

## **Episode - Renew Your Mind with Diana Swillinger**

Today we welcome our teacher, Diana Swillinger, a life coach, speaker and host of the Renew Your Mind podcast.

### **Guest introduction:**

- After decades of trying to do all the right things but still feeling exhausted & discouraged, Diana went back to school, got certifications, studied the experts, and finally created her own mind renewal tools that had her loving life again and bringing her dreams to life!
- As host of The Renew Your Mind Podcast, Diana is on a mission to empower thousands of women with the same practical tools so they can experience more of the joy, hope, and peace that God has promised!

### **Question:**

- My intent with Old School is to tell our stories and how we walked them. What we did to get and maintain health in the physical, mental, emotional and spiritual areas of our lives. I would like to hear about your story and what challenges brought you to becoming a life coach and sharing what you have learned about managing your mind.
- Recently I have been seeing a lot of info/data about “sitting” in the pause before acting after a thought comes to mind. That we can’t stop the thoughts but how to release them as opposed to believing they are always real.

- You talk about practical tools for gaining control of our thoughts and renewing our mind. Without giving away a free coaching session, can you give an example.
- Talk about how our thoughts influence our emotions?

Diana's Nugget:

- "Moisturize your skin"
- "I get to decide what I believe. I get to decide. It's okay to trust my gut. It's okay to trust my intuition. We would all be a lot freer if we understood this."

Thank you for coming to class today. If you could rate, review and subscribe to the podcast and our newsletter I would be ever so grateful. All of my connection links are in the info section. I will respond and appreciate all engagement. Class dismissed.

Connect with Diana:

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Renew Your Mind Podcast