

Sonja [00:00:05]:

Welcome to the art of self mastery podcast. I'm your host, Sonia Tompkins, and I believe the key to living a fulfilling and successful life begins with the knowledge of ourselves. In this podcast, we'll explore the practical principles of personal development, spirituality and well being. On each episode, I'll share my experiences and expert advice to empower you on your journey of self discovery and ultimately to live a life you want by mastering your emotions, thoughts and habits. Hello, soulful listeners. Welcome back to the podcast. And you thought once a day I'll feel better about wave of mind. Clinically informed, guided journals that empower those who seek to improve their mental health with the tools and structure they need to create lasting healing and growth.

Sonja [00:00:58]:

Hi, Whitney. Thank you so much for being here. How are you, Sonia?

Whitney [00:01:02]:

I'm so good. Thank you so much for having me.

Sonja [00:01:04]:

I'm really excited about this episode and to be talking with you and sharing what you do, but who you are and your story, I just know that stories are so powerful. It's a little bit different than just sharing education or knowledge. Stories really bring people into a deeper level of understanding. And when you talk about purposeful life, achieving goals and doing it in a way where your emotional and mental health is still intact, and not just that it's optimized, you're living in an optimal way, I feel like that is like my life purpose. Having you on to talk about what you offer to the world, how you got there, and just your story, I think, is just going to be empowering and also very, I think it'll connect a lot of people to discover themselves more.

Whitney [00:02:02]:

Thank you so much. I also feel jazzed. I feel like your energy is just such a gift that I am super grateful for. And I'm excited to share with your audience some of the ways in which I have benefited from these tools that really help us not only align our life with what we define as our purpose and our values, but then have tools and structures in place to have our behavior consistent with those values and propel us towards that purpose and really be able to enjoy the process.

Sonja [00:02:40]:

Absolutely. I mentioned in the intro that you created a set of journals called wave of mind. And if you're listening on the podcast, you can't see this, but if you watch the video, you guys, this set of journals is so gorgeous and so beautiful. But more important than how beautiful they look, they are so robust, but in the most simplest form. Like when I first opened up month one of the journal, when you see the package, it's like, oh, this is okay. Six months. This is going to be really deep. Can you tell us the six different journals in the wave of mind set?

Whitney [00:03:23]:

Yes. So the first is emotional awareness, then self compassion, then core values, self validation, self trust and self acceptance.

Sonja [00:03:35]:

You guys, when Whitney and her team first reached out to me, they didn't reach out to me to be a podcast guest. They reached out to me because they knew I serve people in the capacity of one on one coaching and I was a little know because you get those dms. But I listened to my internal compass and I was just really drawn and I said, ok, I'm curious enough to ask another question and we'll see where this goes. And so fast forward we connect. I actually talked to Whitney. She sends me the journals to check out and I was blown away because those six journals complement the six pillars that I talk about in my core self discovery course. It's a six week self discovery course. It's a six month program I work my clients through.

Sonja [00:04:27]:

And when I saw these journals, I was like, oh my God, this is literally the work in a form that people can now practice and repeat and have something tangible. I love a tangible book. I love a workbook. I'm not a kindle type person and I like the writing. It sort of reinforces things for me. And in the first month journal, the emotional awareness, that one thing, that one page in that one journal is so helpful. I was like, oh wow, look at all these different emotions. Like look at the literal different emotions.

Sonja [00:05:09]:

There's at least, I don't know, would you say at least 30, 40 of them on that emotional awareness wheel?

Whitney [00:05:16]:

There's close to 60.

Sonja [00:05:19]:

Okay.

Whitney [00:05:19]:

But yeah, there's a lot.

Sonja [00:05:21]:

Yeah. And that was so eye opening because we use words a lot of times to describe how we feel and they're not really the most accurate, they're just the words we're most familiar with. So it's like, how do you feel? Are you angry or is it frustration? And these different emotions, they are different emotions. So they evoke different energies, right? That's what emotion is. Energy, emotion. So it evokes these different things. And if we're using the wrong or not the most accurate terms to describe how we're feeling or to reconcile within ourselves how we're feeling, it's kind of difficult then to know what you should do or what's available to you to do to remedy it. I want to know briefly from you, Whitney, if you can just tell us a little bit about where you were personally that led you to creating wave of mind.

