

Unedited transcripts from episode 010 of the Bee High on Life Podcast

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Welcome to the be high on life podcast. I am honored to introduce to you our guest today, Renee the door coach, speaker and author of measuring up how to win in a world of comparison, Renee believes that every person was born to win at life, so she developed the winner's circle community, to equip and empower individuals to be who they're created to be. And do what they're designed to do, so they can win at life and make their impact in the world, residing in Columbus, Ohio, Renee enjoys traveling, spending time with her husband and two teenagers, investing in her faith, and her business, as well as her not so secret guilty pleasure to Valerie dark chocolate. I love that. I met Renee several years ago at a conference in Columbus, Ohio and I have admired Renee ever since I met her, I feel like we have very similar beliefs and platforms. I relate so much to what Renee shares as I am sure many of you will, as you listen today So Renee is here today to share about measuring up, and how that relates to being high on life. So first of all, Renee Welcome to the be high on life podcast I am absolutely honored to have you. How are you doing,

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thanks so much for having me. I'm honored to be here, and I'm excited just to be able to have a chat with you and learn more about how we can be high on life together.

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Awesome, well let's go ahead and get started we'll jump right in. Before you tell us about your book, measuring up, tell us a little bit about who you are, your background, and why you wrote the book,

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I Neva door, who was born and raised in Ohio. And well I have a very typical upbringing, I'm sure that many of you can relate to having that angsty at times that you are quite good that that you aren't measuring up, and there are little tiny threads of that through my childhood. I didn't really fully recognize that though, until I became a mom and a wife. So I went through college, I have a bachelor's in psychology at The Ohio State University, and all within one year when I was 21 I was married to my husband, graduated with my bachelor's, we were building a house, humans, we had our first child, there was a lot going on in that Yeah. And I feel like that's the catalyst, really when I stop and think about why did I write the book measuring it does have to do with those experiences that had to do with how all of that culminated, and I kind of lost part of who I was, I had been riding person, you know, pushing my way through college working, paying off everything loved life, and I still love life as a mom and wife, but I kind of lost the whole reality of who I was. And so, going forward, I of course ended up having another child, and loving life again. But also, again, just feeling that, like something was missing. I'm just not measuring up to who I'm created to be. So that took me into my 30s where I got to a point of just knowing that I had to find some answers to that. And I'll just leave it at that because that's really what what put together why I wrote this book. Okay, well,

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I can tell you that I loved many things about the book, but one of the things I really love is just how relatable, you are in the book. The stories that you share, you share why you wrote the book so can you go into a little more detail regarding what the reader gets from your book, you know, what do you consider to be your banner message or the highlight of your book.

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Absolutely. As far as being relatable I'm glad that you felt that because it's being authentic, is part of what the book is all about learning to know who you are, to just to actually discover who you are created to be. We live such in a world that is so dictated by expectations, social norms. We live our lives based off of what other people want from us. And when they tell us he are, and measuring up is something that breaks down a lot of that and begs you to ask the question Who were you created to be. Instead of. Who are you supposed to be because this world tells you. That's really where a lot of that comes from, and then taking a step further. What were you designed to do. That is important too. We aren't here just to take breaths and what am I, we are here for a purpose. We have more than just one big purpose every single day. There's a reason that we're here. So the whole banner message and what my mantra is, is, discover and learn who you're creative, to be, and then take that and do what you're

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designed to do.

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And that way you're going to be able to win at life, and you're going to make an impact on the world and that's what is going to let us know that we are, we're actually winning. And so the book has a acronym, that is when w i n. And that is where you get to take that acronym, with you, you can actually read it throughout the book, kind of pick it up for your own, and implement it in your own life in so many different ways, comparison is what I'm attributing it to throughout measuring up. But I'll tell you why I use it for so many different things I use it for stressful situations I use it for even financial decisions. But that is something that is so relatable, and that you can take with you and use the rest of your life.

