

Episode 2 – Jackie Cote –Freedom Empowerment Mentor - Ever wondered how a marriage can thrive while traveling in an RV? Tune in to this podcast episode as Jackie Cote spills the beans on her personal journey as a coach and wife on the road!

Coach Jackie, is your Freedom Empowerment Mentor, International Speaker and RV Adventurist. She mentors ambitious professionals who no longer believe in the hustle and grind, but aren't quite sure how to get out of that without losing the success they've already built. After working with Jackie, you start doing what you are meant to be doing instead of what you think you "should" be doing while still creating more time, money, and freedom. She is living her freedom life full time in an RV with and my her husband and two fur babies while doing what she loves on her own terms while helping others create their freedom lives!

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Connie Durham welcomes Jackie Cote to Extraordinary Marriage

Speaker B: Welcome to the Extraordinary Marriage. I'm Connie Durham and today I have Jackie Cote. Jackie lives and travels in her RV. Can you tell us a little bit more about that?

Speaker A: I could talk for hours about that. Well, first of all, I just want to thank you for having me. So I really appreciate you taking the time and spending it with me. I mean, me being able to spend time with you. RV living. It's funny, I just did a post on this where four years ago, Mike, my husband and I went to Ireland. First international trip. We had gone ever together. And we were like came back like guns a blazing. We're like, yes. This was 2019. We're like, we're going to go international, traveling everywhere. The vision board had every country on it, right? And then six months later, COVID happened. So we were like, we don't want to lose our dream of travel, so how do we pivot it? And that's when we started watching RV America. This is a series about families, full time living in RVs. This was not on my dream board. This was not a vision of mine. The last RV trip I'd ever taken with my family of like, there was like, seven of my family members and me and an RV going to Florida from Jersey. It was not fun. So RV living was not like, yes, that's what I always wanted to, but that's we can't control the how and when we do stuff. So the fact that the RV living just happened and then it just flowed, and then we bought it, and then we went full time two and a half years ago. So now we've traveled the country for two years of it, and now we're currently in Colorado.

Speaker B: We know life is an adventure, and I think that living outside, outdoors and moving from place to place is an awesome you know, there's different stages in life and there's different stages in our marriage.

Jackie and Mike just got married May 20 of this year...

Speaker B: So share with me. so how long have you been married, Jackie?

Speaker A: So Mike and I actually just got married May 20 of this year. But we've been together eight years this December.

Speaker B: I love that. So you've been together a long time, but you're really a newlywed kind of sorter, right?

Speaker A: Yeah. We were laughing because, I don't know, it wasn't really like a massive talking about, let's get married, let's get married. It wasn't this like we just were like, well, we're in our forty s and almost 50s. We're like, we love each other, we're traveling in a box together. Obviously we love each other and get along. And then all of a sudden, December of last year, something hit him and he asked me to marry him. And I was confused, I'll be honest, because we were like, we're fine the way we are kind of thing, because I didn't think it'd make any difference. And this is really important. This is important. AHA, for me, with marriage, I didn't think that the commitment would have changed anything of that act right? Because you think we've been together so long, it's already like common law. But you know what? It did. We both felt more loved and secure in our container of being together. That there was less like, we don't argue much, but there was less tension. There was less any doubt in each other. It kind of all washed away after that. It was really interesting for me because I didn't think that was going to happen. And then after we were both like, this did get easier because we made that level of commitment to each other.

Speaker B: Well, sometimes there's that little thing in our head before that piece of paper is signed, we got a contract. Now, sometimes that doesn't do people good because it can go the other way, too. But that's awesome to hear how it actually made you feel. you felt that commitment and that dedication to each other

and that kind of thing. And let's face it, when you're living in an RV, and right now, you're recording outside. I love being outdoors, but you're recording outside. And, you're living in an RV. It's tight space whenever you're, together all the time. Now, I know you were traveling and moving around all different places, but lately, you have kind of stayed where you're at. You want to tell us a little bit about that?

Speaker A: Yeah. For two years, we were never more than 30 days. The only time we got stationary because our RV got hit. And when your home goes into the shop, that was an interesting experience. you actually get a rental RV. For those of you who are ever.

Speaker B: Considering you do get a rental RV.

