

THE BEE HIGH ON LIFE PODCAST with host Kelly Renee' Baker, Queen Bee

Episode 002 - The Process of Life

Summary: Life is a process. Sometimes we don't like it, but that's just how it goes. How should we handle the journey of life? Find out in today's episode where we discuss health, relationships, and should your process be the same as everyone else?

Topics/timestamp

- * Learn from the process of life (:45)
- * Don't try to skip steps or half-ass (1:15)
- * Push yourself within reason (4:40)
- * Step out of YOUR comfort zone (5:05)
- * Know your boundaries (7:50)
- * Excuses we make (8:00)
- * Know your limits (9:40)
- * The right people at the right time. Listen to the Holy Spirit and your body. (10:10)
- * Single mom, health issues (11:20)
- * Don't waste life experiences (13:45)
- * Embrace your journey (16:50)
- * Your challenge this week (17:10)

Resources:

kellyreenebaker.com

<https://www.facebook.com/groups/KellysChampionsVIP>

Transcript:

<https://www.kellyreenebaker.com/single-project>

* disclaimer

This podcast cannot and does not contain [medical/legal/fitness/health/other] advice. The [legal/medical/fitness/health/other] information is provided for general informational and educational purposes only and is not a substitute for professional advice.

Accordingly, before taking any actions based upon such information in this podcast, we encourage you to consult with the appropriate professionals. We do not provide any kind of

[medical/legal/fitness/health/other] advice. The use or reliance of any information contained in this podcast is solely at your own risk.