

[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.

[00:00:15.090] - Cass

Hello!

[00:00:16.070] - Mags

Hi! We've had a bit of a false start-

[00:00:20.450] - Cass

Yeah, it started counting for you, but I didn't start counting for me, so I was a bit confused, but yeah. Anyways, hello, everyone. Welcome back to A Cup of Growth your girls Cass and Maga. Hello. I feel like I always say that whenever I introduce the podcast, it's like "with your girls Cass and Maga". Again, I know it has been a while. It has been a while. We tend to-

[00:00:57.950] - Mags

I mean, not for you, because we've literally we're smart and we scheduled all the episodes on time. It's been a while since we've recorded-

[00:01:04.210] - Cass

As you probably have seen on our Instagram, we took a month off, and we were very dry on our socials, but we are back with more content. And yeah, we hope that you had a lovely, lovely summer and that you are ready for fall, autumn, whatever you want to call it. Autumn. For the Twilight vibes, basically. Autumn.

[00:01:34.130] - Mags

Autumn. It's autumn here. Fall is American-

[00:01:35.410] - Cass

I was going to say something, but I'm not going to say it on air because I might be calling out someone that we know.

[00:01:51.470] - Mags

Oh, okay. I do know what she's on about.

[00:01:56.510] - Cass

Yeah, okay. Maga just clicked.

[00:01:58.210] - Mags

Bestie, stop. I just clicked.

[00:02:04.320] - Cass

Anyways. To kick us off with our Twilight vibe season, we are going to deep dive into the autumn blues. It's not winter blues, it is autumn blues. And we're going to kick off strong with expectations in this episode. It is quite something, but we're going to see what we think about expectations. I think especially when you're in your 20s, you have a lot of expectations for a lot of things, but we're going to dissect it a little bit more on this episode. So, Maga, to kick us off, how would you describe expectations in your own words? Work. Sorry.

[00:03:08.390] - Mags

Okay. You really threw me off. Don't do that. I get distracted easily. So to me like expectations, obviously, I think it's things that like- I need to right, okay. Little tangent. I need to stop saying, like, it's not a word-

[00:03:30.220] - Cass

It is a word though. It's just you're using it- you're using it as like a-

[00:03:33.850] - Mags

Call me out if I do say it too much.

[00:03:36.770] - Cass

Yeah, okay.

[00:03:38.450] - Mags

No, I mean it in, like, a joke. It's so annoying. I literally just did okay-

[00:03:44.860] - Cass

Deep breath.

[00:03:45.290] - Mags

Okay. Anyways, to me, expectations is about. It's things that are set by some sort of outside source, some sort of external source. Like, I don't know, for example, like, society or your parents or kind of like culturally. What the kind of things that okay- okay I keep saying like-

[00:04:33.650] - Cass

If you don't follow the rule yeah, I'm going to laugh, which is going to make you laugh.

[00:04:40.390] - Mags

I'm not going to put the pressure on myself. Yeah. So yeah, expectations are things that are set by pressures that are set by other people or society or culturally. For example, an example could be by a certain age you should have a job, by a certain time you should have moved out your parents' house. Things that are like expected of you because that's how society works, or that's how the usual, like how life usually works kind of thing. And that's different to me, to a standard, because a standard is something that you set for yourself to make sure you don't get disappointed or hurt or whatever feeling you're trying to avoid. So for example, if you're in a relationship, or if you're not in a relationship but you're seeking a relationship, then you're going to have standards as to what you accept and what you don't. Whereas expectations are barriers that are already kind of set for you, even-

[00:05:49.880] - Cass

Very much agree. I think we've touched upon this on just personal conversations, but expectations are fictional, not really necessarily based on things that are actually happening, just scenarios that you're making up in your head sometimes, or things that don't hold any actual value in real life or actual meaning. And then standards are actually like things that actually matter, rules that you set upon yourself, like you kind of said. But I think very much like Mags said, expectations do come from outside influences. So like, societal norms, forms lol. Norms, and especially social media and generational expectations can be a thing. And I think as well, that's where most expectations and- lol sorry, I thought I heard the door from the house. I was like, what is that? Anyway, I was going to say that I feel like a lot of the expectations and the pressures that we have as young people nowadays is from expectations that were passed on generations, through generations, basically. So expectations that were put on our parents or on our grandparents and stuff have passed down to us. And the problem with these expectations is that they haven't aged appropriately. So we are being given expectations from the fifties and obviously our situation and our circumstances are very much different from how people lived in the fifties before. So people had it easier to get a house and get married and have kids and have a settled living at the age of 23 in the fifties, after the war, I guess,

compared to us, where we had Brexit. We have a cost of living crisis, where there's a great risk of- in the percentage of unemployment, there's no work. We are in and out of relationships. We know that there's no you're the vein of my existence now. It's like 'yo, what's up? Wanna chill with me at home?' Type of situation. And no one wants to settle for that. So that was very random. But anyways, I think my next question for you, Maga, is what do you think is the difference between realistic and unrealistic expectations?

