

**[00:00:00.410] - Matt**

Welcome to A Cup of Growth, your very own adulting survival drink. Get ready to tune in and navigate all the juicy bits of your twenties with us. So sit back, relax and let's ride the struggle together!

**[00:00:15.330] - Cass**

Hello!

**[00:00:16.240] - Mags**

Hello!

**[00:00:20.600] - Cass**

You okay Maga?

**[00:00:22.050] - Mags**

I'm good, how are you?

**[00:00:23.810] - Cass**

I lost my vape!

**[00:00:29.850] - Mags**

This would have been so canon for last episode. It kind of follows on nicely.

**[00:00:38.810] - Cass**

Oh wait, okay, never mind, never mind, never mind. I got it.

**[00:00:44.000] - Mags**

Well, there you go. You see what I have to live with every time. Every time.

**[00:00:51.010] - Cass**

Oopsies. Oopsie, daisies. Anyway, moving swiftly on. Moving swiftly on. Yes. How are you, Mags?

**[00:01:04.950] - Mags**

I'm good, thanks. How are you?

**[00:01:07.270] - Cass**

Well, I found my vape and I'm ready for episode 13.

**[00:01:12.070] - Mags**

Oh, my God.

**[00:01:13.830] - Cass**

It's the hour of the vape.

**[00:01:20.330] - Mags**

Love that. But yeah, in this episode, like we kind of mentioned at the end of last episode, we are going to be talking about coming out of a rut. How do we get back on track? How do we sort of shake off burnout and things like that? So, yeah.

**[00:01:41.330] - Cass**

So to kind of, let's say, make a segway from last episode Mags, let's start with what motivates you for when you want to come out of a rut?

**[00:01:58.710] - Mags**

Usually an existential crisis.

**[00:02:03.830] - Cass**

Starting strong, starting strong.

**[00:02:06.870] - Mags**

Starting strong. Going straight in there. Yeah but no to be honest, it's that I'm like, I have an existential crisis where I'm like 'do I really want to be living like this for the rest of my life? I'm not accomplishing any of my goals, not moving forward towards anything I want to do. Am I going to be living the rest of my life like that? Is that what I'm doomed to do?' Blah, blah, blah. All the questioning of my existence of myself. I'm basically saying to myself 'what the fuck am I doing with my life right now? I look ridiculous'. And so I think that's like the thing where it's kind of like that self-

realisation, where you realise that you've basically had enough of doing nothing and you've had enough of your burnout. You're just like 'right, I've been in this state for too long, I do not want to be doing this anymore'. It's like, you know when you get that random bout of motivation at like 03:00 a.m. And you're like 'tomorrow I'm going to get my life together'. But usually before that, I get existential, maybe have a good cry and I'm like 'okay, stop feeling sorry for yourself. We're going to become a boss ass bitch' you know.

**[00:03:18.590] - Cass**

Yeah.

**[00:03:20.830] - Mags**

And then I start to think about well 'what is it do I need to focus on? What sort of habits do I want to implement? What sort of goals I want to set for myself? Where do I start?' Because it can be very overwhelming coming out of a burnout episode or- you've left obviously your to-do list pile to really pile up and you've kind of let go on other aspects of your life, whether that be physical, social, maybe you've neglected your relationships a little bit. Maybe you've fallen out of shape a little bit. And yeah. So what about you?

**[00:04:00.750] - Cass**

Pretty similar to you. For me, it kind of starts a couple of days before somewhere in my mind, something is starting to click. And it's like 'okay, this is not looking good. This is not looking good'. I'll probably have a stern talk from my mom being like "what are you doing? What are you doing?" I'll be like 'okay, I got the memo'. And then what really motivates me, it's like I will be engaged in something that I like, or not even, like something so small like watching a YouTube video or something. But something I'll try to watch something that will inspire me to do something, or it will be like not planned. Like I will watch I don't know, for example, I will watch something from Lavendaire or something-

**[00:05:04.690] - Mags**

Oh queen!

**[00:05:05.050] - Cass**

Yeah. And she'll be like 'oh, I've been going through this, but now I've done this'. And I was like, yeah, I probably should do it too. Something will plant the seed in my head, and that's where I'll kind of feel inspired to do something. But the problem with me is that I'll get inspired to do too many things. Kind of similar to Maga, Maga says that she has loads of things to do in her to-do list. I will just pile my to-do list with really random stuff. Not things that I have not done before. Probably there's things that I haven't done before, but then I'll be like 'yeah, let's put some more on because I be busy now

and look like I actually do something with my life'. But I guess Maga, what are some of the first habits you try to incorporate to help you come out of a rut?

