

**Ep #21: “I’ll Never Get Used to This”:
What Your Past Self Needs to Hear About Money**



Full Episode Transcript

With Your Host

Jess McKinley Uyeno

[Fun Money with Jessica McKinley Uyeno](#)

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If you hear some background splashing noises, you can just take them in because I am tuning in from a giant bathtub in Puerto Rico at the Ritz Carlton. And I thought a lot about what I wanted to bring you, what topic I wanted to speak about while I was here. And I thought, I can think of nothing my past self would have found more valuable than a detailed visual of the fun money experience that I am having this week.

Our thoughts create our reality in two ways, always. One, we are experiencing our current reality through the filters of how we think about it. So, for example, I could choose to think or even unconsciously be thinking, how is this real life? Being able to bathe in the absolute perfect temperature water with the most delicious smelling bath salts. In fact, while I'm saying that, I'm just going to take another smell of these bath salts. Everything here is ginger. They have a signature scent here that I believe is ginger and lemongrass and eucalyptus. And it's so delicious. And I'm thinking, I get to do those things while I do my job, while I help women all over the world see money as the abundant and fun tool that it is.

Versus, I could be thinking, oh shit, I've got to get this podcast done before I check out of my hotel. These are both options and whichever thought I land in, whether it's conscious or unconscious, it's creating my experience of it. My perception is my reality.

But the second way that our thoughts create our experience and our world is that what you're practicing thinking right now isn't just about today. It's not just about your experience of the present. You are actively creating your future, too. And the minute that I really understood this in my bones, I started to take it more seriously. I started to put it into a practice, a conscious practice. I started to see it as a responsibility to the future that I said that I wanted.

And it's why now when I meet people who tell me that they have a goal or that they want something, I can see pretty quickly whether or not they are

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doing what it takes to put themselves in a mental position to change the reality. Because you can't change your reality without changing your thoughts. And most people try and out action their bad thoughts and it's not sustainable. It's not possible because even if it works and even if you come into some money, then what happens is that when you haven't worked to calibrate yourself to this future, when you haven't done that work consistently, when you're not trying to evolve and to live in breakthrough, to expand yourself and what's possible for you, whether it's with money or anything else, then you end up telling yourself - your brain will feed you these other thoughts that bring you right back. You'll say, "Oh, this is a fluke. Oh, I have to slow down. Oh, this might have just been something that's going to stop, when's the other shoe going to drop?" What those types of thoughts.

And if this is triggering to you, it's not a problem. It just means that you've got some work to do with your thoughts. And when I began to see this as my job, as my responsibility to visualize and immerse myself in the world that I wanted to land in, the whole process just got easier.

So, I'm going to share with you a bit about my week here. I'm going to tell you how and why I am at the Ritz Carlton. And I'm just going to describe to you some of the experiences that I've had that without fun money would not be possible and definitely was something that I dreamed of not that long ago. And I want you to as you're listening to these entertain and imagine that these are your own thoughts or if you're already someone with lots of wealth, use this episode as a reminder to reawaken to it.

You are listening to *Fun Money*, a truly naked episode from the tub. This is your host, mentor to the most interesting women in the world, Jess McKinley Uyeno, and this is episode number 21.

Okay, so I mentioned I'm in the tub. I have to be checked out of this room within the next 2 hours. I still want to go swimming at the pool. There's just

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so much fun to be had. But why am I here? So, I won a trip to come down here because one of my mentors, Shoshana, she was having an insane live event back in Denver in September and it was almost 1,000 women entrepreneurs and kind of like the Burning Man, just a very rock star experience, but with business. Just really there are universal truths about business and this is an episode for another day, but there are universal truths about business and one thing that my mentor and I have in common is that we're like, well, if we're going to learn this shit, if we're going to be women who are feminine and really turned on and the most alive and the most magnetic, especially to money when we are creatively expressing ourselves, then why wouldn't we make the process of everything we have to do? In my case, I say more interesting, in her case, she would say more feminine and wild and raw and free.

And yeah, I agree. And so she threw this insane event and it was so wild. It was basically like a music festival but for business. And she was like, "Okay, would you want to be a part of?" She gave the mastermind the opportunity to talk to and it was very vague. She was like, "Do you want to maybe talk? I'm going to pitch from stage for these women who are just being introduced to our world to join the mastermind. Would you talk to some of them while I'm experienced? Would you sit in the back and talk to them about your experience?" And I was like, "Hell yeah."

Again, I'm a hell yes to anything that feels fun and that feels aligned and it was just a full body yes. And so I said yes and then come to find out once I said yes, the experience she started adding bonuses and incentives for affiliates. She was like, "Okay, you guys are doing this work for me. I can't be everywhere at this 1,000 person convention. What if the top three affiliates?" And it ended up being four of us. What if the top four affiliates? I fly you down to where I live in Puerto Rico in Dorado Reserve and you stay at the Ritz Carlton and I fly you out and everything is paid for and you go to the spa and again, I didn't even know half of this stuff until I got here.