[00:09:02.810] - Mags

I don't think there are many realistic expectations because as you said, it's like they're things that were set in a time that doesn't match ours anymore. So I think a lot of the expectations that we have now are unrealistic because they're things that are stuck in time and that are not accommodating to the ever changing nature of society, the economy, all these other things. And so at the moment, I don't think there are any realistic expectations. And I think it's up to our generation to set new, maybe not even expectations, to just destroy the whole concept of expectations in general and just rather learning how to set standards for yourself and discipline yourself, so you can achieve the things that you want to achieve, but without having external pressure from really outdated cultural expectations that do nothing but stress you out. And so I don't think at the moment there are any realistic expectations because they're just too outdated. I think we keep bouncing back on the example of moving out by a certain time, or like after uni you should get a job within six months because that's just not realistic anymore. Because as we said, there's a massive economic crisis and living crisis, at least in the UK, and I think in a lot of other places too, and the house prices are through the roof. And so it's just not the norm anymore to get a job straight after uni or move out of uni. It's not the norm anymore. A lot of what the norm is, is people still living at home, struggling to find out what they want to do as a career, struggling to find that job that is going to kick start their career. And I think our generation should just destroy the whole concept of expectations because they're just a nuisance and they just cause you to put pressure on yourself for no reason. And instead just set standards for yourself, set goals for yourself, where you're still working towards something, but it's not extrinsically motivated, so it more comes from you and from what you expect of yourself kind of thing and what you would like to do with yourself and where you see yourself, not where other people should see you.

[00:11:52.400] - Cass

I think I pretty much agree with you. I think in terms of realistic and unrealistic expectations, we kind of change the name, or we mix the name of realistic expectations with standards and goals. Unrealistic expectations would be desires that we have, or goals that we have that are fuelled by impatience that we want like a quick result. So for example, which I've given this example many, many times before, I have been going to the gym for a month and the first day that I went to the gym, I finished my workout and I went to the mirror in the gym and I was like 'right, where's my Beyonce ass? Where are my six abs?' you know. And I was like, well that's an unrealistic expectation because after one workout, I wouldn't have the body of a Victoria's Secret model. Do you know what I mean? In terms of realistic expectations or realise goals is, well, if I stick to my habit of going to the gym every other day or every day, I go every day because it helps my mental health. That's one goal. It will help my mental health. If I keep going for a month, I will see results. If I start eating healthy and cure my eating habits in two months, I'll see even more results. And I feel like realistic expectations

and just like your standards and your goals focus more on the progress and how it makes you feel, instead of your emotions, which are targeted or triggered by frustration and impatience, which I think is a big part of what expectations is if you're looking at it in a negative lens. And with that being said, how do you deal with or what triggers your frustration when you're with something that you were expecting to happen, doesn't happen, what triggers you and how do you deal with it? Basically.

