

Caitlin: Hey, Maren. Thanks so much for joining us. I have several questions to ask you. I just want to know all you have to tell us about your experience with Mindset University, but first, I want to know who you are, what you do. Go.

Maren: Well, my name is Maren, and thank you for having me, and thank you for letting me test out Mindset University. I have been in compliance and legal work for my whole career. I've always worked in offices, but I've always felt like I should be doing something a little more satisfying. I've had some really great experiences. I've been able to move around the country. I've been able to make good money and meet a lot of new people, but there's just always something missing. And I was kind of hoping that by starting Mindset University, that maybe I could identify what the problem was because I was beginning to assume that it was me and my mindset. That the only thing that was available to me was another office job and pushing around paper.

Caitlin: Yeah. So that answers my next question actually, which was what your life looked like before you embarked on your transformation journey with Mindset University. So you were dissatisfied – just to be clear, you were dissatisfied with your job, and you were thinking that the only thing that was possible for you in your current world, which I like to call it the little box world – would you agree with me that you were living in what you discovered to be a little box?

Maren: Very, very little box. Yes.

Caitlin: Yeah. And I loved having you as a student because I found you very open and transparent, and you were not afraid to share what struggles you were facing and the breakthroughs you were having. You had some tremendous breakthroughs, but I also know that you had some struggles, so let's talk about that. What was it like for you during the eight weeks that you were part of the program? And you're always part of the program. You're

grandfathered in. Everybody who enrolls and whatever time, you're in it for life. It's just a lifelong journey, so we know that, and that's the way we made it. So what kind of things popped up for you during your time with Mindset University?

Maren: Well, I would say one of the struggles was actually getting the assignments done, which seems so stupid because I'm doing this for myself. And that's part of the mindset I was trying to change was do something for yourself, explore other options for employment or career, and sometimes I would still have a hard time because I was so tired from working all day and being exhausted from an office. And coming home and then sitting in front of a computer to do the actual assignments, it was actually really fun. It wasn't arduous. It wasn't anything where I felt like, ugh, I can't answer this, or I don't know what I'm doing. Because there was sort of this openness that, if you can't answer something and you don't know what you're doing, you just say that, and people would help you. It was nice to know that I could go into it knowing that there wasn't a right or wrong way to do things. And, then, once I started getting into the mindset that I could do this for myself, that yes, I could take time out of my week to improve my mindset, to meet other people, to hear about their struggles, it really opened up the course to me and what it's all about. And it made a big difference, and I actually look forward to the next videos and assignments and talking to people in the group and what not.

Caitlin: Yeah. So your biggest struggle with the course itself was completing the assignments. I want to hear from you. Were there any struggles that popped up in your life that may have threatened to derail your progress, that made you feel like quitting or anything like that that came up?

Maren: Oooh, that's a good one. There were a couple times where I was out of town, or I felt like I didn't have time to do them. And sometimes I'd just slide right in like, damn, oh no, I've got to get this done! And every time I did that, the few times I did that, I wish I had

started earlier. So I just learned from that. That if you do it as soon as you can, then you have more time to not only do the assignment but then learn from it afterward. Even just an extra couple of days to sort of think about what the assignment is trying to teach you. The first one was the hardest one. Trying to write everything down every thirty minutes and, oh my gosh, that was just so difficult because I felt like it completely derailed what I was actually doing. And, yeah, there were times where I thought, why am I doing this? But I also felt that eventually, I would get to that point of realizing why I'm really doing this, and I did during one of the conversations when I figured out what I want to do for a living, so that was pretty awesome. So I'm really happy I did them once I kind of got over that hurdle of, yes, I can stick with it. It's going to work eventually. Maybe not with the first assignment, but somewhere through the course I'm going to get something huge out of this. Then, when it happened, I was just really happy to be a part of it.

Caitlin: Yeah. So was I, so let's talk about that. What happened – it was about mid-way through the course, and you were one of the beta testers. So you guys had some direct access to us because we were like, okay, we want to make sure that this is going to work for you guys, so we had some personal conversations with you, and something happened. So tell us what happened.