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Oh yeah, definitely. Well, like I said it. The book is very relatable, I was just amazed at the similarities in your book, and my book defeating your greatest opponent. And one of the things that I talked about in my book is things that are, that can be healthy and unhealthy such as fear but something that I got from reading your book was the difference between healthy and unhealthy comparisons. So can you talk about that if comparisons are ever healthy.

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Yeah, I love that question and I love how you're able to compare our books. That right there is a healthy comparison. Right. We were given comparison for a reason. It's not there as a big nasty, ugly thing it's just that we need to learn to take control over it, just like fear, of course, is something that we need to have in our lives, because it keeps us from death. I mean, actually in many ways, and we need to be able to learn how to use it productively in our life so I love your

message of healthy and unhealthy and how to really, to put that into our lives in such a way that we're going to be able to utilize it practically so with comparison. One way to look at comparisons to know whether or not they are healthy, is, is it something that gives you stress. Is it something that is putting you in an inauthentic form. If so, that is not going to be healthy, that's a comparison that's going to cause you to go the wrong direction. For instance if you're comparing our books, and you were to think like, I know this is not how you think. But, like, oh, you know, my book is so much better, and oh my gosh like this is, this is something that I'm just so glad that I wrote so much better than she that that kind of thing is not healthy because it's dragging you down the path of pride, but then you could also go down the opposite side and you could be like, oh my gosh her book is so much better. Why didn't I think of writing like that or doing that with my book, and that is causing stress causing you to question who you are as a person and things that you've been designed to do. So testing those waters is going to be a way to go to the healthy, productive side of comparison. And we talked about that a little bit and measuring as to measuring up to who you were created to be not measuring up to the expectations of others, or measuring up to the comparisons of celebrities, or the people around us, or even our past self, that can be very unhealthy.

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Yeah, Yeah, I can definitely see that I, that's something that I share in my book, is that my unhealthy past was basically a life of comparisons because I always saw myself as not good enough. And I share in, in the book about being a teenager and having all the teen magazines and reading about relationships, and seeing the pictures of girls that were probably airbrushed, you know, and I was comparing myself to that and have this idea of what I should be. So I know that it can definitely get to be unhealthy and I lived that way for a long time it was like my past and that idea I had in my head consumed me. And that's why I appreciate your message so much because we are here for a purpose.

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Absolutely. I love that you are on the other side of that that you learned, and you've been able to use that past now. To fulfill your purpose now because we have this past, we don't have to compare to them we actually can use them to our benefit, instead of a regiment, and that's what you're doing, and so I'm so I feel grateful for people like you that are choosing to do that, and, and learning how to do that and

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teaching others as

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well so thank you.

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Well thank you, and then I have, you know, The same. To say for you that to share the message of measuring up and for us to understand that we are here for a reason and it's each one of us are called to something and it's not about what others want for us to do because it's really easy,

especially nowadays with social media to try and live up to what others expect of us think that we should be doing that type of thing. Let me ask you this have comparisons ever personally kept you from being high online and living a life of true joy.

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Sadly, as I have fell victim to comparison so many times in my life I can look back and I could start sharing so many different stories. But one aspect that I'm very saddened about but at the same time I've come to grips with it and I don't allow that to control my thoughts or to have regret is I feel like when my children were young, when they were little. So often I was allowing comparison to keep me from being the best mom I could be and not living in the true joy that I could have had with my littles. So that's something that I look back and I hope that that can be a message to other moms that are in the thick of things, you know, having two kids under two and then also doing daycare at times and having other littles around to you there's so much going on. And it was a place in my life that I didn't have as much support my husband was financially support, very very well I mean I was very well taken care of but there just wasn't a whole lot of the emotional support, because he was working so much, and I felt like, gosh, I'm not pretty enough, you know I'm not out there doing what some of the other moms are doing. I would look at magazines like you at times, and I would look and see these other moms that had amazing careers and wondering, I make the wrong choice, you know here I have this college backing and here I am with two little kids and I love them to death, but is there something more I should be doing. And that is something that we need to be free from, We need to know that, that right there. That was something I could have had more joy in and really lives in it instead of looking outside so often, wondering, okay, is that more.