Speaker A: I never thought of it either. And actually, the insurance person was like, I'm not sure if we can do this. So she had to research it. And they did. They gave us a rental RV because it took four months to get this fixed. But long story short, everything else was 14 days, 30 days max. Like, two months maybe. And that was for two years straight. And I loved it. I loved the change and the craziness. And we were talking, he got a job, a seasonal job throughout the winter. We've never lived in the winter in an RV as married couple either. But, we'd committed to it. So we took the job. And, now we're stationary for nine months. And I started freaking out before we got here. And I'm like, what? I like the change and I like the move. And as soon as I got here, a month in, I was like, I love the peace and the sanity and the structure. Like, he goes to work and then I do my online business and then he comes home. So it came back to gave us a sense of couple again, like, togetherness and coupleness again. And not that we lost it, but it gave us this piece of somewhat of a structure.

Speaker B: Well, you know what? Whenever you say the word, you love change. Do you know that that is a big thing for couples, is that some people need change, they get bored, they need something new. And others it's kind of hard for me to understand, but my husband's like that, too, where he doesn't need any change. It can always be the same. When you go out to a restaurant, he tends to order the same thing when he goes out. So, he just doesn't do as much change. But guess what? We've been married so many years that he does do some things new for me because I need that change. I get restless or bored. I need a little excitement. I need a little bit of adventure.

How would you describe your spouse? Because earlier you said that he didn't move...

Speaker B: Now, how would you describe your spouse? Because earlier you said that to me before we started, that, he didn't move around as much. But you had moved around a lot before you all got together. Yeah, go ahead and share on that.

Speaker A: I don't have any children, but he has four kids. And so he was really in that Virginia area. And we met in Virginia, and I was in Virginia as well, but I moved to, like, 20 different places in Virginia with the lifestyle, the restaurant industry, and different things. he had to stay near that vicinity where his kids were. but I remember when we met, one of the first things he said, and this is how I knew that, okay, he's okay with change, even though he hasn't had a lot of it, during those years was he said, soon as they're old enough and they're out of the house, I'm gone. I'm out of Virginia. And I was like because I wanted somebody. And I had written on a paper, like, what I desired in a companionship and in a relationship. And one of those things was somebody who was willing to not at a total compromise your whole values, just willing to want to just go with the flow kind of thing. and he's definitely that. So I can call it it's easy. Not saying we don't have our challenges, but it's easy. And we were like, yeah, let's go do it. Sure. Let's go do it. Okay, sure. And what I discovered, Connie, which was hilarious, because I thought I was, like, the visionary, because that's what I do as a coach. I'm the visionary and, I'm the adventurer, and I'm, the this and that. Well, he sees stuff and he's like, okay, just passed by a storage unit, and I think that place is for sale. And, you know, that's one of the highest. So his imagination and what he can his dreaming and his ability to

find things that are exciting is huge. I was the one I just realized this a couple of months ago. I was the one who's like, well, how are we. Going to do it, where's the money going to come from? And I'm like, no, that's what I teach people not to do. Because that can shut down the dreamer. That can very shut down the visionary. What we discovered is that we both have it. I was poo pooing his ideas, and I got stuck in the reality of life sometimes, even though I'm the coach who tells people not to do that. So it was very interesting. So he had to coach me back. It was awesome. He used my stuff on me, which was amazing.

Speaker B: And that's because we're always talking, to our spouse. They're like a soundboard for whatever all went on that day. That's one of the really important things is being a great listener. And so often we get so hung up in whatever we're doing, we forget to be a great listener. And that's so important. It makes your spouse feel important whenever you listen.

You talked about creating a vision board for what you wanted to do

Speaker B: But I want to go back to, something you talked about before we started today, because you talked about vision just a minute ago. And talk about a vision board, because you were talking about creating a vision board for what you wanted to do. What, travel or business? So tell us a little bit about that.