**[00:06:07.830] - Mags**

Okay, I was having a think about this, and usually the first thing I do right is usually like physical things because I know physical things make me good, they feel good. And I think it kind of also made like- metaphorically, it's like I'm getting up, and I'm moving forward. I don't know how to explain it, but it's like I'm taking my life in hand basically. So some of the things I start off with are the basics. Like I'm not even going to try and work on my goals or try and do something like work related. Anything that's strenuous, that's going to require time and attention. I'll do things that are more simple, more base level, kind of like referring back to the blog post I made about the Maslow's hierarchy of needs. I always start with the essential stuff, so making sure I get a good sleep pattern, making sure I'm exercising, making sure I get my diet back in hand. But I will also do things like gratitude. So remember, what I'm grateful for right now, what I have can motivate me to actually get better. Because I think you forget that when you're in an episode of burnout, because you feel so helpless, you feel so apathetic that you're like 'well, everything sucks, so what's the point in engaging with the world?' But then when you practise gratitude, and it can be something as easy as like listing three things that you enjoyed about today or three things you're just grateful to have in your life that some people may not be fortunate enough to have, like food, water, shelter, whatever, and it just kind of resets your mind and kind of leads the day as well with an intention of gratefulness and appreciation for what you have. And also one thing that helps me is just socialising talking to people again, engaging in social conversation, maybe going to see people and stuff like that to just kind of give me that zest for life again. And also it can be a way for me to just share my feelings. Obviously, I do that with Cass all the time, and I'm like, when I need a refresh, I'm always like, I'm coming to yours, we're going to go out and do some fun things, we're going to be badassess. And it will give me back my confidence and sort of everything else. And then yeah, I'd kind of say those are the things I focus on more before even thinking about the work I have to do and stuff. Because I think if you get the basic things done first, you'll feel motivated to then tackle harder things. Things that require more attention, more time, etc. But what about, Cassandra?

**[00:09:05.950] - Cass**

Don't! Every single time! You do this every single time. She'll always call me by my first- my full name just to emphasise something, but she knows that I don't like it because I always feel like I'm in trouble and she'll still do it. Bad habits, Maga. That's bad habits!

**[00:09:25.190] - Mags**

Sorry!

**[00:09:26.290] - Cass**

Anyways, I start by kind of talking myself into doing things like a bit of self-loving talk, right? And I'll also do the simplest things. For me, it's always like, if I can get out of bed, that's a good start. And

then it will be like 'right, let's make breakfast, even if it's just a coffee. Let's do skincare, brush my teeth, drink water', like basic basics. But the goal is to get out of bed and to ensure that I don't go back to bed. I'll just make it straight away. As soon as it's made, I cannot sit on it again. That's it, that's it. I cannot go back to bed until it's like evening. And then what I usually do to restart is clean my room. Because I feel like when I'm like, well Maga knows this, if I'm really tired or burnt out or depressed, my chair is my closet. Everything is on there. Clean, dirty, unfolded, like messy, wrinkled. Everything is on my chair. Everything is on my desk. All my makeup, all my jewellery, everything. And so I'll just declutter, basically, and clean my room. And I guess that's what we always say, and I think this was mentioned before, but your physical state represents your mental state. And for me, it's like, if I can see that I have a nice space to do stuff or move around, it's always good. And it's always good- whenever I clean, I'm 24 and I still act like a child, but I will always clean my room when I'm coming out of a rut. And then I'll bring my mom in being like "it's not a jungle anymore. Can you see the floor now?" And she'll be like "yeah, good job!". And that boosts me up so much because my mom knows that it's so hard for me to clean. But I'll put music on when I clean and stuff and then what I usually do as well is disconnect from my phone. I'll still use my iPad or my computer, but I won't engage on social media or anything. If I want to watch YouTube, it will be something educational or motivational. I'll probably read or listen to an audiobook or just write and stuff. And it's just like Maga said, it's engaging on those things that bring you comfort. And I usually tell Maga, I'm like 'yeah, I'm just having a chill one today, trying to come out of a rut, blah, blah'. And Maga will know I won't text at all until I'm ready. And yeah, I won't try to go on social media because I know that if I start scrolling, that's it, I will go back to bed, I'll scroll through TikTok and that's not good. But what I've started doing now as well is also going out into my balcony and kind of like what Maga said, it's like that moment of reflection and gratitude. And it's just like, I'll have my coffee in the balcony and be like 'right, so what's the plan? Like, what are we doing? What's something healthy we can do now?' And I won't work out, but I'll definitely do some yoga to stretch my body because I've been crumpled up in bed like nothing else and my muscles are not muscling and I'll be like, I'll just need a stretch. Just feel like I can feel my blood flowing and stuff. But yeah, very holistic. We're very holistic people as you can.