Whitney [00:06:22]:

Well, thank you for all of the kind words. I created wave of mind because I grew up in circumstances that I think many of us can relate to, in that essentially I was unknowingly trying to achieve my way into feeling worthy, into feeling like I was enough. It can be sports, it can be school, it can be our career. And I reached this level of success post undergrad that I was surprised didn't resolve all of the distress and underlying self doubt and just these pervasive, really debilitating symptoms that kept me in panic attacks at night. And I just couldn't make sense of it. And at that time, I was privileged enough to be able to attend therapy. And through years of therapy, I was able to observe and recognize and define the limiting beliefs that were operating in every moment of every day, of every interaction. And when we know what those limiting beliefs are and we can challenge them.

Whitney [00:07:40]:

And having a therapist or a coach or a guide is so impactful in.

Sonja [00:07:45]:

That in college you had reached a certain point like Postgrad, and I'm guessing, based on what you mentioned, that in your mind and even in maybe your heart, and you thought, once I do this, I'll feel better about whatever. And I'm curious, what was it that you were hoping you would transform through reaching this pinnacle of becoming postgrad?

Whitney [00:08:13]:

Such an excellent question. And a couple of things that I want to touch on. There was really constant and repeating cycles of when I get to this point, then I'll be happy, right? Whether it's like, oh, when I pass these finals, when I get to this job, when I get this raise, when I close this deal, when I get this recognition, or so many other ways that we can measure external metrics of success or validation. And in noticing that there was this unfortunate realization that in fact, getting those things was only momentarily. And so that for me was an indication that I was doing something wrong. And so I'm learning now that my thought patterns there were flawed and distorted. But where I was in that moment was, I need help because essentially I'm broken and I need to be fixed. And for whatever reason, I keep doing these things and I don't feel good or like there's a personal feeling of mine that I still feel anxious or insecure, or that these things keep, quote unquote, getting to me, I need to not let it get to me.

Whitney [00:09:31]:

And so all of those types of concerns are what took me into therapy.

Sonja [00:09:37]:

Yeah, because unfortunately, I think what we are very aware of now as a society is that we spent a whole lot of time focused on external success, external sense of value and worth. I've been having this conversation with different folks, and I'm like, it seems like around the time where we got into the industrial age, when we got to that point where we realized, like, oh, I can make money, or a person can make money outside of them physically doing the work, then it

was like, okay, so how do we leverage that? Which is fine. I mean, that's evolution. But then that also created massive opportunities for massive wealth. And so then it became about almost like, the mass consumption of things. And so things became the measurement of worthiness and richness and wealthiness, where if we look back thousands of years, like, if you had an ounce of salt, literally, you were rich, if you had salt. And then it became, like, all of these monetary things. I think that all of that led to just a super hyper focus on what do you have, what do you do that defines who you be? And if you don't, if you're not doing certain things, your life doesn't look a certain way, then perhaps you're missing something, and that means you need to fix that.

Sonja [00:11:16]:

Which is like, oh, I feel broken.

Whitney [00:11:18]:

Absolutely. And I think what you're touching on is so important in that the way in which we're experiencing ourselves and the ways in which we are pursuing validation or acceptance, all of those make sense. It makes sense why we behave these ways. It makes sense why we think the way that we do. And I think that's so important because a lot of us feel shame that essentially I couldn't push my way through, feeling a way that I was supposed to feel while having these things. It's all very interconnected and complex, in which we are perhaps prioritizing externalities versus our own internal relationship. And how we feel about ourselves is a lot of us are experiencing ourselves through this double mirror distortion. So this isn't my own work.

Whitney [00:12:20]:

This actually comes from buddhist teaching, but a lot of us. The way that I feel about myself depends on how I think you think about me. Whatever I. So it's just fully all flawed. That's just such a chaotic way of living and in fact, so common.

Sonja [00:12:43]:

I hear you saying, the problem isn't that people mirror you because that's exactly why humans exist. We do exist to mirror each other. However, when that is what you rely on, when you rely on how the other person sees you, if you rely on them to tell you how wonderful you are, how valuable you are, how invaluable you are, then you're at their mercy. Because as humans, we're all going to have emotional ups and downs. And so I put all of my who I am and what I believe about myself into you. You happen to be having one of those days. We all have rough days, right? And you don't see me in a certain light. Now I'm affected.