Speaker A: So I'll be with complete transparency, I'm not the vision board every year, girl and all that stuff in the beginning, because I didn't when I was so real quick, I got fired in 2018. I had just found the coaching industry two months earlier. And if I didn't have the vision of, the possibility of doing what I'm doing today, which I saw in other people two months previous to getting let go, I would have gone back to the industry, because it's very easy to get another job in that industry. And the best day of my life, I always say, was getting fired because I wouldn't have left. But I wouldn't have left if I didn't see the vision of the possibility. So someone asked me, what do you want to do? What do you want to create? And I'm like, I don't know. I want to pay my bills. I just got let go. Right? That was kind of my initial transition. so they started me out with the vision boarding and stuff like that. And something that I discovered that was missing and now I do monthly, is called intentional goal setting, which is part visioning, part goal setting. Then it's also incorporating layering in the feelings of the woman who already has what it is that she desires on that. So coming from a place of doneness, when you have the money or the weight loss or the thing that your goal is set for the clients, what's the feeling of the journey? What are you experiencing? Notice I close my eyes whenever I say that. I say feeling. And I'm like because when you close your eyes, you can feel more what you're thinking and what's going on. So my vision board now becomes this monthly tap thing that I do where I write out, like so I've cash flowed X amount of dollars and the clients are experiencing XYZ. And the conversations we're having are just and I celebrate their success before they even have it. Because when the brain can feel that something is true, it can actually start taking action on that. But the future, if we don't bring that forward, it's not true to us. So bringing it into today's action. So, like, for example, I used to take my computer down to a lake because I want a lake house with a mountain view. I'm not sure where that's going to be yet. That's why we're traveling. And I want this beautiful property. And I want to be able to look out my window when the snow is falling over the lake. And I used to take my computer down to a lake to work. I didn't have a house on the lake. I didn't own the lake. Right? But I'd take my computer and sit at a, picnic table and I'd have the lake view at the mountain. And I have a mountain view all around me now. And so I put myself in places that is going to help that my brain know that that vision is going to come into play. Now, some people do that with vision boards. And something that I was really fun when I did vision boards is when something on the vision board comes to truth, you put it on a secondary vision board. Like, this is the, come to fruition board, right?

Speaker B: Accomplished.

Speaker A: Vision board, done. And so I did that for a while. We have limited space in here, so the vision boards aren't necessarily up all over. We have very little wall space in this RV. So that is my process now for my vision forecasting.

Speaker B: Well, the good thing about vision boards, I do believe, is whenever you can put them up so you can see them. because for me, if I can't see it, I forgot it's around. I got to be able to see it. Don't go out of view, or if you don't come around me ever, then I'm going to forget. So I've got to see things. But I know a few years ago, my daughter was having her second child. And I had done vision boards, as a sales director in Mary Kay some years ago. And I thought, oh, she wants a girl, she's got a boy, and she wants a know. I'm going to look on, the Internet and find some pictures of baby girls. And I found this cute little baby girl. She actually had a bonnet and chubby little legs. She was probably like two years old. And it kind of looked like a little baby doll girl, like maybe from the 1920s. It was a different kind of style, but it caught my attention. It was so precious. So I copied that off, and I put a picture of my daughter and her husband up. And then I put that little picture of that baby doll, that sweet little girl that was in that picture. And I don't know how this works, but she had a baby girl and a precious, awesome baby girl. and I've used vision boards before, but so many times, women, if they're out working somewhere, if you work for somebody else, well, a lot of times, other places of business don't help you create a vision. Like, I bet your restaurants didn't say, let's create a vision for the restaurant. But when you are working somewhere for yourself or you're in coaching or, something else in the industry as such a business, they do create vision boards because you've got to have the vision before you get there. Because here's what happens. So often, we are stuck with what's in front of us. If we're in a bad place, then we stop believing that anything can be any better than it is right now. And so I would say that's a great thing for anybody to do is, what do I want to have in my marriage? Not what do I have now, but what do I want to have in my marriage? And do we own a house? What kind of house do I want? And we were talking earlier about, some of your masterminds and collaboration. And, whenever you share your heart and you share your dreams together as a couple, and you encourage each, that does create vision. And anyway, you can move past some of your hardships, but you got to know that there's something better out there.

What do you think makes your marriage work...

Speaker B: So, Jackie, let me ask you, right here in this so what do you think makes your marriage work, and what do you think makes it work moving around everywhere for all these years that you all been together?