**[00:13:33.910] - Mags**

Yeah.

**[00:13:35.990] - Cass**

Maga, what areas of your life or what do you start off with when you come out of a rut? Apart from what you said.

**[00:13:46.410] - Mags**

Yeah, I think something that I try to focus on is just, I want to say, like gratitude. I always try and remind myself because usually when I get in a rut, I get quite pessimistic and cynical, and I can be like 'well what I've done so far has been leading nowhere. I'm pathetic. Nothing makes sense in the world, so why do I bother?' Whatever. And so then I just try and do install, like a gratitude routine, like journaling in the morning, where I just literally just list three things that I really enjoyed about yesterday. And usually I can actually find quite a few things, such as hanging out with family, just

having access to food and water, being able to live in the countryside, so having easy access to nature, which is a great way as well to replenish. If you feel like shit, go for a walk. It really does a lot. I should be more grateful that I live in the countryside, to be fair, because I don't really go out there. But I think it's more like I know a lot of people that I don't necessarily have in my life anymore where I live in this tiny little fucking hamlet. And I don't necessarily want to see that. But anyways, so that's something I try to do. Why are you laughing? You're really putting me off-

**[00:15:15.030] - Cass**

Because I feel like she's giving all of this advice like 'oh, yeah, go out in nature'. This bitch won't get out of the house. She barely leaves room. Also, I will connect this to a phone call we had like an impromptu phone call we had like a couple of days ago where Maga in the evenings, as you guys know, she's very hyper and stuff. And she was getting very hyper because she was going to sleep. And all of a sudden she was wheezing. And she opened the window of her room and then she just took her head out the window. And I was like "Girl, what you doing?" And she was like "I'm just taking a bit of time in nature". I'm like, bitch you're just poking your head out of your room. She was like "but there's so much nature around me".

**[00:16:04.850] - Mags**

Yeah, this is the thing. I would love to go out more where I live because obviously countryside, so nature and stuff, because I love nature and stuff. But I just get scared seeing people that I don't want to see, basically. And because it's a small place, you're likely to bump into people, but just-

**[00:16:22.410] - Cass**

Go out, like Joe Goldberg. Put a cap on, sunglasses and just walk. Like, do not converse with people. Just walk until you find yourself in the woods.

**[00:16:34.520] - Mags**

I usually like to go at night because there's not a lot of people around. And I like it as well, the mood at night here is really cool. Well, I like twilight. But yeah, I think we're divulging a little bit. But yeah, so I think to get back to my point I was making is like gratitude and just having a new mindset of being feeling like you're abundant and you're appreciative for everything you've got and can really help you sort of reframe your mindset into thinking like actually, I am quite lucky to be alive and to be in the situation that I am. And also socialising is something that really helps me. So after a rut, as I said, I'll be like 'okay, Cass, I need to come to yours. I need a refresher. We're going to do some fun things. We're going to do all the things that we wanted to do for a little while, tick some things off our list and go out there and be badassess' basically, or just even just hanging out with my family more or something like that. What about you, babes?