Sonja [00:13:37]:

Now I've basically gotten onto your emotional wave, right? Instead of being able to be on my own, sort of like island, and just know and have that groundedness and be open to other people's perceptions of you. I love observing people, and as a coach, I tell my clients, I'm not here to fix you because you're not broken. I'm not here to fix you, but I can be here to support you and I can share my perspective with you. And then you get to choose what you do with that

information, and I can support you through that process. So I love that you brought that up. Yeah. That's a wonderful teaching. Thank you.

Whitney [00:14:21]:

Likewise. We need community. We are social animals. How we interact with people is all feedback that our nervous system takes in. The concerns that come in when we're trying to live wholehearted, full and purposeful lives is if we're not connected to ourselves, if we don't have this place to come back to, to be able to evaluate what we're taking in, then we're not able to really have a grounded place from which we can go towards where we want to go. We're just spinning. And that's going to, of course, lead to stress, anxiety, burnout, exhaustion, illness, all of it. And it's not simple in terms of just connect with yourself.

Whitney [00:15:18]:

But those pieces of awareness that can help us recognize when we are disconnected, can help us turn towards practices that we learn for ourselves, can reinforce that connection. And we get to use community and all of those sources of energy and feedback, too, to really be able to propel towards where we want to go.

Sonja [00:15:40]:

Yeah, I'm curious because I've participated in therapy and I found it very interesting. It was extremely helpful. Therapy was almost like another modality because I geek out over different types of self discovery, self help, holistic modalities, and therapy, for me, reaffirmed some things I thought about myself. Like, I thought these things, these positive things. I thought I was good, I thought I was okay, but I didn't necessarily believe it. And so for me, therapy was very reaffirming. I mean, we all have limiting thoughts and beliefs and we all have that right. Again, it's to the degree that it is impeding on your life, which is a problem but for me, I remember being in therapy and talking to my therapist and going like, wow, this was so helpful because somebody else who does not know me, right, does not have my backstory.

Sonja [00:16:49]:

And all of that is telling me things that I really want to believe about myself. I think it, and I really want to believe it, but I don't quite believe it. And so now it's like, okay, it's safe to actually believe this and begin to embody it, right?

Whitney [00:17:07]:

Yes.

Sonja [00:17:08]:

I wonder if you, did you have any sort of experience like that? Or for you, was it very like, oh my God, I had no idea some of these things, because I've heard people say that too.

Whitney [00:17:20]:

Yeah, that's excellent. I definitely experienced similar to you and a myriad of other things. So I'm going to break it down a bit in that therapy is an exceptional modality. I love that term that you

used, and it's especially helpful for people who have experienced things like trauma or perhaps are experiencing symptoms of trauma, because we can google what the symptoms of trauma are, but we might not have the awareness or the acceptance of perhaps things that could have contributed to that disconnection of self that creates all of these traumatic or post traumatic symptoms. And there are other, even practical ways that therapy is supportive. But I think the simplest way that I recommend therapy, really, to anyone that's interested because it can be so impactful, is this is a space for you entirely, and coaching can act in this way too. It really depends on the relationship and the expertise of the practitioner. But when we enter into this space, we are saying, I'm going to allow myself to express and explore and try and make sense of the experiences that I'm having.

Whitney [00:18:50]:

And the person on the other side of the conversation is entirely focused on you and supporting you in that process. So it's not a simple thing, it's not a quick fix, but it's super powerful.

Sonja [00:19:04]:

I love that you brought up the benefits of the container of therapy and coaching in that. It is that very safe space where, like you said, the individuals really trust that they can let their hair down, they can set their bags down, they can put their capes down and really just allow themselves to be nurtured, to be heard, to ask questions. I find a lot of people who enter into the coaching realm, they are folks who are very determined. They're highly intelligent, great attributes. But now society has said, because you have all that, you should be good. I talked about this in one of the other episodes. I think it's episode 23, the difference between wants, goals, and desires. And I talk about how you mentioned somebody who loved us, said, like, oh, this, that or the third, and then we really absorb that.

Sonja [00:20:07]:

And I feel like that happens a lot of times with our goals. If we're not careful, we can be pursuing goals that we think are our goals. And really they're goals of others who were well intentioned, who love us, who support us. But we think we came up with that goal and it was like, oh, no, actually, oh, that's right. I really wanted to do XYZ, but so and so said I was really great at one, two, three, and I trust that person, and I know that person loves me, so I'm going to override my own personal dialogue and rely on theirs.