Speaker A: Well, let me tell you a quick story that'll lead to this. Right around the three year mark, we were not doing well. We were having issues. We were basically living in the same house in separate rooms. And it was right around when I joined coaching. And I went to the start of going to schooling and learning about coaching and learning about life coaching, health coaching, stuff like that. And it was all about the focus is all about, like, you are the client first, you are the client first, so you're going to go through all of this. So it was the first time in my life that it was self driven, like all self help self, like you said in the restaurant industry, that wasn't really big. It wasn't like, let's become better people. No. It was like, get us the numbers. Make more money. Yada. Yada. And so I just started focusing on me and me and me. And me in the sense of healing me, like facing my own stuff. and then what I discovered in that moment was I didn't really know what I wanted in a companionship. And that's what I was talking about. That letter earlier that I wrote. So I wrote this letter. It wasn't a letter, it was just like a piece of paper and it had no name to it, didn't have Mike's face to it, didn't have any structure of a man, and it just had no what do I want in a companionship? And I wrote all this stuff that I wanted to feel experience and all this other stuff. and I took that thing and I put it away into like a little, I don't even know where it is today. And then I was watching my growth and everything that was happening was that I was doing for me was helping our relationship. It was helping me see how I was speaking to him. It was helping me see take radical. I was doing this right, coming from this heartfelt place of what I thought was but I meant what I knew, from what I knew, the space I knew I was going, you could be a manager, you could do this, you could do the next level, you could go for this. Because I was very driven for success.

Speaker B: And next level hard worker, because we taught before, you're hard, right?

Speaker A: But these three fingers were not like I wasn't paying any intention to I was basically not taking care of me and putting everything on him. And all he was hearing was, you don't believe in me, you don't trust me, M. You don't love me the way I am. And I didn't realize that. And so when I did all this self, personal stuff but to answer your question, what helps a marriage is like, you got to keep inputting to yourself. You got to keep working on you and healing you and stuff like that. Because when you do that and you become the best version of you, everybody around you gets the best version of you. And then it reflects and that he was doing things differently because he was being reflected a better energy from me and a better way of communication. And I came more from a place of love. And I'm a very happy go lucky, Jackie loving person now I'm really a happy go lucky, loving person. Back then, it was a surface because I wasn't happy with me and I didn't really love me. And the more I learned how to love me, then I could love him. The more I learned how to love me, I could receive love from him. So that's what was the biggest block that almost broke us up. And then fast forward five years, we're still together.

Speaker B: You know what? And I bet that's a lot of people's story, because often when we think we're having problems with the other person. and even if we are having problems with the other person, because you might be, it's like once they act a certain way, then it reflects on us, and maybe we're pretty congenial, but then we're not acting so nice. And so, then they're saying something and we're reacting, and then we're saying something and they're reacting, and it just goes round and round. I like to call it the hamster wheel, the crazy cycle. And, let's see. Men want to be respected. So you can see that even in your circumstance. You just talked about men want to be respected, so what does that look like to them? And women want to be loved, ultimately, we want to be loved now, yeah, there's some personality styles you're like, I want respect, but majorly. We want to be loved. So what happens is, whenever we're not acting loving, then he starts not being no. when we're not acting respectful towards him, then he starts not acting loving towards us. And the next thing we know, we're not respectful. He's not loving. We're not respectful, he's not loving. And it's going round and round, and unless you stop I don't want to go back to that vision you were just talking about unless you stop. And you think about what's causing problem. And the first thing we have to say is, is it me? Is it me? And we can't change the other person. We can only change me. We can only change ourselves. Bingo. Yeah, it makes a lot of difference. And so many times, people who aren't in business for themselves or a company who teaches personal growth, then people have no ideas. They have that happen just like you guys were. You're in separate bedrooms, and the next thing you know, you've split up and you don't really know why or what happened. It's the little things, little things that.

Speaker A: Count.

Banks calls radical responsibility for your life taking responsibility for yourself...

Speaker A: I call it radical responsibility for your life. When people can step into that radical responsibility, like, life is happening for me, not to me. Everything's happening for a reason. I know that could be really frustrating to hear in the moment, but it is true. And so one of the number one things that I do now is whenever something's resistant or not. So I was like, okay, what inside of me needs to heal? What am I reacting to? And I always take responsibility for me first, because to your point, we cannot change another human. We can't control another human. So when we release that insanity, then we look inward and we just say, okay, not saying that we're at fault for everything. People are like, well, it's not a fault game. It's not a blame game. It's assess you first, because that's all you can control. And then you can communicate questions and talk to your partner about stuff to see where people are, what they're thinking, what they're feeling, and then have a conversation about that. So radical responsibility for self is really.