**[00:17:51.430] - Cass**

I usually try to focus on myself before I try to go out into the world or with other people, which is kind of hard seeing as one, I live with my mom. Two, I have a partner who's very clingy and always wants to see me, and two, I have work. Well, three- I cannot count. Three, I have work. So, it's finding the right time, and I usually think like 'oh, I'll have the weekend and stuff', but usually I don't even have the weekend to just chill out and stay at home. So, I usually am very grateful when my mom has overtime on the days that I have off and she's supposed to be off, and that gives me the space to just have the house to myself and stuff and just do whatever I want to do. And that just gives me enough space to just be by myself. Usually when I'm trying to come out of a rut, I also get very emotional, and I get very existential. And this is kind of connected to something that Maga said when I'm trying to get out of a rut and I'm being emotional and I'm like 'oh, everything I've been doing before is shit', and I'm battering myself, I try to self-talk myself. And so I'll be standing in front of the mirror and this is like in case you haven't seen Euphoria, this might be a bit of a spoiler, but it's like that scene of Cassie on Season like what, three? And she's like in the toilet like crying and laughing at the same time like trying to put herself together. And I'm like in the same the mirror like myself- looking in the mirror being like 'I love you, bitch. I love you so much. Yeah, you're great'. That's me all the time. But yeah, I usually try to focus on my creative side the most because I feel like that's where I feel like, inspiration really struck me and stuff. I would say that I also go out, but this sounds like so bad. But I don't get gratification from doing anything physical when I'm coming out of a rut. Like, I won't want to go on a walk. If I really want fresh air, I have a balcony. I'll just go out and sit on my little table and stuff. But unless I really need to move, I won't go out for a walk in nature or anything. I'll just do some yoga and stuff. But yeah, for me, it's kind of trying to balance relationships and stuff because, like I said, it's very hard to kind of trying to focus on yourself when you have so many other people that are relying on you and so many things that you actually have to do. And I feel like it's difficult because, like I said, I'll have to go to work, and I'll know I'll be burnt out or I'll be having a bad episode or whatever, and I'll still have to work and do reports and have appointments and have meetings and have all of this. And it's an eight hour shift. And I'll be like, sat on my desk and then not doing anything and then going out for a vape just to have 'fresh air'. And then after that, my boyfriend will want to hang out and I'll be staying at my boyfriend and it's like how can I have a bit of space when I'm staying at my boyfriend's or whatever? But like I said, it's having a bit of balance and just being gentle with yourself. And like we've said before, it's like finding those things that bring you comfort as minute as they may be. Like, Maga knows this, I'll usually just watch anime or watch some of my comfort shows. My favourite show, if you haven't seen our social media posts of our favourites and stuff, my favourite show is Supernatural, right? And I'll just sit I won't even watch the show. I'll just watch conventions and just like interactions with fans and stuff because I find them very funny. And it's just finding the things that lift my mood and make me feel lighter, because then in that sense, I feel like if I watch conventions, I'm like 'oh, I might be able to talk with my mom when she comes from work and I'll just sit and have a three hour chat'. Or then I'll be like 'oh, I can text Maga, see if she wants to have a call and stuff'. But yeah, it's just being gentle and taking it step by step, I guess.

### **[00:22:37.010] - Mags**

Before we move on to the next bit, I just found it really interesting how you said the first thing you do is try to focus on yourself rather than offer yourself to other people when you've come out of a burnout, right? And I kind of said the opposite. I was like one thing that helps me is actually socialising. And I want to expand quickly on that. Because the reason why I like to socialise after I've had a bit of a burnout is because the reason usually I get into a burnout or like a bit of a rut is

because I get into my head too much, and I get too focused on myself almost that I know I need to get out there and just have other people's opinions or just hear what other people have been up to and just give up my time to others because I've been so much with myself and inside myself that I need to get out of that basically. And one way I get out of that is by talking to other people, like getting updates on their life, catching up with them, seeing what they've been up to. And I thought it was really interesting. It really does show that literally different things work for different people. So I guess it's just about finding what works for you, trying different things out and then establishing what it is that works best for you.

**[00:24:15.890] - Cass**

Yeah, but then I also want to remark the fact that Maga is very much an introvert and she doesn't go out. And so that's why you get so much in your head, whereas I'm out the door every single day and I have too much of it.

**[00:24:35.290] - Mags**

That's what I mean, it's influenced by your experiences and your lifestyle and everything, I guess. But yeah, the next I guess, yeah.

**[00:24:51.310] - Cass**

Do you want to?

**[00:24:53.230] - Mags**

Yeah, I'll go for it. I've got it up. So the second to last bit we wanted to touch upon, really, is how do you maintain healthy habits or maintain, I guess, your mindset and your life to avoid spiralling into a burnout again, to prevent getting burnt out? Cass is probably not the best at that because she is currently burnt out.