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Because when you start saying yes to anything that will expand you, and for me I was like, wow, I would love to learn a little bit more about selling at this type of event and what it feels like. I want to be on the inside of this experience. So it was really I wanted to learn and of course, I love the mastermind that we're a part of. And so I was like, "All right, yeah." And when you say yes, you start to follow your most interesting self. This is the vehicle for earning that I find to be so obvious and yet we think that it has to look a certain way. But when we just start to trust our intuition and say yes to things that will expand us, you can't not grow. When you're saying, "Okay, I want to make more money," and you're like, "I don't know the way." Well, there are 100 ways to make more money or have more experiences that you want to have that all work. And so if that's the case, why not do something that's going to grow you in the process? And I was like, "This is going to grow me."

Long story short, I ended up from a totally unattached place, just having the time of my life talking to women and some men about this experience. And I was like, you have to join. It's so magical. It's just so aligned with everything that this event is about. Like if you're about this life, about having creative expression and being a life artist, then you should absolutely join and build your business in this way. And I became a top affiliate. And when I got here, I met the other top affiliates and we've been spending this luxurious week and really it's not a week. It was supposed to be one day. We spent one day with our mentor, business masterminding and with each other going to the spa, but of course, we fly in, we fly out.

One of the women flew in from Barcelona, the other woman flew in from Uruguay and the other one from Mendoza, Argentina. And I'm flying in from New York. And so it's this just worldly experience and we're all just talking about, "Oh, what was your experience in selling this?" And oh my gosh, there is the most gorgeous bird sitting outside this glass window. It's got a red beak and a black and white tail. Oh my gosh.

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So, we realized that our process was to let go and to decide that when we are in expansion, the right things will come to us. So it's a very unattached approach that all of us had and it led to us being top affiliates. We were not worried about how we were going to be perceived, we were not worried about how it was going to impact our businesses. We were just like, "Yes, yes, yes." And we all ended up here and it was just the most harmonious group here.

And so let's talk about this because I think that sharing luxury experiences can come with a lot of baggage. So there are some people that have no problem talking about their luxury experiences. And then there are a lot of I think really deeply human and beautiful people that see sharing their luxury experiences as, "Oh, well this I shouldn't talk about this because other people that can't experience that because of the current money that they have, it would be rude or it would be bragging or arrogant or insensitive."

I think back to my own time of having very little dollars, like three figures, like \$100 or whatever in my bank account. And I think, well, I actually needed more than anyone for people to be talking about these experiences, for them to be describing these days that I wanted to experience, that I wanted to land in. And when I found women who were sharing from an abundant place of not like, "Oh, this is necessary or this is what life is about," but like, "This is what's possible." Just expanding possibility. I was never like, "Oh gosh, comparing my life. Oh my gosh, life would be so much better." I loved my life and I deeply believed that my life could be whatever I decided it could be. And so if you're feeling in lack right now when you're when you're witnessing other people have something that you want that you don't currently have when it comes to money, it is most likely that is a feeling that is coming from the thought that you can't have it. Right?

When we compare, there's always a thought error that creates the lack. And I've shared on previous episodes that one of my most jarring thought

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errors to discover of myself was this thought of "must be nice." And it was so disempowering and it sounded so innocent. It sounded factual, like, "Must be nice for those people who have this when I will never have it." And when I realized that I was thinking that, I realized that was the block. That thought in general was the block. And so just witness where you are in absolute abundance already and where you may have a sticky thought that, oh, there's something that they can have but I don't know if I will ever have it. Like we just count ourselves out.

And I spoke to other women who were also on the Vortex sales team that were selling this and that wanted to go to Puerto Rico. And a lot of them were like, "Oh, you know, I just never thought I was going to win." And I was like, "That's so interesting." Because like why do we do that to ourselves? What is the upside of counting ourselves out? There's none. Except we think, well, then, subconsciously, I won't have to be disappointed or it won't be so embarrassing if I really went all out and then I didn't experience this thing. And so I encourage you to just watch where your own thoughts are actually always the cause and the solution to all of your problems.

So now, we arrive here and first of all, I know for some of us, two of the women flew first class or business class rather for the very first time. And it was so amazing for them. I had just had that experience with Japan this year and I really thought, I'll never get used to this. And it's a decision to not get used to this, right? Like this idea, "Okay, they flew business class." They're like, "Whoa." And then we walk into the spa. We just kept like pausing and holding hands and being like, "Whoa, this is so special. Wow." And even our mentor who lives here now, she was like, "Look at this view and look at this tree." And we kept being like, "Look at this leaf." And we would just go into a giggle fit. And she was talking about like, my husband sometimes is like, "Have you ever been to a hotel before?" And it's like, well, it's a choice. Can we choose and decide to never get used to something?

