

## ShowNotes - Energy of Youth - Isabella Lafferty

Today we welcome our teacher, Isabella Lafferty of Isabellas's Loft

### Guest introduction:

- Isabella is the founder of the Rookie Movement a company with a mission to encourage and inspire youth to learn from the real world and embrace ROOKIE MISTAKES.
- She is an Interior Decorator & Content Creator through her online design platform: Isabella's Loft where she has accrued a community of over 160,000 people.
- She is a member of and serves on the board for YPO Next Generation Los Angeles (YNGLA) as Communications Chairman
- Our families have been friends since before Isabella was born and I consider her a precious addition to the family.

Welcome to class Isabella

### 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.
- How you started and how it is going is the story I would love for you to tell. Young people tend to get a bad rap and hearing about the good, bad and ugly and how you walked it and are thriving would be awesome for listeners of all ages.
- What upcoming things are happening at "The Loft"?
- What does the next, say, 5 years hold for you?

## **Isabella's Nuggets:**

- **“I wish I would have realized at 19 when I began my first company, that happiness is rooted in helping others, having a passion and truly giving back”**
- **I keep a list of random things that make me happy and I list out and remove the things that take my energy**

## **Episode recap and closing remarks:**

We so enjoyed having you teach us today. If you would like to connect with Isabella her links will be in the podcast notes or you can reach out to me through my connections as well.

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 Isabella:

Website: [isabellasfinds.com](http://isabellasfinds.com)

Instagram: [@isbellasloft](https://www.instagram.com/isbellasloft)

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