**[00:25:33.930] - Cass**

I, like for me, it's taking every day step by step, take each day as it comes really, because I feel like especially when you're trying to come out of a rut, because, like we said, you get motivated or inspired to do so much, you can overwhelm yourself very quickly. And like I said myself, I thrive in being busy. I love being busy and I love having things to do because I feel fulfilled in knowing that I can do something with someone or I'm doing something that gives me purpose in a way. But because I like to do so much of so much stuff, I forget that we have to take a step back and take care of ourselves and take a deep breath. And I get overwhelmed with too many things, and I'll look at my to do list and it's like thing upon thing upon thing upon thing, and I'm like 'how did we get here, girl? How did you manage I thought we were going to take it slow. What happened with that?' For me, it's like focusing on the basics, like I said at the beginning, taking care of your space, getting out of bed, making sure that you've had something nice to eat, some food, like some water and stuff like that.



But at the same time, you want to have a nice balance between the things that you want to do and the rest that you get. And that's with everything. And so for me, it's a lot of self-talk and stuff. And I-something about me as well is that I get like sprouts of motivation and inspiration and that can last like a week and then that's gone. And then I'm like 'okay, what do I do now? Do I go back to being a vegetable or do I find a way keep going?' Do you know what I mean? And it's mindset really, for me, it's mindset of okay, what do I do? Even like the things that make me feel lazy. I'm like okay better do it now, then leave it for later and then something might happen and then you'll cry about it. So better do it. But yeah, that's kind of like for me, it's just being sure that I'm in touch with myself. Yeah, what about you?

**[00:28:25.330] - Mags**

Yeah, I think I agree with the I think in the sense where you said the first thing that you want to make sure you do is you're able to get out of bed and not come out and not go back in. I mean, and I think the key words here is like baby steps. Really don't try, as Cass said, try not to do too many things at once because you're just going to overwhelm yourself again and then you're going to get burnt out again. So it's counterproductive. So instead, just incorporate one or two habits that you really want to that you think are going to motivate you. Even if it's like just making your bed in the morning and then maybe doing a little yoga sesh or doing a little five minute journaling thing, whatever kind of helps you clear your mind and makes you feel motivated to start your day, I think is really important. Go slow and steady. Take your time. Even if you just do that for like a month, like just make your bed and do five minutes of journaling every morning just for like a month. And it doesn't matter how long it takes you, you can always work your way up, and it will always feel better to work your way up than feeling like you're doing too much and then you have to come back down and actually stop doing too much. It's much better to feel like you're progressing than you're regressing. So yeah, I think going slow and steady and being patient with yourself, don't be hard on yourself, don't feel like you're falling behind anyone. Like comparison, as we've said so many times, is such a killer. You just go at your own pace and you do the things that feel good to you. I know watching YouTube videos about it all is inspiring and can get you motivated, but do things that actually benefit you and feel good to you. Don't try and incorporate everything that YouTuber that you've watched does because you're not going to be able to maintain it. It's going to be too much to maintain and you're going to want to give up because you'll be like 'oh, this is too much effort'. So yeah, I'd say incorporate no more than two very small habits that you can do in let's say ten minutes, and you do that ten minutes every day, and you can reward yourself for that ten minutes if you do it every day. And then you'll slowly want to do more basically. You'll get the ball rolling. Rolling. Oh, my God, I can't speak. You get the ball rolling. Oh, my God, that's such a tongue twister. You'll get the bowl no, you'll get the ball rolling.

**[00:31:24.170] - Cass**

Now say it faster.

**[00:31:27.130] - Mags**

The bowl rolling. No, the ball rolling. Okay. Anyways. Yeah, just being patient with yourself and kind to yourself. Negative self-talk has a lot of impact on your subconscious, and people don't realise that.

So say your affirmations to yourself and remind yourself that you're a bad bitch and there's no one like you and you're going to make it. It might be slow, but it'll be effective. Yeah.

**[00:32:03.030] - Cass**

That's your advice, Maga?

**[00:32:06.010] - Mags**

Yeah, that's my advice. Don't beat yourself up because that will only make things worse.