13:26

Right, right. Well I always refer to it as the. Keeping Up with the Joneses syndrome, I think that that happens a lot of times where we see some, you know another mom that works full time and has the car the house the boat the you know all those things and the perfectly dressed kids, and then we find ourselves, you know, really just sucking the life out of ourselves trying to keep up. I see that all the time and it, it makes me so sad, you know, to, to know that that's what people are striving for and there's really so much more to life, and there's better ways to have true joy in your life because I don't think we get true joy from those things in life.

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Now I know that part of that is that we, we actually transfer onto our children, we become role models of comparison, even due to wanting them to be in so many different activities you know the experiences and, and other people are traveling so gosh, our family needs to travel, we need to get that picture that perfect picture on the beach like everyone else has on the white sand and, and the baby's all happy and so we put so much pressure on ourselves, and on our children and we're raising them in that same way of life. So it was super important, like you're saying, for us to just stand back. Look at our lives. Take a deep breath and figure out what are the motivations behind what we're doing what we're asking of ourselves, what we're asking of others as well, whether it's a spouse, partner, or children, or friends. And what really matters,

what is being driven by comparison. And what is truly who were created to be. And the activities that we are actually designed to do. So,

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yeah, I love that. I love everything that you just said it all hits home for sure. I want to switch gears just a little bit because I know that you have bees, and you enjoy bees, and my messaging and marketing has to do with with bees. I know I've gotten lessons from bees. So I wanted to know if you could share a lesson or a piece of advice or coaching but you would offer to someone listening right now that you have maybe gotten from bees.

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I love this because I have I've learned so much from those honeybees. And when I look at them. It's like all these things, populate into my mind so I'll sit out there next to the hives, and we have just a handful of them. And I'll just lay next to watching them. And one of the lessons that came to mind recently was, as they were going in and out. I was standing semi in front of the high for those of you allergic to bees I'm sure you're thinking, oh my gosh you're crazy, but actually this hive is a very friendly one. We have one that's so friendly to this the friendly hive that I can stand within five feet, and I've never been stung. Now, as I stood there. One of them came and bounced kind of past my head like kind of bounced off my head, and it kept going, you know like it moved on its intention was, of course not to run into me, but a lesson came to mind and I thought it was so applicable for us as humans. You see the bees have a map in their mind, they are actually creatures that have been given that full version of who they're created to be and what they're designed to do, whereas us as humans, we get to work it out, we get to go from one experience to another, and learn, piece by piece. More about that journey, but with leaves they actually know it in advance, they have this cool little thing. After studying them I can't even put it into scientific words but basically, they know where they got to go, and they know exactly how to get back home and if you move their height, even two feet, three feet away. They won't be able to get back home. They have it that ingrained into them, and so is it ran into my head and bounced off, and kept going along its way I realized it's not allowing obstacles to get in its way, it will know where it's going. I stood a little bit longer and I'd watched is they would come at me and, and they would be zooming right toward me and they'd make a quick diversion around me, but then still the same direction. They didn't allow these big scary things like this crazy redheaded humans get in their way. They kept going. And so often what do I do, I see a big hurdle, I see something in front of me, or I see someone else doing something better. And I stopped and I examine it, I research it. I look at it and I either get intimidated or scared or perhaps sometimes I even just don't move on at all because I'm like I don't even want to deal with that, that's too big of an obstacle. So when I thought about that and thought about the reality that these bees know their mission, their mission is to go collect pollen and to return back to the place that they know they're supposed to be, and put it in the hive and they each have a duty a job. And I realize how important it is for us as humans to, to know what our mission is to know more about our Creator and who created us, and what is the design for our lives. Yes, corporately, and then also individually. And that just gave me such like such peace, to realize that if even these little critters that don't live very long individually can make such an impact any day. They are busy bees is, that's just a funny cliché but it's so busy. If I were as busy working

on the mission that I've been given for the, who knows, maybe some of 80 years of my life. It's really a drop in the bucket of eternity. But if I were so focused on my mission that I didn't let all these big, scary obstacles get in my way, where would I be today, and what what kind of collective community impact could I be making based off of going out and that little bit of pollen that I get to contribute. So, I see the bees and I see like so many lessons, and I realized that we are part of a bigger ecosystem. And our missions are so important, they make a difference. And so I want to win it like I want to be out there doing my part I want to inspire others to do the same. And so your message, of being high on life. I just love it, like it just thrilled me when I learned about it.