[00:14:27.890] - Mags

Yeah, I think because I'm a bit of a perfectionist, if my vision doesn't align with what I had in mind, I get very easily frustrated. Like, I have this strive to be perfect and to at one point in my life, I'm going to be exactly what I want to be. But the thing that I fail to remember is that I'm never going to get to that point because we're forever changing, we forever transform, we forever change our opinions the way we want to look. There's not like one fixed point in life where you're going to be like, yeah, I'm going to stay like this for the rest of my life. And so I think I get more frustrated than I should. And I'm not kind enough to myself when I remember that I don't need to expect myself to be like this by a certain point because it's like it will never be perfect, and I will never meet that expectation that I've set for myself. But then when it is something that, like you said, maybe a goal where it's like you work out and if you do it consistently and have a healthy diet and stuff, you expect to have results. But then if you don't and you're frustrated, then in those kind of instances, the way I sort of deal with it is just remind myself that everybody's journey and life is different and what might work for some might not work for you. And that's why I think it's better to set yourself expectations that meet like that work for you kind of in the same way where you set goals that work for you, you do habits that work for you, like we said in the previous episodes about Burnout. But I do understand and if you are going through a period of frustration because you expected to find a job by now, which is literally what I'm going through, I just want to be here to tell you I validate your feelings because I completely understand how you feel. It is so frustrating like not thinking, like not being where you want to be. Because I think as well, if you're someone that you know you've done the work and you know you've worked hard, it just feels unfair to not be where you want to be. And you just start almost hating the world, being like 'oh, well, this nothing's fair, I deserve better' and stuff. But then I think it's important to remind yourself that it's different for everybody. Everybody's moving at a different pace and use that frustration to actually motivate you to find a different way of getting where to where you want to be or maybe taking it as it's resistance and so it's maybe not meant for you or it's not what you need right now, and just use that frustration to sort of reflect on what it is you really need and you really want. If that makes sense. I don't know if I'm making much sense.

[00:18:21.450] - Cass

I find it very funny because what about you give context onto this, which I will give now, because obviously everyone listening won't get the context. But Mags and I literally, right before recording this episode, had a mutual breakdown on a two hour call. So we've been talking, we've been on the phone together since like 18:00, and it is almost 21:00, and we've been on a rant and a digital mental breakdown since 18:00. And the whole conversation was about this, about the expectations that we both had and about being this age and the expectations that we had for this year. And basically we've shared all of the frustrations we both have. And this was also triggered by the fact that I am also now looking for a new job because there have been some funding difficulties at the place where I work. And now it's like my whole world has kind of crumbled. Mags is on the same boat as me. And I think

also the fact that, like Maga said, by the time we're recording this and by the time this comes out, it's going to be a Mercury, and it is currently a Mercury retrograde. And also, I think that we are just so bummed that we started our week together having a mental breakdown. Yeah, literally, I think that this conversation hits home really hard, especially the whole thing with frustration. I think it hits you worse when you least expect it, when you think 'oh, everything's fine, everything's okay', and then something will happen and you'll be thrown off your feet in the worst way possible. And we are complaining because we have it hard like career wise. But I know that with other people, it might reflect on relationships or family or loved ones and stuff like that. We all have different situations-

[00:20:56.430] - Mags

Living situation.

[00:20:59.070] - Cass

There's so much we could unpack with this whole frustration situation stuff. But I would just say that I'm a bit like Maga, I have that little Virgo in me that wants to be a perfectionist, and I get it from my mom. And so I think, as well, this is the point that I wanted to make. So, I think that we're perfectionists in the sense that we want to get things done that we think is going to get us where we want to be. And I think this idea has been drilled into us since we were young, since we basically got the chance to not even the chance is that someone gave us the knowledge that we can dream and that we can dream big as kids. And from a very young age, you think 'oh, I want to be a princess. I want to be a rock star, I want to be an actress. I want to be the next President of the United States'. And all of these dreams kind of keep building you up, thinking 'oh, I'm going to have such a good life when I grow up'. And a lot of people don't get to our age sometimes, depending on what circumstances they live in, if they have sicknesses, if they live in a country where there's war, we are so privileged to live where we live now and in the circumstances that we live now. But I think it's a universal feeling to feel frustrated when you don't get where you want to be, and it's worse when, obviously, you're sitting down with your friends, or in our case, we sit down, we have chats and stuff, whether it's digitally or in person. And the one thing that we keep saying to each other at times is, I didn't expect my life to be like this when I reached this age. And we literally had this exact conversation before we started recording. And I told Maga like, at this point in my life, I just expected that I would be building and not going 20 steps back, but going 20 steps forward from where I am now. And it's the frustration of kind of like what Maga said before we started recording. It's like you feel lost. It's like, what's my next move? What do you do? Do you just do the easy route, or do you risk and try to make something out of it and that's what you want to do? Or do you go into the safe option, get your safety net? You know what I mean? And we live in such a world and such an era where everything is on. We're very advanced with technology, with media. Everything is telling you 'dream big, do big, win, empower', all of that. But at the same time, everyone wants you to fail. And it's finding a balance of, well, I need to succeed by my own terms. I'm seeing someone that I don't really like, and they have it better than me? And why do they have it better than me when I've worked so hard? What have they done? And it's the comparison and it's the someone will tell you 'oh, well, I don't think you can really do it and that will fucking hit you hard'. And then you'll have pressures from family, like Maga said that it's like, oh, you have to pay bills, you have to move out, you have to do this. And then even your close friends or your partner might do better or worse than you and you might have friction from that. And it's like, where do you win? And there are so many

factors that cause this frustration that at the end of the day it's like, well, I am damned if I do and I am damned if I don't. So which one is the better option? But yeah, I am bringing our meltdown into the-