Whitney [00:20:45]:

I think something that we've been touching on that I think can be helpful is when it comes to whether we're on a healing journey or we're pursuing goals or wanting to improve in specific ways, we need what is helpful for me, three things. We need community, right? We need to honor and build and practice relational health. And people can figure that out for themselves. The best ways to cultivate and care in community. And it's my recommendation that anyone that has access to it to have a guide, whether that's a therapist, a coach, a mentor, that really can hold that space for you. And if they have the competency of having many years of experience and training as a clinician, that's especially impactful for the reasons that we mentioned. And then the third aspect is we need to have practices for ourselves that reinforce the aspects of self

inquiry and self discovery and self connection, so that in each of these areas, on our own, with a guide and in community, we get to practice living into this version of ourselves that we want to be. And I really do believe that all three of those are necessary.

Whitney [00:22:12]:

I created wave of mind journals that include these clinically informed tools and use journaling to learn and practice and reinforce those techniques that are all derived from cognitive behavioral therapy. And when I created these journals with a team of therapists, the goal was to help people be able to utilize the science backed tools in a clinically informed process that also helps people consistently learn to connect with and build trust with themselves. And each person gets to find out for themselves what are the best ways that they can then care for themselves on the way towards wherever it is they're going.

Sonja [00:22:58]:

Absolutely. Because in safe space where you have that guide, mentor, coach, therapist, there are revelations that come about, and then there are teachings. There's instruction, but then what? Right, you're all jazzed up and you're like, oh, I had an epiphany. I had a light bulb moment. And you feel so good. You're on that high. But then the next day you're like, oh, I know this now, but I don't know how to get back there. I don't know how to really bring this into my everyday life.

Sonja [00:23:32]:

And so things like the wave of mind journals provide opportunity for you to exercise the awareness so that you can then embody it. I know we live like nowadays, everything's like so woo, woo, woo. And people make embodiment sound like it's this effervescent thing. Embodiment literally just means for you to take something that you understand as knowledge and put it into everyday practice. I mean, it's really that simple. It's really scientific. Your journals and the way it's set up make it super easy. I want to ask you, since we're talking about the different exercises and how simple you've made them in the journal, are there any particular exercises that come to your mind that you have in the journal that can support folks who are pursuing a personal development or professional goal? So in my realm, I support super strong, determined willed individuals who are here and they're like, I am going to live the life that I desire.

Sonja [00:24:39]:

I support them in doing that through fulfilling their personal and professional goals. Now, to me, a soul goal is deeper than a want. Soul goals are those things that you feel a deep connection to pursuing, experiencing or having. It's not a surface level like, I want a nice car, it's deeper than that. These are the things that you feel like if you don't do this in your lifetime, you might have missed something. So when someone is pursuing that type of goal, what are some of the exercises, or at least one that you can think of in the journals that really support people in doing that?

Whitney [00:25:22]:

Yes. Love that question so much, especially soul goals. Just having that framed as something to work towards, I think simplifies so many of the kind of concerns that people come up against in even defining a goal for themselves is just like you said, a lot of times when we're picking a goal, is that really for me? Do I really want to do that or do I think I should do that? Is it something I think I have to do? Is it something that has been imposed upon me or that I would feel shame if I didn't do? There's all these sort of questions to ask and essentially how the journals work is we get to goals after we spend some time observing what we're experiencing and those thoughts and challenging the ones in which are not serving the behaviors that we want to align with, but just asking why questions. And in this specific exercise, you're asking the why questions about your goal. So why do I want this goal? And that will help you distill that goal into the baseline. Like, I'm doing this for me because I'm worth the effort. I am worth it.

Sonja [00:26:45]:

I love that. Because the why is super important. And I've always felt that the why provides the tether. And you'll know how much you really desire a thing. In that episode I mentioned, episode 23, I talk about the difference again between wants, goals and desires. Right. So a want and a desire are two different things. They can both lead you to create a goal, but the goals that you don't give up on, those are the desires.

Sonja [00:27:18]:

Those are the sole goals. Those are the ones. I mean, it's almost like they call out to you just as much as you are calling out to them. Right. And they're so much deeper. And I appreciate the why question a lot. I don't know if you've ever read starting with why by Simon Snick. Yeah, that's such a great example of.

