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Hello lovely.

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This is Yasmin Vorajee from Tiny Time. Big Results.

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And in today's podcast episode,

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I want to talk to you about getting honest in business.

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And I have to admit to you, I had slightly different titles

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for this podcast that I thought that might just be a bit triggering.

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And so here's what I want to talk to you about.

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I want to talk about really getting honest with ourselves in business.

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And one of the things that I was thinking

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about recently was this feeling of shame that we can have in our business.

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A few years ago,

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I was working with a mentor, and we used to do this activity where we'd

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have, like, three different levels of communication.

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When you think about when you talk to somebody like a colleague or

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acquaintance, and they're like, how business and you're like, oh, it's great.

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Thanks. And then you might talk to someone who's



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a little bit closer to you and you're like, oh, it's okay.

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Yeah.

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And then you get to that third level where you're talking to somebody that you trust

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and you can openly say to them, 'you know what?

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Things aren't great.

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I'm not having a good month or this happened or that happened'.

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That opportunity to really be honest about

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what's going on for you in business is so invaluable.

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And yet so many people don't have that or don't look for it.

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And I actually think it could be one of your biggest blocks in business,

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because if you are always thinking that you have to be positive

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and you have to be always focusing in on all the things that are going right

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and putting on a front because you want to save face.

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You don't want to admit to anybody

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that you're struggling or that things aren't great, then that actually holds us

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back, because what we're doing is we're not admitting that to ourselves.



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And the first step is always just saying, well, actually, this is the way it is.

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I need help or I just want to vent.

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Sometimes we just want to vent and say, you make all those noises

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and you just want to get it off your chest. Like when any of my kids are upset

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or even if they've just stubbed their toe and they're crying.

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One thing I always say to them is let it all out, let all the tears out because,

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you know, when you stub your toe and you get that sense of frustration and you just explode in a whole bunch of messy tears.

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And the truth is, we need to let that out

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of our energy system because otherwise what happens is it gets trapped.

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And when it gets trapped, it starts to impact our decisions,

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the way that we look at things, the things that we're doing and not in a good way.

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And so as I was exploring this idea myself this week, I was thinking about what would

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people typically feel shame about in their business.

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So I came up with three examples.

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Now that obviously it's not an exhaustive list.

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I'm sure there are many more,



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but I just wanted to come up with some of the probably the big ones.

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So first of all,

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maybe there's a bit of shame or a feeling of frustration about your

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results that you're thinking I should be further than I am right now.

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Okay. That's a big one.

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And I will openly admit that that is one that I often beat myself up with.

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It's the little stick that I have, and it's like 'you should be further on.

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You should be further on' you're like 'shut up!' but it's there.

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You know, that voice is there.

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The second one could be that you're

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feeling embarrassed or ashamed about your money situation.

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Maybe you're not making the money that you want, and that can really trigger a whole

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series of emotions and feelings and thoughts around the money because you

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might look at other people and think 'they're doing so much better than I am.

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They're so much better at this than I am.

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They're making more money.



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Therefore, they must be better than me'.

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And, you know, all of that is nonsense, right?

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You do, don't you? Right.

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So we're using the feeling

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of embarrassment or the feeling of shame around your money situation.

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And that could be whether you have ten grand in the bank, 100 grand in the bank

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or 100 quid in the bank, everyone is different.

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And you're feeling shame about that.

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And that does create this ripple effect.

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It kind of starts impacting everything else.

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That's a big one that we can feel embarrassment.

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You don't want to say to somebody 'Well, actually, you know what?

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This month wasn't that great.

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I'm struggling', whatever it might be.

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And then you might be feeling

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embarrassment or shame about your messaging.



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It could be that you think 'nobody knows who I am'.

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'Nobody knows what I'm doing'.

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'My messaging isn't hitting the spot'.

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'I'm not getting clients' or 'I'm not getting

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those high value, high ticket clients because I'm just not clear'.

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'I'm so confused.

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And every time I put a post out there, nobody responds, nobody looks at my stuff'.

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Let me know if you're resonating with this

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or if you can relate to it because I know I can.

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Business is not all rainbows and unicorns.

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You and I both know that, and there will be ups and downs.

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That's completely normal.

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And there's a guy I follow on YouTube and

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he works in transformation, and he's a former comedian.

