

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

Episode 006 - Finding Diamonds in Dungeons with special guest Sohma Rae Hathaway

Summary - The Bee High on Life Podcast is excited to welcome our very first guest to the show! Sohma is a talented artist, author and life coach. Today we discuss finding diamonds in dungeons. You won't want to miss this amazing episode of overcoming extreme life trials to discover the goodness within them.

Topics/Timestamp:

2:00 - The motivation of our listeners

3:05 - Profound Anchor moments in life

4:05 - Finding God

6:45 - Discover who you are

8:00 - Truth, Honesty and Authenticity

8:45 - Light in the darkness

12:00 - When we deny, avoid, numb pain in life

14:30 - Gain connection and value from experiences

18:25 - If we can help just one person

19:40 - Confidence from trials

21:00 - Lifetime learners (Jeff Brown - Read to Lead)

23:00 - How to find the diamonds in life (Humor, God, prayer and gratitude)

27:00 - Self-pity and self-indulgence

29:30 - Depression

33:00- Anxiety

35:00 - Find Sohma online

Resources:

<https://findingthediamonds.com/> (Finding Diamonds in Dungeons by Sohma Rae Hathaway)

<https://www.facebook.com/sohma.rae>

<https://readtoleadpodcast.com/> (Read to Lead by Jeff Brown)

<https://www.kellyreenebaker.com/> (Defeating Your Greatest Opponent by Kelly Renee' Baker)

The Obstacle is the Way by Ryan Holiday

Episode transcript:

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