Maren: Well, as we've already discussed, I knew I wanted something different. I didn't know what it was, and that was my biggest problem. I felt like I didn't have a goal. And we were all communicating, and someone pointed out to me that – you know, what are you good at? And I said I'm great at being neat and organized, and a whole bunch of people popped up and let me know that you can do that for a living. You can be a professional organizer, and my mind was blown. I'm like, I can do this for a living, where people won't make fun of me for being OCD and super organized? This is fantastic. So I started slowly working on that, and I'm in the process of writing an ebook with Chandler's school. And I've mapped it on a mind map, and I'm not yet done, but I also started a website, and one of the other beta testers

helped me come up with a name. And she background-checks and stuff for me in terms of what was available on Twitter and Facebook. And I discovered Pinterest, which I don't know if it's a good thing or a bad thing, but I kind of love it. So it was just this whole venue of information was opened up to me, and it was just such a nice feeling. I'm not where I wanted to be with it, but I know that I'm going to get there because I'm also being gracious with myself that if I don't have time for something, I will get to it. And, yes, I do have to work 9:00-5:00, sometimes longer. I do have other obligations and – but to just – I learned a lot through the course too, to just be patient with yourself and it will happen. If I want it bad enough, it will happen.

Caitlin: Yeah. That's a huge thing is just being nice to yourself and having realistic expectations and knowing that we can set big goals for ourselves, but if we beat ourselves up, if we've not gotten to that point by the end of the eight weeks, or even by the end of the year or whatever, that we don't just give up and just call it all off because that's still really valuable progress. And you even got your first client. I remember you telling us. You went out in the next week, and you got your first client as an organizer, and you're still working a 9:00-5:00. So that is huge, and yeah, I would say – and you probably didn't expect that, and so even though you said you're not where you want to be, you're also not where you ever expected you would be in that way, so, yeah, for sure.

Maren: And you mentioned, I think, the second maybe equally important thing was that I learned not to beat myself up. Like this whole – for years I'm thinking, okay, I graduated high school. I went to a four-year college. I'm paying my student loans. Why am I not feeling like I'm a productive member of society? And why I'm not feeling like I'm giving everything I can? And I just realized, it happens when it happens. You do have to, obviously, manipulate things sometimes and work on them and strive for goals, but it's going to happen in the time that it happens. And I probably wouldn't have been ready even last year for some of this stuff, but now I have a clearer goal. I see it's possible to have my own business. I see

it's possible to be successful. I see it's possible to have a job I like. And I don't hate any of my jobs that I've had, but I don't think it's what my calling is. I'm also very lucky that I have a current job that I can sustain and support myself with while I go through this.

Caitlin: Yeah, for sure, so that actually covered my third question, which was what your life is like now since going through Mindset University. That's amazing. That's huge. So what I want to ask you then is, for someone who's on the fence about taking the plunge with Mindset University right now, they're maybe watching this video, and they're like, yeah, okay, Maren just got lucky. Maren, she's better than me. She's smarter than me. She's this, that, and the other. What would you say to that person? What words of wisdom would you have for that person who is kind of living in a box right now, like I was, like you were? What would you say to them?

Maren: Everything you just mentioned were my thoughts prior to joining. I kind of thought, oh, somebody else will get lucky. I won't get lucky with this. It's probably not going to work for me. Nothing's going to happen. I'm just going to sit there, and do this stuff, and be the same exact person. And that's impossible. No experience leaves you unchanged. So I would say try it because, if you don't, you will be exactly where you are now but a year later, two years later. You'll be in the same spot. I met some incredible people. I've seen that even someone like me, who had absolutely zero goals other than to basically have a goal, I got one. And it was something that just happened very organically. So just try it, and even if it doesn't happen within the confines of the university, I still pretty much on a daily basis think about conversations that I've had with the other students or things that we learned through the different assignments. So it's an ongoing process, and you can apply it to a lot of things. Whether it's your job or maybe your finances or your love life or, I mean, really any goal that you have, you just try the university. It will change every aspect of your life.

Caitlin: Awesome. Well, thank you so much. Thank you for taking the time to answer the questions. I'm sure that your answers and just seeing your perspective on Mindset University will help others make the decision that they want to make, and get off the fence if they're on the fence. Or maybe they've decided that they want to stay the same next year, and they won't enroll. So, either way, we've helped them, right?

Maren: Right. Exactly.

Caitlin: So thanks so much for your time, Maren. I'm so glad to hear that you're doing so well still.

Maren: Thank you.