[00:25:01.050] - Mags

Literally but I think a lot of people will relate to that because this is what we were saying earlier. We were like both to each other, we feel so lost and confused and there is no guidance at the moment. And I think as well, a lot of people aren't planning things because the world is just so unexpected now. Anything could happen, anything could change at any moment. And we've seen it through so many different aspects like climate change and natural disasters and people losing their homes overnight or like economic and social crises and things like that that seem to be happening overnight. The impending doom of a possible war, you know what I mean? And I think life at the moment is just so and also because of things like rising house prices and lack of employment opportunities, people just don't have the motivation to plan for things anymore. And people just don't have the desire almost because they're like, well, what's the point? Because everything could change tomorrow. And how can I plan for things when the expectation is too unrealistic? Like the house price is too high or there are no jobs at the moment on the labour market. I can't really remember where I was going with this point, but I just wanted to basically say that, oh yeah, that a lot of people, I think, will identify and will resonate with this because Cass and I kind of we were both complaining about we're not complaining, we were both sharing our frustration about the same thing and we both kind of told each other it's reassuring to know that we are aware that we're in the same boat because those sort of emotions and things like that can feel very isolating and you can feel like you're the only one that feels that way. And everyone else- and social media doesn't help obviously, that everyone else has got it figured out but you. And then just sharing each other's experience recently with each other has made us aware that actually, even if we are in different situations, we are experiencing the same things. And so that's why I think it's important for us to share basically the mental breakdown that we had, because I think other people will also resonate with it.

[00:27:39.810] - Cass

Yeah, girls have been trying to be that girl, but that girl ain't that girling. Do you know what I mean?

[00:27:50.130] - Mags

Nah, nah, that girl ain't girl. I hate the concept of that girl but that's another topic.

[00:27:56.850] - Cass

Anyways, we've been talking about expectations and expectations from society and expectations from generations, like generational trauma, not trauma, but generational baggage. How do you think expectations kind of affect our relationships? Whether that's like, romantic, platonic, domestic and what's the importance of boundaries in that respect?

[00:28:39.570] - Mags

I think it's like you said earlier, it can cause a lot of friction. Because if you have, for example, parents and yourself, the child, their expectations are still rooted in what their expectations were as a kid or like as a young adult, which are very different to yours because the world has changed in that sort of gap between them being a child and then them having you. And I think it can cause a lot of misunderstanding where if the parent or whoever isn't in tune with how the world is working right now and how their expectations might not be matching that sort of environment, how it just causes I kind of lost my train of thought again. But it just causes a lot of misunderstanding because they're like, oh, yeah, after uni, you should have got a job. Or maybe while you were still at uni, you should have started looking, and then you should have been moved out by now and stuff. And it's like, yeah, maybe that was realistic in your time, Daddy, but not in mine. And I think it's just about, like, sharing and I think one way to overcome that is just by sharing the experience and literally just talking about how it is for you now and just saying, yeah, maybe I understand that why you have those expectations and why you think I should be fulfilling them. But the world works a lot differently now than it did 30, 40 years ago and if anything, they should also be feeling the effects, because this at the moment, the world isn't kind to anyone except rich people. So I think, yes, setting boundaries and saying like I'm going to do what works for me, and I'm going to set expectations that are realistic to me and that are in accordance with how the world is working now, and how I can make the best of it and the most of what the world has to offer now and use that to my advantage and just simply set the boundary of yourself that I won't value any other expectation from other people, especially if it's outdated or unrealistic. What about you?

[00:31:42.940] - Cass

I'm going to talk a little bit more about romantic expectations. I think from a very young age, we're kind of fed this fantasy of how people are supposed to treat you, whether that's romantically or in a job or in whatever. And you're taught to look and act a certain way to achieve good relationship with different people, especially if you're a girl. If you're a girl, it's like 'oh, you have to always smile and look friendly and look like you're approachable and dress in this certain way'. And maybe if you talk in this way and you do this, someone will find you more attractive and all of that shit, right? Yeah.