**[00:32:14.090] - Cass**

Yeah, I guess for my advice to wrap us off, I would say, like we've said for the last couple of minutes, take it slow. And just know that if you have a day where you're like 'okay, I've tried, but now I really want to stay in bed', that's fine. You don't have to have it figured out and come out of a rut immediately the day after. It's a process. We get so overwhelmed with so many different things, whether it be physical or mental and stuff or even emotionally, and it's finding the things that bring you joy and keep you inspired to better yourself. And that mentality is key to feeling better about yourself, because, like Maga and I said, that negative mentality, it's so easy to fall on it and have it, but it's so hard to come out of it once you're in it. But it's the fact that you're making the effort to come out of it is what counts, and you shouldn't beat yourself out about it. And yeah, just do things that you like. I know that Maga and I keep saying about gratitude and journaling and being in nature and do yoga or blah, blah, blah, but that's what works for us. Obviously, that's not what works for everyone. Like, I don't know, my boyfriend usually likes to have a shower first thing in the morning to get himself fresh, and then he'll go to grab himself a coffee before he goes to work, and then he knows that he's set. That's another example of what to do. I don't know. I have another friend that just likes to send me a message being like "hey, I'm alive, I'm kind of okay, but I'm trying". And it's just words of affirmation, words of encouragement that you can give other people that are having burnout. And those same words of affirmations like you give to others, say those same things to yourself because that's what counts. And I don't think we stress enough how much self-talk impacts us because at the end of the day, we all have a small inner child that needs a bit of love and that's kind of like the core of us that needs to power up, for us to power up. But yeah, do the things that you like to. Like, I haven't said this before, but Maga knows that when I'm coming out of a rut, the first thing I do is dye my hair. If you want to come out of a rut and you want to feel like a new, refreshed bad bitch, you do that. Treat yourself to new clothes, treat yourself to a new haircut or a new hairdo. Treat yourself to a new gadget. I don't know, like the things I buy from Amazon to just make like shopping therapy is a thing. It can be dangerous, but it's a thing. But, yeah, just do the things that you enjoy. And if you know that there's someone that you know that is suffering from burnout, be patient with them as well because you know exactly how that feels like and you know the encouragement you would need to come out of it. So give that same encouragement to other people. And also, if you're struggling to come out of a rut and you're in a very bad mindset and stuff, do ask yourself why that is. And if you need to ask for help or talk to a friend or to family and stuff. And yeah, just don't forget that. I know it may sound a bit like what's the word? Patronising, but there's no one like you, there's no one like me, there's no one like Maga. Do you know what I mean? There's something you can bring to the table in any occasion, in any situation, in any environment,

and that's what should boost you up, the fact that you can bring something that no one else can and you can do something that no one else can. So, just focus on your strengths and remind yourself that you're a strong person deep, deep down, whether you show it or not. Everyone has their resilience, so yeah, know that you have it.

**[00:36:49.010] - Mags**

Yeah, I think as well, we can't give you many tips of what works to come out of a rut, what magical things help, because I think it's so personal to you and what works for you. As we said many times, we can only give you what has worked for us. But then if that doesn't work for you, then you have to figure out what does because I think it's so personal to what your needs are when you come out of a rut like what is it that you need and what is it that you want to focus on? So I guess on that note, Cass, I don't know if you've got anything else to add.

**[00:37:32.180] - Cass**

No, I don't think.

**[00:37:36.750] - Mags**

You know, we hope you enjoyed this episode. Let us know what does work for you if you've experienced burnout and you've come out of it successfully, or you've just been able to survive, let's say, and share maybe what works for you. It might help other people. So, do continue the discussion and let us know your thoughts. Ask us any questions and give advice to ourselves and others, other listeners. Don't forget to rate us and give us feedback, so we can continue to be the best. I'm joking! Continue-

**[00:38:21.250] - Cass**

To do what we do best.

**[00:38:21.570] - Mags**

I was like trying to find some way to like yeah, okay. Anyways.

**[00:38:28.930] - Cass**

Yeah you can reach us on socials. On Instagram we're @acupofgrowthpodcast and TikTok [no longer have Twitter] is @acupofgrowth. Also to find I was going to say transactions, not transactions-

**[00:38:49.610] - Mags**

Give us money!

**[00:38:49.970] - Cass**

To find transcripts for this episode and other episodes if you need it, because God knows I need those subtitles, you can find those on our website, [acupofgrowth.co.uk](http://acupofgrowth.co.uk). You can find also blog posts that Maga and I write, mostly Maga, to accompany our episodes. And while you're there, sign up to our newsletter to get all the good goods on what we have coming to the podcast before they get published anywhere else for the public. But yeah.

**[00:39:26.370] - Mags**

You've been listening to two girls-

**[00:39:28.370] - Cass**

and a cup of growth! Bye!