Sonja [00:27:40]:

And it just will help you remember what you're doing it for, because fulfilling your goals, even your soul goals, even your dharma or purpose or however you want to call it. Right.

Whitney [00:27:53]:

Yeah.

Sonja [00:27:54]:

There's going to be challenge.

Whitney [00:27:56]:

Yes.

Sonja [00:27:57]:

Even if it's the best thing for you. It's the destiny that you're here to complete. I mean, just life is challenge just as much as it is reward and joy and peace and love. There is fear. There's moments of weakness. There's all of that. Because you can't know what joy is if you don't know what sadness is. You wouldn't even know it exists anyway.

Sonja [00:28:24]:

We could geek out on all that kind of stuff so much.

Whitney [00:28:27]:

Absolutely.

Sonja [00:28:29]:

I can attest to, and I can be a witness that, yes, the prompts in the journals do allow you to ask yourself questions like why and on several layers of the why. And again, in very simple ways, it's simple, but I don't want to make it seem like getting there is easy. Yes, the exercise is simple. The embodiment of it is going to require a little bit of work, and that's where the practice is. And that's why I'm guessing it's not just. Here's a seven day journal. I'm curious for you specifically, were there certain experiences or goals that you had for yourself on the other side of your self discovery and self trust and self love journey, did you have a goal that you wanted to experience on the other side of all that?

Whitney [00:29:26]:

It's such a beautiful question when you ask me about goals that I have on the other side and I define them in different areas of my life. But one thing that I think I can share that might be relatable to a lot of people, and hopefully people in this audience, are goals related to embodiment, physically and caring for my physical health with a new perspective, with the self awareness, the mindfulness, the self compassion. Because I'm an athlete, I've done many different competitions, right? Soccer, triathlons, skiing, climb, many things. And these are all super important to me. But I can very clearly notice throughout my healing journey different ways that I have interacted with these physical pursuits, some of which were helpful and some weren't. Right? We can use determination and willpower and grit only so long, right? Those things are important. But having the why and then having the structures of what to do keeps us able to applying that effort. And so for me, one of my goals was I want to be able to not only consistently exercise in the ways that make me feel energized and vibrant, mind, body, spirit, but do so in a way that is joyful and sustainable and rewarding.

Whitney [00:31:01]:

Climb this new grade that I haven't met yet because otherwise I'm not enough. But instead, today I'm showing up for myself and this is what I have to give and I'm going to push myself in doing so. But the reason, the why that I'm doing it is because I want to have this vibrant energy and I want to have a body that I care for that then serves the other purposes that are most important to me. And then the how is one of the tools that I think the journals outlined that I think would be helpful to share is relating to as we're pursuing a goal and we come up against a barrier and we recognize, like, oh, maybe there's a habit that we need to break. One thing that can be really helpful is as we observe that thing, maybe there's something that prevents you from getting to the gym at the time that you wanted and it cuts your workout short. That's happened to me before where I've gotten distracted and that sort of thing. And so that habit that I wanted to break, what we can realize is that habits exist because they are serving a function, a purpose in our lives, typically unconsciously. But we can transform those into conscious habits

so when we can take some time and reflection to explore habits that we want to break and the function that they're serving our lives, how we break those habits isn't by cutting out that behavior.

Whitney [00:32:43]:

It's by replacing that behavior with something that instead serves that function in a way that serves us. So, say I'm scrolling on TikTok for 20 minutes, and that got me to the gym later. What I really needed was rest and a reward for working hard that day. So I can instead turn on some music that I really enjoy and just kind of, like, even wiggle around for a bit and then dance. And I'm like, I'm so ready to go to the gym because I feel so good. And that bit of reward where I got to tell myself, like, oh, good job today, that was met in that way. There are a lot of different things.

Sonja [00:33:30]:

I think, definitely from a standpoint of, if you think about even from maybe a physical kind of place, if you've ever had surgery or something, you had a body part removed, a tooth, even. And you have these phantom pains. They call them, like, phantom pains. Like, the tooth is gone, but sometimes it's still a little ache there. The cavity is filled, and that's just, like, a tangible example of what you're meaning. You can yank a habit out, but unless you replace it, it's like an energetic feng shui type of thing. If you don't replace that empty space with something that serves you, you will unconsciously fill it with some other nonsense that probably is not serving. And if you're not taking the time every day to check in with yourself, quick check in.