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Oh, thank you. Well I like I said, just the our messages are different but you have they're so similar and I love that. And I know that I spent so much time feeling alone in life like no one else would understand and so reading your book and realizing that other people, you know, share similar difficulties and problems, issues with comparison you know those types of things. It's almost it's like, it's a sigh of relief. It's not like I want other people to struggle but it's the fact that other people were human, and everything he just said about the BS. That is so profound, and winning at life and having that, you know, message and calling that we need to get out to the world I know that part of what got me doing the Beihai online I was. I have had a lot of fears in life. I am allergic to bees. And I always wanted to squish them you know like I was like I saw them as the enemy. And then, as I've gotten older and realized how often I was giving myself over two fears in life. I too started setting bees, and realized their importance to this world, and to survival. They just got me thinking about, You know how, even though it might seem small that you know squishing bees, because I was afraid of them, but it had an impact on the world and I realized I want to have the opposite impact on the world. I don't want it to be fear based everything you've said, like I say it hits home I got goosebumps listening to you talk about the bees and winning in life because I think that it's, we are meant to be victorious. And that's what winning is, is you know we are victors and we are meant to be victorious. We're almost out of time unfortunately I feel like I could talk to you all day long. You could share with us. Just a little about what you believe God truly created you to be, what is on the horizon for you. And then finally, where can listeners find you.

23:09

Share I'd love to. And I echo the same. Thank you so much for having me. A little bit more about who I'm created to be. I, you know, that's, again that's that journey, and finding some key words that I know that God has created me to be over time has been integral and me being able to move forward. So one of those is I'm a connector. He created me to connect other people to other people as well as other people to ideas and to their message. So I am also an encourager, and somebody that he's created me to encourage other people to, like I said, Be who they're created to be and do what they're designed to do so that they can win. And lastly, I know that he has created me to win, and that is important, I think that's, corporate, like that's something that does for all of us he's created you to win Kelly he's created every single listener right now to win at life. In fact there's a verse that says, if you're going to run the race, run the race to win. Yes. Part of my part of this my belief system is that I'm in it to win it. So, that is who I am. And as far

as wearing going, I am continuing to be that that empowerment for people and putting together tools connecting people with other people inside, like I said the winner's circle. And that's a space that's a safe space for people to come together and practice and feel comfortable being authentic and figuring out who that person is, and allowing for the, the failures because, hey, we're all, we're gonna have a minus will fail in a safe place, right. So putting all that together and then also I've been working with a group of coaches at relaunching a specific program as well called the PACE program where we are helping people to go at the pace that they're called to go. So, in the future. You can find me. Now anytime on Facebook. You can find me on Instagram, and also on LinkedIn, and hopefully in the future I'll be on YouTube more, we're good at that, we'll see. Awesome, but find me online, and I'm happy to connect I love meeting new people and learning about your authentic message, and helping you in any way that I can.

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Awesome, Edward, and is it under your name on social media.

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Yeah. Yes. Renae Vador correct.

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And what's your website.

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Renee vidor.com.

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Okay. Awesome, well I want to thank you again for being here today. I also want to congratulate you on your nomination for being a top 10 finalist for the author Lee awards that's very exciting, so much, and I would love to chat with you again I felt like I said, I feel like we could just talk for hours, thank you for being here, behind life podcast, and thank you for sharing your message of measuring up with our listeners.

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Thank you so much for having.

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