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And after we flew here and then land and you walk into the hotel and they offer you, "Would you like a popsicle?" And it's like these really just decadent locally made popsicles. One was papaya, one was coconut and one was, I don't remember what it was called but essentially a Puerto Rican eggnog because it's Christmas time. And so I tried that one, I tried the piña colada one and I'm just like walking around with a popsicle. The guy's like, "Would you like to speak Spanish or English?" I'm like, "Let's do Spanish." So for me that's my own luxury to immerse myself back in Spanish. And I walk into the room and the guy is like, "Oh, we have a local rum here. Would you like me to pour you a little glass?" And I'm like, "Sure." And he's lining the rim with lemon and he is giving me, he's like, "Oh and here some plantain chips that pairs really nicely with this rum."

And he's opening the doors, the sliding doors all the way open to the back of my view from the room which opens out to a private heated pool of my own with a view of the ocean. And it's completely secluded and also just like I can access anything that I could ever want or need. And I was like, "What? My own pool?" Then I look in this gorgeous bathtub and I'm like, "Check, check, check. There's an outdoor shower and indoor shower." I'm like, "I'm going to use all of it." I'm going to - jumped in the pool and then I made the bath today and I showered outside and going to the pool at the resort and then we sat in the hammocks, me and this other girl, Joanna, and we went to the spa, all four of us, and we went in the cold plunge and we just, every experience that there was to have, we said yes to.

Because of course, why would we not? Why would you not? And so when I think about my past self and people want to know, like, how did you get here? How do you end up with these crazy things that happen in your life? And people say how as if it's so random. And I'm like, it's not as random as you think. I knew and I decided I was meant for a most interesting life. And I'm not always so specific. I don't really do vision boards so much. I have done, but I think to me what is the most exciting is just being open to what makes me feel tingly, what makes me feel alive. And money to me is a

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piece of it. It's undeniable piece of it. And when people say money doesn't matter, I think they're doing their future self a disservice. And I really think part of it has to do with this idea of like they've never experienced what it's like to have more money. Because more money doesn't make you less attached to what matters to you. It just gives you the ability to be more of who you are and to expand who you are, of course.

And so for me, in this season of life, what is different about me since I'm in this space? I am just constantly reminded of how worth it is to say yes to expansion. An expansive life can sometimes be synonymous with an expensive life. What if those two words really were sisters? Because I am sitting here and I'm just like looking at my toes in this water and I didn't pay for this hotel but I'm here for two nights and it was over \$5,000 for me to be here for two nights and that doesn't include food and that doesn't include my spa treatments, all of which were so graciously paid for by my mentor whom has made it her responsibility to herself to expand herself so greatly that she can provide life-changing experiences for women. And I want to do that for my clients and every time I step into a room that blows the ceiling off of what I thought was possible, I think, oh yeah, yeah, I want to do this too.

And it wasn't until I started hanging out with absolute psychos when it comes to spending, like, "Oh, what would be so fun? What would be so crazy to do with this money?" that I started asking myself questions of like, "Oh, what would be the craziest bonus that led me to decide to make an offer of, 'Oh, okay, if you join the mastermind on this day, I'll fly you in for dinner, no matter where you live just for one night dinner.'" And that was so fun and so expansive, right? Of a bonus that I just loved every bit of it.

And the retreat that we're doing in Costa Rica, I bet on myself in this way that just without knowing that there were going to be more than four people. I was like, "Okay, yeah, we'll do a house that can hold 18." And it just has everything that we could ever need and, you know, the retreat is going to

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cost me, I don't even know. We'll see what the numbers are, but upwards of \$50,000. And it's like, yeah, well, of course, I need to be expanding if I want a future that I've never experienced. I can't expect that it's going to cost the same, right? I have to be willing to say yes to the stretch, to the expansion. And expansion doesn't and shouldn't feel easy. Shouldn't feel comfortable because comfort doesn't expand you. Discomfort is the vehicle, is the currency to your dreams.

So, while a lot of people would look at the experiences of staying at a Ritz Carlton and they think, must be nice, which I'm guilty of too having that experience. I think, hell yeah, it's nice. Come on down, baby. Say yes to everything that will stretch you to be this person. Bet on yourself and you're like, I feel like I am. I'm going for it. Well, tell the truth, are you really? Like what is the thing that you haven't been willing to do? Where have you not been willing to invest in yourself? Where have you not been putting yourself through a mental boot camp? Where have you been writing yourself off and then trying to sell from this belief, trying to out action those bad thoughts. This belief that it's not going to work.