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Well, I think he's still a comedian,

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but he mixes transformation with comedy, and it's



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a great mix.

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His name is Kyle Cease, so definitely check him out.

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One thing that he says, and he's very big into accepting what is

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and really getting in touch with our inner divinity and our higher self and knowing

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that we're always protected and guided and secure.

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Always. One of the things that he talks

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about is whenever you're getting that moment of shame or embarrassment or

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like 'I should be further on than I am', instead of letting that be a stick

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that you hit yourself with, let that be a moment where you say,

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'I'm not where I thought I would be, at this stage.

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And I love that' because already the energy in your body starts to change.

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It starts to transform, because what you're doing is you're reducing the resistance.

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You're lessening the resistance and you're

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weakening it, which means that it's not going to be so strong.

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'I thought I'd be making more money by now, and I'm not.

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But I love that. I'm okay with that', because in that moment when you make peace



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with where you are, that actually is a moment where you are

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truly connecting with your higher self and, you know, you know

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that you are protected and you are guided and you will be guided to the actions

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and the things to do that's going to get you in a place where it is going to be

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easier to be able to make more money. There have been times when I've signed

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clients, made a lot of money, and then I'm like, how did that happen?

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That was so easy.

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And then there have been other times where

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it has been a hard slog, and it's been so difficult.

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And I'm like, I can't understand what's going on.

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And I know that when I look back and I look at the times where I was truly

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in flow, truly trusting, and that's a tough one for me.

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Maybe it is for you.

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But when I'm really, truly trusting and I know that I'm guided

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and I'm protected and I'm safe, that that's when my best work comes forth.

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But when I'm all anxious and afraid and worried, that's when everything just



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goes to pot and it just makes everything so much harder.

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And I really do believe that when we are

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open and when we are honest about what's going on so that we can then make

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a different decision, we can make a different choice

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that actually is going to help your business to grow and to flourish.

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And so what I want you to take from this episode today is know that we all feel

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levels of shame and embarrassment and judgement about ourselves in business.

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So I want you to know a couple of things.

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First of all, you are not your business, right?

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If the business is not doing well, that does not mean that you are in any way

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less worthy, less beautiful in our divine universe.

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I woke up this morning to take the little

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puppy out and I opened the patio door and went out.

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And the first thing I have started to do

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ever since we got the poppy because I'm the first one up and I let him out.

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The first thing I do is I look up to the stars and, oh, my goodness.



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The stars this morning were unbelievable.

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And it reminds me of just the beauty and the glory of the universe.

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And so I want you to know that if your business isn't doing great, that's okay.

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And we have to tell ourselves this every

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single day, every single moment you say, I love that I'm okay with that,

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because in that moment, you are connecting with your higher self,

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and that will actually give you what you need from a place of fullness to step

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into. Okay, well, what do I choose to do? What do I decide? How do I decide

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differently? And the second thing that I really want to encourage you to do is

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to make sure you have your people, the people that you can talk to about this

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when you think about that third level of communication, when someone says how

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things going and you're like, you know what?

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I'm finding it a bit tough right now.

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Make sure you have people in your corner who you can talk to honestly, openly

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and you can be vulnerable with them,

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knowing that you are completely safe and completely protected and guided.



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That will be one of the best things

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that you could ever do for yourself is to know that you have someone.

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It could just be one person.

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But you have someone that you can talk to about this.

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This makes all the difference.

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And that person is going to be the one that you literally can bear everything to.

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And I'm getting emotional because my sister does that for me.

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And I can say whatever I need to say.

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And she will always, always be open and loving.

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And that's what you want for your person,

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to someone who is going to take it warts and all.

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And they're just going to be like, I'm here for you.

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You're safe. You're protected.

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You are guided.

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On that note, I'm going to leave you with this thought.

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Okay? Remember, you are not your business.



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You are so worthy.

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You're so beautiful.

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And we need what you do.

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So it's just about letting yourself get

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connected with that higher self and letting it guide you.

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Let your intuition,

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that divine intelligence to guide you.

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But you can't do that if you're just

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piling on that shame and that guilt and that judgement.

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Okay, time to let all of that go.

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Wouldn't you agree? All right, my love.

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Listen, have an amazing, amazing day, and I'll talk to you soon.

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Take care.