that I'm embarking upon and felt so very encouraged. I have subscribed and will continue listening as I feel this will help me to continue to have hope and feel inspired during my season of transformation."

Thank you V. N. Hart so much, I am very grateful for your review. I'm very grateful that you take the time out to listen to this podcast.

And just as a reminder, so you don't miss out on the giveaway aka free money. Please take a screenshot of your review and email it to me at happysoul@drtangie.com otherwise I won't be able to enter you to win one of the five \$100 gift cards that I am giving away because iTunes does not give me a way to contact people who leave reviews. So I just want to say that to you and of course to everyone who has left and feels inspired to leave a review.

So getting into the episode, I know I am super late to the party, but I have just spent the last few days completely obsessed with *The Last Dance* docuseries on Netflix. And *The Last Dance* for people who don't know, it revolves around the career of Michael Jordan with a particular focus on his last season with the Chicago Bulls.

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And side note, can I just say that I had the biggest crush on Michael Jordan in high school. And I even had a life size poster of him in my bedroom. And mind you, I had never seen an NBA game at the time, I just thought he was dreamy and really the most handsome man on Earth.

And needless to say I am not much of a basket ball fan. So once I left for college my Michael Jordan obsession kind of just faded away until recently when I saw this docuseries. And it's not just because he's a handsome man, it's because of who he was and who he is really I guess. It's because of his story and his character, the way he's lived his life, the way he carries himself. And really what I figured out it is because he is the epitome of intentional conscious creation.

Okay, so why am I talking about this aside from the fact that I swoon? Well, I thought it was important to talk about today because after the series I just stayed on conscious creation. I know there's so many of you out there ready to pivot and go after what it is that you really want in life. And I love it because I'm on coaching calls with you guys every day of the week. And we're just really getting in it and going for it. But here's where I want to pause and point out a couple of ways that being like Mike will serve us really well as we commit to creating our next big thing.

And here are the top three things about Michael Jordan that in my opinion really make him different from most people. The first thing is this. In the series he said he knew he was going to retire for an entire year before he retired the first time around. And he, like many of you, already knew he had other plans and dreams he wanted to pursue. But just because he knew that was going to be what he thought was his last year at the time, he didn't have the attitude of cutting corners or half stepping where he was at.

He still played that year like his livelihood would depend on it the next year even though he knew he was leaving. Another thing he did so well was to keep his plans discrete. Nobody knew what his plans were at the time except for him and his father. And he didn't badmouth anyone, he didn't play a half ass game and they actually won the championship that year.

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So some questions you may want to ponder for yourself are how are you handling your last dance wherever you are? Is it with a bunch of complaining or badmouthing?

Can you really love where you are right now and give it all you've got, even though you've made the commitment to yourself to move on? Or really even before you've made the commitment, in some respects this may be even more important to love where you are in that space before you've committed to leaving. Because that's the part in my opinion that is the most frustrating because you really feel the call for something greater, but something, usually fear is holding you back from going for it.

And the second thing I think that Michael Jordan did so beautifully was that he followed his dreams even when his reality did not give him any evidence that it was possible. And actually he wasn't even that great at basketball initially.

But the series mentioned that there was this moment after he had hit a game winning shot in college that he realized it wasn't because mediocrity was his destiny or because that's just the way things were, he just wasn't that great. Because most people at the time thought it's absurd to think anyone can be better than Wilt Chamberlain or Larry Bird. No, Michael Jordan did not think that way.

He realized that it was literally only because all he needed was more practice, and more learning, and more deep dedication. And he was willing to commit to that process until his work ethic made him the greatest basketball player alive. And this was also the same work ethic that he says eliminated all fear of failure for him. He figured when you work as hard as he did, what was there really to be afraid of? Fear keeps you stuck in places that you know are beneath your potential.

So some additional questions to ponder would be where in your life are you choosing to stay knowing full well that your heart is not in it, only because you're afraid and you can't see what's on the other side? Which keeps you

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so focused on other things that you stand to lose, and you can't even see what you stand to gain if you would just honor your soul's longing for something greater.

And I'm not sure what Michael Jordan majored in but I can imagine that even without basketball he would have had a solid job lined up. He would have had benefits and a pension, health insurance, health insurance with vision and dental. He would have been set up pretty sweet I imagine.

And neither choice, basketball or a regular life would have been wrong or bad, but you've got to ask yourself which one do you really want? And when you're on your deathbed which one will you regret not choosing? Because it's okay really to stay where you are, just be honest with yourself and acknowledge that you're giving up on something potentially greater. But the most important thing is to choose one and stop complaining about the other because it goes both ways.

I remember following my dream of medicine and often throughout that journey, through medical school and residency, often wanting to go back to the cushy pharmaceutical job I had before medical school. I had to learn to stop doing that because it really is a useless waste of energy. I had to learn and accept that each level, each choice they all have their own difficulty and growth.