[00:32:38.830] - Mags

Oh, my God. Can I just quickly interject?

[00:32:41.930] - Cass

Yeah.

[00:32:42.340] - Cass

The fact that you said that- I literally got this at work the other day. A customer was like it was busy, right? Okay. And I just had my focus face on. I wasn't even like resting bitch face or anything. I just was focused. I was like doing my thing. And this fucking guy, obviously middle aged man is like he says something along the lines of "don't stress. You should smile more". I was about if I was allowed

to express my female rage, I would have flipped his table and gone on a rampage, but I didn't, and I politely was- laughed it off and was like "oh, I'm not upset. I'm just focused". And then as I said that, I smiled, obviously. And he was like, "There we go. That's the smile we want to see"-

[00:33:44.130] - Cass

Fuck off.

[00:33:44.410] - Mags

And I was like- if I could bitch slap this man right now, I would so hard. And anyways, I just wanted to provide an example for your point. Please carry on.

[00:33:59.620] - Cass

I don't think I told you this, but since we're already on this tangent, I had a comment similar to this with a problematic client of one of my colleagues a couple of weeks ago. This was before my trip to Italy, right? By the way, guys, I went to Italy. It was fucking amazing. I recommend, but yeah. So I was at my table, and I was wearing, you know, my long black skirt that I wear, right? I was wearing that, and, you know, it has a little slit on the side, on my right side, and I had my ankles crossed, and I was writing on my computer, blah, blah. And this client is a middle aged man going into his fifties, has a lot of problems, right? And he's doing a little chitchat, blah, blah. He comes to me and he starts doing a little chitchat, and I have to tell him like "oh, don't go to the classroom yet because they're still sitting up, so just wait by reception". And then he's like "okay, that's fine. How are you, Cass?" blah, blah. And I'm like "oh, I am okay [guy's name], I am okay. How are you?" And he looks at me up and down and then just looks at my legs and he goes "I'm all the better for seeing you, but I guess all the boys say that to you". Yeah, it was to the point where my manager had to come out being like "Are you okay? Where is he? Do you want me to talk to him" and I'm like "no, it's okay. Just let it go, let it go". And my manager is like, five years older than me, okay? She's a girl as well. So she was absolutely outraged and she was like "do you want me to have a word with him?" blah, blah. And I was like "no, it's fine, it's fine. He's just come to the class, just let him" blah, blah. Enough to say that this guy showed his true colours and had a big problem with women in the same sentence as domestic violence and he was asked to leave the premises. So yeah, it was a big thing. But yeah, that's another story for another day. I'm not going to disclose a lot because I don't think I'm allowed to do it for legal reasons, but I'm not giving a lot of details. So if anyone from my work hears this, please do not kick me, do not fire me yet. I still need this job. But anyways, going back to my point, I think one of the big things that you get expectations from is relationships. And this comes from well, now comes from social media, but back in our day, back in our day, it came from films, it came from shows, it came from songs, it came from books, especially, although some of our books were quite, and still are, men are quite toxic. But for some reason, we love a bad boy and we love that toxicity and red flag. Yeah, but that's another thing. It's like we are taught-

[00:37:06.680] - Mags

We love misogynistic men.

[00:37:07.720] - Cass

What love is supposed to look like and how boys are supposed to talk to us and how relationships are supposed to be like. Especially with Disney. As much as I love Disney, it's so toxic. It's like okay "I'll meet you today, we'll sing a song, we'll get married tomorrow". You know what I mean? It's like "oh, let's save the world today and get married tomorrow". And it's the whole point of you're a princess and you're a damsel in distress and you need a boy to save you. And that's the expectation as a woman that you grow up with. And that's why I find that female empowerment and all of these movements for feminism and all of that is so important because you try to give our power back, in a sense. But obviously, if you grow up with something, it's kind of like Stockholm syndrome in it, you kind of get used to the idea. You get fed the idea so much that you start liking the idea and then that's the only thing, you know

[00:38:08.630] - Mags

Oh my God.

[00:38:11.430] - Cass

I am trying to use my knowledge.