Speaker B: You know, they say that Google actually says that money and communication are the top reasons for people to have trouble in. You know, it does result in a divorce. If you can't figure out how to work on that and, meet each other in Melbourne or it causes a ton of conflict, fusses, fights, discord, not enjoying one another. And I like to enjoy life, so I like to get all that cleared up.

Speaker A: Yeah.

Speaker B: Hey, never go to bed angry. Who goes to bed angry and wakes up happy? Is there anybody?

Speaker A: No. And I always kiss in the morning, kiss at night, no matter what. Even if I'm half asleep, he comes in and gives me a kiss good night, even if I'm sleeping. And even if he's sleeping when I leave, or vice versa. We make sure we give each other, I love you and a kiss. Because you never know what's going to happen between that.

Speaker B: You know what, that's what my mom taught me whenever I was a kid, that you always and that goes into saying sorry and to never let somebody go out the door angry. And so she said that, now I'm not a worrier. There are all those people who are, ah, a worrier. I don't worry about stuff like that. But it's just something I got in my head as a kid. Never let anybody go out the door angry. You have to resolve it. You have to talk about it. Don't go to bed. Like I said, angry. Because if I go to bed bothered, then I'm more bothered by morning time. And then my whole day is like a bothered day. Do you know what I mean?

Speaker A: Yeah. Because our brain just went to work. Whatever we go to bed on is what our brain is going to process and work on for 8 hours or whatever amount of time you sleep. So feed it with what do you want to feed it? You're filling your programs. Feed it, your loving relationship. Feed it whatever happy thoughts or great thoughts that you want to see into fruition. Feed it before you go to bed. And then watch what happens when you wake up. That happened with my retreat. People were joining my retreat overnight while I was going to bed on it. It was a cool experience in your.

Speaker B: Mind and for real.

Speaker A: Yeah, in my mind. I went to bed thinking because that was my very first retreat. Last November, I launched it, and the retreat was in April. And I was like, well, I've never done one. So I put there and then I went to bed and I'm like, oh my gosh, I know that these four women and then they're going to because I had all the bedrooms in my picture in my brain, because I knew the house that I rented had all these different bedrooms. And I was picturing them being filled and all of us around the dining room table. And, we were at the beach and Outer Banks. And the next morning, I'd have, like, four or five messages in my box, like, Jackie, tell me about the retreat. What spaces are available? What do you have? And in 14 days, it sold out. And I can tell you the opposite can happen. So the next retreat, when I launched it, because I didn't launch it the way I thought I should have launched it, and I started judging myself and everything, it didn't fill up like that. So really it's whatever we put out is what we're going to receive.

Speaker B: Oh, my gosh. And so I'm a business, so I definitely relate to that. You know what? We could relate that to marriage. Because whatever is happening in our household, we react to it. And it's the same thing we were talking about a minute ago. And we get stuck with those thoughts. And that's the only place we go, because most people don't know how to reverse their thoughts or to change. And people get stuck in the same life. I remember, talking to a girl that was good on money, and she was talking about the fact that so many people never have the thought that they can own a home. Homeowner because their parents didn't own a home, and their parents didn't own a home. So nobody ever owned a home. So that's all they knew. They didn't know it was even possible. So she was teaching people that you can own a home. You just got to figure out what you got to do. Anything you want to do is possible, right? Absolutely. Well, that is cool.

Three ways to win when you watch all seven episodes of The Extraordinary Marriage

Speaker B: All right, so let me, share just a little bit about this is actually the second episode of The Extraordinary Marriage. And I'm so excited to have Jackie. We actually did a summit together a couple of years ago, and maybe a couple of times we've done it, I'm not sure. But, during the seven, first episodes in

November, I have three ways that you can win when you watch all seven. You know, we know how let's, know Facebook and Instagram and all these different things do. Like, if a lot of people watch, then it helps other people see it.

Speaker A: Right?

