



Episode # 19

Pivot Point Story: Kim Bardsley

Kim's pivot presented as a lightening bolt after ignoring her instincts and having many red flags along the way. This coincided with her realisation that it was up to her to find her own happiness.

Top Tips

Always listen to your gut – if it doesn't feel right, it's usually not.

Trust your feelings they don't lie

You are responsible for your own happiness

Simple steps to action

- Breathe – feel - listen

- Asking yourself "Why I do feel this way?" will usually take you straight to the heart of the matter..

Asking yourself: "Does this make me happy?" is a simple way to re-affirm what is no longer allowing yourself to be your best you.

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