[00:38:13.660] - Mags

I'm sure there's another word for it, but I see what you mean-

[00:38:13.780] - Cass

I am trying, but I see exactly. Then you'll get into a relationship. And you'll just expect birds singing out of your window and you'll kiss, and your foot will flick like in Princess Diaries and the mountains will rumble and all of these things, and you think that this moonlight will shine upon you. And in reality, you're just getting your first kiss in front of a Maccies down your university and it's the most unromantic thing ever. And you'll write poems and then you'll write poems on your first year about how you thought love was something else and in reality it's something very different. And, yeah-

[00:38:59.290] - Mags

Girl, are you attacking yourself?

[00:39:02.490] - Cass

Literally, but yeah-

[00:39:04.810] - Mags

I was going to say, experience much?

[00:39:05.170] - Cass

The moment that you realise by yourself what is true and what it's not, you actually start learning a lot of things. And the kind of brainwashing, I think that's the word I was looking for before, instead of Stockholm syndrome, it was brainwashing. You kind of try to unravel this whole situation in your head and then you kind of start creating boundaries for yourself and creating standards for yourself that are more realistic and that are healthier, and you trying to implement those not only in your relationships, but for the other person and for yourself. So at the end of the day, even if you kind of go and break that relationship, when you meet the next guy, you won't expect him to be riding a white horse and singing songs, playing a lyre while walking you to your work, you know what I mean? And it just shows that we as humans dream a lot and we have a lot of fantasies of what we want our world to be, which is like this type of utopia where everyone loves everyone and it's peace and love and butterflies and Disney. And we then uncover the ugly, ugly truth that the world is very different from what we imagined. And it's only in our power to make it better. And especially it's our lives. So make it better for yourself. You don't have to change the world and create the world, know a Barbie world or whatever, but make it suitable for you and make it your own fairy tale, the way you want it to be, without the expectations from any type of literature, any type of Bruno Mars songs or anything, you know what I mean? But that's what I will say about expectations and boundaries. Just a little of self-love and a bit of introspection, which I think is something we say a lot in our podcast, but I think it's also a reminder for ourselves to know how to deal with these situations and the people around us. But, yeah, I think we're going to close off this episode with final tips and advice. So, Mags, do you want to start?

[00:41:48.350] - Mags

Yeah, I think I'm going to make it really simple and just simply say, don't put pressure on yourself, don't let anything external put pressure on yourself. Just do you. Things will work out, even if it doesn't feel like it is. And I'm kind of giving myself advice here a little pep talk-

[00:42:11.820] - Cass

Just keep swimming, just keep swimming.

[00:42:17.270] - Mags

Just keep going. Just keep swimming. Yeah, Nemo. Yeah, just keep going. Just do you. Take your time. Life is a marathon, not a race, as a cliché saying. And enjoy where you are now. Like remember, the present is all you have and that's- you can't start thinking about your future self or regret what you did in the past, or what your past self did. You only have this moment to work with. You only have the present to work with. So use it to your advantage and use it in a way as well that makes you feel good, because life is fucking short and it can change at any time. So release yourself of societal expectations. Don't listen to people who you wouldn't seek advice from for certain aspects. And

we're here to remind you that we're all in the same boat. We're all frustrated because we didn't meet what our parents would have, the expectations our parents would have met very easily back in the day, because the world has changed. There is a lot of things out of our control at the moment that makes it harder for us to achieve what we want to achieve. And so just be gentle to yourself.

[00:43:54.890] - Cass

I'll follow on what you said and say that our world is very uncertain and the circumstances we live in are uncertain, and so embrace the uncertainty. We say this a lot on our podcast, and we also say this between us when we're having a moment of crisis, but everything changes and nothing lasts forever. And so whatever you're feeling now and I think this is also a pep talk for me and Maga right this moment, that whatever we're feeling now is not supposed to last forever and that there's always light at the end of the tunnel and the last thing we should lose is hope. And I think the only thing we can do is surrender and go to the flow and just work hard on what we want and not let people tell us what to do. Unless it's people that we love and that actually know of our circumstances and stuff and that we trust and we are sure that we can listen to. But apart from that, do not put yourself down with whatever people say you should do or how you should act or how 'oh, I expected you to be like this, I expected you to be like that'. It's like, well, if you have an image of me that's untrue of me, then you don't know me and you don't care to know me. So just be yourself and surrender to the change. Embrace the change. And just life is a roller coaster. Just ride it. And yeah, with that, I think we're going to close. And yeah, you've been listening to Two girls-

[00:45:49.430] - Mags

and A Cup of Growth.

[00:45:52.190] - Cass

We'll see you next time. Bye!