And the last point I want to make about Michael Jordan was that he had the foresight and the discernment to make good choices when it came to his dream. There is this part in the docuseries that mentioned that his father had given him an ultimatum when he was a teenager because he had been suspended from school. And he had to choose between mischief or sports. And thankfully he chose sports and the world would never be the same because of it.

But what if he made a different choice? What if he actually was like, "No, I'm going to do all this hood rat stuff with my friends because it's more fun

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and I like being seen as the cool kid.” Seriously, what if you woke up in this alternate reality where he had made that choice?

And it was like that movie *Yesterday* where no one had ever heard of The Beatles, except in this world, nobody’s ever heard of Michael Jordan. And then you end up seeing him out and about and he’s just some regular guy, he’s like your friend’s dad who works in accounting at that one place. And you’re the only person who recognizes him. So when you see him you’re like, “Oh hell no, that’s Michael Jordan, what are you doing dude, you’re Michael Jordan, why are you here? What are you doing?”

That would literally be so crazy, but it could have easily happened had he made a different choice. And in fact I believe that this is what happens to so many people because of choices that are made that don’t support our dreams, and the tendency for us to give up way too early.

So what are the choices available to you right now that are supportive of your dreams that you’ve also been avoiding or neglecting to make? What is it that you need to do in order to live out your last dance, what is standing in your way? Is it fear? Is it your mindset? Is it your belief? Maybe you need to hire a coach to help you learn to trust yourself, think differently and set boundaries so you can always honor yourself first. Think about it. What’s standing in your way?

My favorite line in the entire docuseries was it was right before this really big game and you just hear Michael Jordan in his man voice and he’s like, “Alright baby, there’s no tomorrow, let’s go out and do it.” And I think that was so telling of how he operated. He didn’t allow what happened for him in the past to carry over and affect his game today. He didn’t let any fear of the future hinder his game today. And he always had the ability to be present.

And ultimately I believe we all want to live out a life where people talk about us, and our talents, and abilities like they do for Michael Jordan. And we think and we daydream that it will be at some point in the future after we’ve

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done this thing or the other. But all we really have is this moment. All we really have is right now. And all we can really do is be the highest version of ourselves right now. You have to be your version of Mike right now. If you're in job transition why not go from glory to glory?

You don't have to hate your job and have a bunch of contentious work relationships in order to leave it. You can enjoy your remaining time and do a really wonderful job. Then when you leave your current position it will be that you are hard to replace.

Make it so that while they may replace you physically they'll have a hard time finding somebody who can match your work ethic, your speed, your contribution, your ideas to the team, your ability to be an energetic blessing. While everything may appear to be running the same, things clearly won't feel the same because only you can bring what you have to give to the table. But you can't do this from a very negative place where you're venting and vengeful and not doing your best.

So you may find yourself thinking of the decision right now of whether to stay in a place or to leave. And what you know is that what you really want is to find happiness and satisfaction in your life. But you're questioning where can you find it that feels authentic to you? Not necessarily where you've been told you should be able to find it for your entire life.

How can you even navigate this decision without having that negative mindset, or gossiping, or venting without sacrificing your performance due to bad feelings, or letting your past affect what is possible for you right now without leaving in bad spirits, with bruised relationships? Where people are actually happy that you left and they can't wait to replace you, how can you do it in a way that allows you to recognize your full potential wherever you're at, even if it's not at your dream job for now?

Choosing to remain dignified in your actions will keep you aligned with your core values and your sense of self as you move forward in life to

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accomplish any new goal you have. Michael Jordan didn't take the attitude of screw you guys, I'm out of here, good luck.

And if you want something bigger for yourself I suggest that you don't either. Make it a point to stay in a positive mental space as you perform your last dance, keep it classy. Don't vent. Excel in your performance even to the end. Make it harder to replace you. Be a hard worker. Leave your relationships and your reputation intact. Start your new chapter from a place of glowing positivity which will unleash your fullest potential rather than mute it.

Alright guys, have a great week.

If you enjoyed the show please be sure to go to iTunes and subscribe, rate and review so that more of our Wealthy Happy Soul family can find the show. It really does make a huge difference.

And you'll definitely want to remember this, I'm doing a giveaway and to enter all you have to do is leave a review, screenshot it and send it to me. For instructions on how to do that and more information about the giveaway please head on over to drtangie.com/podcastlaunch. And you can learn more about the giveaway there. I'm so excited about it because I love gifts. I love being a gift and I love giving gifts. So head on over and thank you for listening to this week's episode of *The Wealthy Happy Soul Podcast*.

Thank you for listening to *The Wealthy Happy Soul Podcast*. If you want to dive deeper into alignment and start cultivating your inner wealth, head on over to drtangie.com.