Sonja [00:34:28]:

I tell my client, did you check in with yourself today? Are people like, well, what do you mean? This does not mean 20 minutes. It literally means, did I check in myself? Okay, how do I feel?

Whitney [00:34:39]:

What's tight?

Sonja [00:34:39]:

What's tense? That's a check in. It literally takes that long. Right? But if you're not doing that, it's difficult to even get to the point where you're, oh, am I filling my calendar with nonsense? And some people can't even just have, like, white space, right? There are some people who are very uncomfortable with not having a lot of rules, a lot of structure, because then that means I'm with self. And do I really like that, whatever that is? Everyone has their different things, so it's really important to do some sort of practice check in, and then from there, making sure that you're creating habits that support you, but doing it in a way that it really connects with you. Because if it doesn't really connect with you, you won't keep it up. Don't work for a lot of people because it's either too harsh for them. Right. My husband is a workout guy.

Sonja [00:35:44]:

He works out five, six days a week. That is his thing. That is his meditation. It helps his physical body, but that's his meditation. If I do that, I'm going to be unwell. And that can sound strange to

some people, but it has been clinically proven with my doctor. I have a chronic illness and if I work out too hard, it's actually going to deplete me versus invigorate me. So we have to know who we are and be okay with it looking completely different from someone else's situation or circumstances and be strong enough or trusting of yourself enough to follow whatever that is for you.

Whitney [00:36:30]:

Yes, I completely agree. In terms of everything that we've covered today, my recommendation is the best place to start is to build a practice however one chooses to do so, of sitting with how we feel and just observing that non judgmentally. Over time, we can make sense of it, we can learn from it. We can take those observations and learn to listen to what our body is saying it needs. Because when we're observing what we're feeling, our body is also saying, I need something. And we then build self trust by going through these consistent practices of connecting with self. And so if you can build maybe even just a three day challenge of taking five minutes to write down or voice note anything that comes to mind, you're just non judgmentally reflecting on what you're experiencing. When we think about what we really want out of life and these sole goals and the ways in which we get there, if we're not connected, it's going to be much more difficult to even really be able to envision what we want, let alone be able to have the right structure, systems, community support and practices to not only achieve those goals, but to enjoy life along the way.

Whitney [00:37:58]:

So, couldn't recommend that more. Also, we talked about at the beginning that sometimes people want to sell advice. Advice is really helpful, but we really need that connection to self. And I think that that really ties everything together. So I hope that that's helpful.

Sonja [00:38:16]:

Absolutely. Anyone who's listening, if you've thought about working with me or purchasing my six week of self discovery course, you guys will have an opportunity to purchase these wave of mind journals. But you don't have to just do that. You can buy them as an individual set and we're going to put the links in the show notes here, Whitney was gracious enough to say, hey, I want you to experience this for yourself. So this is not me know, just some random product. These are things that I absolutely believe in. I've been teaching this and coaching this for over a decade. So to find something in a tangible form that really reinforces was it.

Sonja [00:38:57]:

It was an absolute no brainer for me. And I am honored to be able to share this with you all today on my platform and having Whitney here. Whitney, thank you again so much for being here and sharing your story, sharing your product, and sharing your gifts with the world through this podcast.

Whitney [00:39:17]:

Sonia, I appreciate you so much and I am really honored to have this conversation with you. Having somebody that can hold space for you in this complex process of self discovery, self

acceptance and self actualization. But you just do that in such an impactful way and I just feel personally uplifted because of you. I appreciate it so much.

Sonja [00:39:39]:

Well, thank you so much for being here again, everyone listening. If you are interested in learning more about the wave of mind journals, just check the show notes. You'll have links there where you can check everything out, make purchases, and also, if you are looking for a coach, a guide and mentor to support you in your emotional well being personal development journey, I invite you to book a call. I want to hear what you guys want from your life, the goals that you have for yourself, and find out if my one on one coaching will be able to support you in that process. Whitney, where can people find out more about you and the journals in the interwebs of the world?

Whitney [00:40:21]:

Yes, waveofmind.com at wave of mind co on Instagram.

Sonja [00:40:28]:

We'll also have those links to your social sites that you just mentioned in the show notes as well. We'll make it really easy for people.

Whitney [00:40:35]:

Yes.

Sonja [00:40:36]:

All right, you guys, thank you all so much for being here. Talk to you on the next podcast.