Speaker B: So three ways to win when you watch all seven episodes in, November. So each one is going to have a clue word on the podcast. So today's clue word for Jackie is RV. And when you email me with that code word, you can actually gather all seven words. Actually, I would prefer that gather all seven words, put it on a little sticky sheet, and then send it to me at the end of November before the last day. And everyone who, enters is into a drawing for Discover Work and Family dynamics. And you also get a personal communication assessment with that. The second way that you can win is the first seven people that email, all seven are going to get my ten days to a happier, healthier marriage. And the very first person who emails is going to get a free 1 hour actually coaching where you can actually it's relationship coaching, where you can find out what are some ways that we can improve our marriage. Because, yes, a lot can happen with just one person.

So, Jackie, is there anything else you would like to share about building better marriages

Speaker B: So, Jackie, is there anything else you would like to share with the folks as we think about building better marriages, believing that we can, and then figuring out how to do it?

Speaker A: First of all, I want to say you're one of the first podcasters that I've been on. I've been on a lot that's offered that for people. So guys, take advantage of that.

Speaker B: That's huge.

Speaker A: Thank you. Listen up and email her because that's huge. so great job.

Get support for yourself in relationships, don't be ashamed to get support

Speaker A: So, final words of wisdom. I mean, I think a couple of things that you said earlier visioning together and communicating with each other, talk about the things that you desire and where you want to go. And you could attest to this because you've been in a long relationship that you date multiple people in your relationship. Like, you're not the same person and people aren't the same people. So you're really getting to know a new person almost every seven to eight years through the journey of life that you're together. And so honor that, be curious, but always work on yourself so that your partner can have the best version of you. And what's crazy about that is they start doing it themselves without you even asking in their own ways. You had commented earlier about something that your husband's, like, he does it because he knows it makes you happy. and people go, I'm not compromising, because they're all stubborn. No, it's not compromising. It's doing what each other that makes each other happy. He does things that I like. He loves going to aquariums and historical things like, I'm not a history person, but I will walk through the history things and he knows the things that I like to do are more like the nature and the hikes and stuff like that. So it's like we compromise and we talk about things. And the last piece of what you said just a minute ago, don't ever let something last longer than it really needs to. When it comes to the don't go to bed angry, don't leave the house angry. It's just not worth it. It's just not worth it. When we harbor all of that in a relationship, in ourselves, it creates disease in the body. people get sick. It doesn't need to be that way. Just communicate,

let it out, release and look for support if you need that beyond there, don't be ashamed to get support. There's no shame in that game. Get support. Like Connie in relationships, get support for yourself if it's you that you're I need I need to work on.

Speaker B: So I like that. And that's why I'm here, because I believe in family. I believe that's the foundation of everything. And y'all, if you have enjoyed this today, be sure and subscribe. Help me out here as I get, this podcast off the ground. And Jackie, how can we reach you? I'm going to put everything in episode, ah, two she's the second one. Episode two. I'm going to put her notes, online. And so you'll be able to find those. But, how else can we find you?

Speaker A: So I have my website of Jackie Cote coaching. So my name with coaching at the end. Um.com, and on there, there's a whole bunch of stuff. There's a blog there's, recording. Like, your podcast will go on there once we release it. And, it has all sorts of nuggets for you to but I'll be honest, my digital diary is Facebook. So if you are a Facebook fan and you are on there, friend me, let me know you met me through Connie's podcast because I do want to give her shout outs whenever someone crosses into my world. That's what we do by collaborating as business owners here. We love to just let each other know, like, ah, look, somebody heard about you and yada yada. but that's where I share everything from my travels to my feelings to any, AHA, ah, moments I have in a day. My dogs, all the things I really say. If you want to know my energy and you want to hang out with me, for four years now, I am who I am on there. You meet me in person, you're going to be like, okay, did you just pull you out of Facebook and put you in real life? Because I'm the same exact individual, and I love sharing positive, happy, and vulnerable things because we're all going through some stuff. So if you can read one thing and change your life, I've done my job.

Speaker B: Awesome. And that's why we're both doing what we're doing, because we love people. You know what? Happy couples equal happier kids, because a lot of people have kids. And, happy couples equal happier kids. Thank you, Jackie, for joining me today.

Speaker A: Thank you for having.

Speaker B: Me. All right. Yay. I know it would be fun each time. It's like a new adventure.

Speaker A: It is.

Speaker B: I will edit it.

Speaker A: But, you know, thank you.

Speaker B: Because that makes me at least turn it off because I let it record whenever I.

Thanks for watching...or reading.

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