So as I am about to close this episode and I am going to walk outside and I'm going to hear the ocean, I'm going to put on some suntan lotion that they have here. I'm going to put on the gorgeous flip flops that are complementary to this room and, you know, they give you this baseball cap. I'm probably going to get another popsicle and we're going to walk back over to the spa and go in the different baths and the steam room. And I am going to actively use all of my senses to take this in. I'm going to remember that the opposite of love, like if you're someone who's like, "Oh, I do everything from a love." Well, the opposite of love is indifference. And if you really love this life, if you love yourself, if you want love to be your frequency, then you cannot be indifferent about money. You cannot be indifferent about your future.

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And I noticed for myself that when I got to this place, I thought like, wow, I really don't need anything more. I don't know, I don't want for anything more. That's partly true. I don't need anything more than I have. But using money for necessity doesn't expand us. It doesn't evolve the human race. And every time I've expanded myself, it's created a ripple effect of expansion for the people around me who are thinking, and for all of I know how many single moms or divorced moms have seen what I've created and thought, "Wow, finally an example of someone who is radiating joy who didn't let the process of divorce turn her bitter, who didn't let the hard things turn her hard." And instead softened into it and decided to be an example.

When I think about that expansion that I did for myself and when I think about the willingness I had to become wealthy regardless of whatever identity was easier to hold on to. I was willing to let it go, to let go of the struggle that honestly and sometimes it felt good to feel like a victim. When you think like, this is really hard and you sometimes you just want someone to agree, this is hard being a single mom is so hard, being poor is hard. We want people to commiserate. Misery loves company, right?

But are you willing to let all of that go? Let go of whatever thoughts that are making you feel temporarily good, right? To feel seen in your victim situation instead to say like, "I'm willing to not have anyone pity me or to not have anyone get it or to understand and I'm willing to just immerse myself in the future that I want to create. I'm willing to expand and to say, you know what, I am not different from the people who have more money than I do. I'm not different from anyone who is at the Ritz Carlton. I'm not different from someone who has chosen to set up their life in a way where they can go and they have children and they have all of these things that I've been using as an excuse and they are able to just live their life in the most interesting, delicious way." I'll never get used to this.

However, a couple of things I do want to normalize. The idea that I can wake up and there's just like so much deliciousness available to me. I want

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to normalize putting myself in environments where there is surprises at every corner, where there is an experience that I've never experienced before. Life is too short not to have this experience. And I also want to normalize for me being someone who even while I'm here wakes up and goes for a run because that's who I want to be, someone who does the work to expand, someone who continues to do her podcast. Don't you think it would be easy to be like, "Yeah, I'll just shut it down at this point. I don't need it. I don't need this podcast. I could just be outside on the beach." But yes, instead, I'm going to choose to be this person who is expanding and finding ways to say there's plenty of time. I can enjoy the bath and enjoy my time here and get my work done and just luxuriate in it all.

I'll never get used to this and I hope that you create a life. I hope for you is that you use money and you use the very specific visuals of what money could do, what you could use it to spend on, what you could use it to give with. Right? So for me, creating lots of money with my offers in the next year, my million-dollar year is going to be about creating next level experiences for my clients, for my people. And so if you're in my world, buckle up because I am going to be 10Xing what how I pour back into my community and I will never stop. I will never stop.

And so if you're thinking, "Oh, gosh, well, it doesn't really matter. You know, spending isn't that valuable to me." This is a version of indifference to your most interesting life and it is the opposite of love. It is the opposite of love for your people, for your community, opposite of love for your future self, for your family, for your legacy. And it's a numbing of sorts and it is a slap in the face of the blessing of this life that you have. You have the opportunity to expand. You have the opportunity to feel whatever that it takes, a negative emotion and you have the opportunity to stay conscious and to choose your thoughts, not just in the way that you're filtering your reality and the way that you're thinking about and looking at what is right in front of you, but also in the way that you're choosing your thoughts that are creating your future.

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That's the best way to predict your future is to create it. And how you create it is by believing something you've never believed before, thinking a thought, asking a high quality question you've never asked before. And if you don't know where to get started, find me. Come find us. The most interesting women in the world are going to Costa Rica in January and there is, at the time we were speaking, one spot left.

And also, if you're not listening to this live, there is always this community will stretch you. I don't care what money you're making. There are people that have come in here and they're making seven figures already and they are expanded because most seven-figure earners have expanded in some ways, but they haven't expanded in time in the same way or they haven't expanded in fun and freedom in the same way. They've expanded in money. So whichever you're coming for, we're your people. We've got you. So much love. I will see you when I am dryer and in clothes next week. Bye-bye.

That's it for today's episode of *Fun Money*. But if your brain is buzzing and you want more, come hang out with me over on Instagram, @JessMcKinleyUyeno or visit us at FunMoneyPod.com because that's where the real magic happens. Until next time, stay bold, stay interesting, and for the love of God, go do something fun with your money!