



VIBRANT LIVING *Conversations*

Podcast Reflections, Episodes 1-9



*"Knowing Yourself
is the Beginning of All Wisdom."
-Aristotle*

Holistic Health.

Mind. Body. Soul.



VIBRANT LIVING

Self-honoring/
aligned Value-based

Universal Human Journey

Personal Power

**Community Identity,
Belonging, Security**

Vibrant Living...

Vibrant /ˈvɪbrənt/:

Glowing from the inside out, from a life lead with a mind-body-spirit connection that authentically illustrates your soul.

Podcast Reflections.

Nurturing your gut with real food is essential to overall health — mental + physical (including sleep + hormone balance).



01

Gut Health
Brittney Prendergast

What is your gut telling you through your skin, poop, hormones, gurgles?

Creativity (AKA thinking outside the box/finding inspiration) is key to minimizing waste in food + fashion.



02

Creative Meal Planning + Living
Chelsey Borgstrom

What would inspire you to cook more + waste less?

Following your intuition fills each of your life chapters with purpose. Buying locally grown flowers enhances the economy, ecosystem + culture.



03

Small, Family Flower Farming
Kendra Booths

How can you better support your local growers?



Podcast Reflections.

Your beauty products, their packaging + source, significantly influence your, the planet's + the local community's health.



04

**Living Earth
Naturals**
Brandi Mayes

Do your personal care products help or hinder health?

Herbs can heal. Energy + alignment of nature with the planets + your own unique self, can be the most potent remedy for a vibrant life.



05

Black Bear Herbarry
Derek Lock

Are you connected to the energy of your medicine?

Knowing + trusting your food suppliers is essential for quality; fish can be incredibly nutritious!



06

Your Local Fishmonger Family
Katie + Eric Pemberton

What was your food's journey to your plate?



Podcast Reflections.

Knowing yourself — when you work best, how you re-energize, + what matters most to you — will let you radiate high vibes, + therefore receive them in return.



07

Finding Balance on a Bike

Jason Lauritzen

What drives you to shine each day?

The human experience is an ongoing cycle — consciously understanding your bigger- picture connection, allowing yourself to feel pain, then learning lessons + making necessary changes.



08

Shamanic Healing

Jennifer Hackenbruch

Are you willing to do the soul explorations to live your best life?

Owning your identity both inside + out (just as you are right now), is key to self-love + radiating vibrant energy. PLUS, an organized, true-to-you closet reduces daily stress.



09

Decluttering to Find the Vibrant You

Emily Krosnicki

What blocks stand between you + loving yourself?



Life Chapters.

Through each chapter of life, we pick up stories — labels, habits, survival tactics, belief patterns.

EXAMPLES

Childhood

Grade School

College

Real World
Introduction

Real World
Grounding /
Marriage

Parenthood

FOCUS / GOAL

Ex. Adventure, growth, education, travel, financial, home, health, career, serving, etc.

LABELS/ROLES

Ex. Daughter/son, spouse, roommate, employee, student, etc.

RELATIONSHIPS

Ex. With daughter/son, spouse, roommate, employee, student, etc.

HABITS / SURVIVAL TACTICS

Ex. Habits you formed to stay safe, secure, nourished, and sheltered.

STORIES

Ex. Belief patterns you created about the world based on your experiences.

PASSIONS / HOBBIES

Ex. What got you excited?

DESIRED FEELINGS

Ex. How did you want to feel?

When you shift life chapters, you outgrow some stories/belief patterns. The KEY is to shed the stories that no longer serve you + design new ones that align with the new, more vibrant you.

Recurring themes in “Desired Feelings” often arise to show your core values, what is important to you, + how to re-design your actions to align with the true you.

*Real change comes from
when we take radical responsibility
for ourselves + our own healing.*