

[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.

[00:00:17.410] - Cass

Hallo!

[00:00:18.690] - Mags

Hello, everybody!

[00:00:20.450] - Cass

Welcome back to another episode of A Cup of Growth with the girls, Cass and Maga. How are you doing, Maga?

[00:00:28.930] - Mags

I am very good. How are you, Cassandra?

[00:00:39.070] - Cass

I was saying before recording that I felt like this episode was going to be extremely chaotic because I had a feeling. Because we always start with saying 'oh, how are you? How are you?' Even though we've been talking for, like, 2 hours before.

[00:00:53.970] - Mags

Oh, yeah, we know how we are. Skip the cordialities.

[00:00:57.250] - Cass

As an update to our listeners because we kind of share not our drama, but kind of our life updates on here a little bit applaud me because I started therapy.

[00:01:18.810] - Mags

Yeah. Everyone give it up for Cass!

[00:01:22.010] - Cass

Oh, wait, I can do the music thing. Can I do the music thing?

[00:01:27.530] - Mags

Oh the sound effects.

[00:01:31.770] - Cass

Oh, can I do it on here? Like, does it say going live?

[00:01:36.830] - Mags

I don't know.

[00:01:38.830] - Cass

I am in need for this clapping, so give me a second.

[00:01:44.290] - Mags

I'm trying to clap, but I'm holding the microphone, so it's going to be very uncomfortable if I start slapping the microphone for the listeners.

[00:01:51.410] - Cass

I know. This thing keeps loading. Oh wait!

[00:01:54.930] - Mags

It's there! It sounds really bad, though.

[00:01:59.350] - Cass

Oh, my God. We'll just add the clapping in the sound effects later. But, yeah, your girl just started therapy, and your girl is also single, so Maga and I are-

[00:02:16.250] - Mags

Oh fuck, I forgot.

[00:02:20.410] - Cass

Your girls Cass and Maga are not hot girl summer, but single girl autumn.

[00:02:29.090] - Mags

No, I've been single all this time, and I've been fine.

[00:02:31.800] - Cass

Well, but now it's the two of us. Now it's the two of us. So it's a single girl autumn. Okay. Mmhmm. So, yeah, no comment about that for the present. But, yeah, that's my little update.

[00:02:48.860] - Mags

I will not be taking questions right now.

[00:02:52.630] - Cass

Call my lawyer. My God. But I definitely think that this week, I've been going on at Maga to keep me a bit motivated, to keep going and to keep going to work and stuff. And it's finding the self-discipline, the motivation, which oh, my God, would you believe that's a great segway to what the episode is about this week. Oh la la. Oh la la.

[00:03:25.150] - Mags

You are so- the coinkydink. That was so millennial of me to say that fucking hell.

[00:03:36.950] - Cass

I know! But, yeah, this episode is going to be all about motivation and discipline, which I think at the age we are now, and obviously with things happening in your twenties, we need the motivation and the self-discipline.

[00:03:54.730] - Mags

Ya think?

[00:03:57.210] - Cass

I am telling you. I know. And so I think we're going to go on to explain a little bit our experiences and our thoughts on motivation and self-discipline and to get us started actually, I'm going to take over something that Maga does on this podcast. I actually have some definitions ready, or at least well, I

have some little thing ready before we start and jump in on the first question. And for those who don't know, motivation is the inner drive or desire that propels us to take action, while self-discipline is the ability to control and regulate our behaviour even when our motivation wanes. Both are essential because motivation gets us started, but self-discipline helps us stay on course when challenges arise.

[00:04:56.830] - Mags

Wow.

[00:04:58.110] - Cass

Was that well prepped or what?

[00:05:00.100] - Mags

Wow [Owen Wilson version].

[00:05:02.930] - Cass

And with this little knowledge yeah, wow.

[00:05:07.730] - Mags

Not the Owen Wilson.

[00:05:09.690] - Cass

I know. I was going to say Owen Wilson entered the chat. With this in mind, Mags, why are motivation and discipline important, in your opinion, apart from what I just said?

[00:05:29.530] - Mags

Well, I think first of all, motivation, you kind of need it to get going, because if we didn't have motivation, we wouldn't even be motivated to do things like go to the toilet and pee when we need to or eat when we're hungry. It's true, actually, that's actually backed by science, like, I'm pretty sure anyways-

[00:05:50.430] - Cass

Don't quote her on that.

[00:05:54.770] - Mags

Motivation is what drives you to do things. Because obviously if you needed a piss but you didn't have the motivation to go, then you just piss yourself right? But then motivation obviously can kind of wane and kind of dissipate, especially when I don't know when it does, but it just does. And so that's why self-discipline comes in, which is like, even though you don't want to do it, you have to do it. And these can be like things that you don't necessarily want to do, but you have to do. Like, I don't know, your job or if you're looking after someone or caring for someone, you just have to do that. If your other commitments could be like, I don't know, maybe you volunteer somewhere or something, even on the days where you don't feel like doing them because you have some sort of prior commitment, discipline makes you do it, basically. And also you don't want to be a dick. I think what's really important, though, which I think I mentioned in the blog post for last episode or the episode before, is intrinsic motivation is the most important, which is like when you're motivated to do things because they feel good to you. Do you know what I mean? There's no exterior motivator, like, I don't know, money or any other material thing. But obviously when you lack that sort of intrinsic motivation, that's when you don't have any motivation, really, because unless it's like things obviously like money, you need to live. Yeah. And I think as well, discipline can also teach us about teach us to do hard things or things we don't want to do, but that we know are good for us. Like, not everybody likes working out. If we did, everybody would be fit, but when you can't be bothered to work out, but then you discipline yourself to be like, I don't want to do this, but I know that when I finish this, I'm going to feel amazing. And so you do it, and then you do feel amazing, and then it's like, okay then. But, yeah, I feel like I'm rambling again, so off you go.

[00:08:25.330] - Cass

I kind of agree. I think, as well, I overprepared my definition because it kind of gave it away a little bit.

[00:08:37.510] - Mags

Yeah, that's why I was struggling to add stuff.

[00:08:41.190] - Cass

Yeah, soz.

[00:08:42.870] - Mags

That's all right.

[00:08:43.670] - Cass

But I would say as well that I think motivation is how to put this. It's not like a weak feeling, because when you get motivated, you get this burst of energy to do stuff. But the thing is that motivation comes and goes. And for example, the amount of times that I've said, like oh, I'm so motivated to work out, or so motivated to write, and then it's the feeling that, okay, I want to do it, but actually

doing it is a completely different thing. And so it's just like a feeling that you get of when you get illuminated by the grace of God and you're inspired to do something, but with self-discipline, like Maga said, it makes you do stuff, and it makes you do the hard bit of the work. So it's like thoughts and emotions come into action, basically. And yeah, something that Maga said, I think it doesn't teach you how to do not only how to do hard stuff, but it shows you how you can be resilient as well. And then it can be as little things as going to the toilet, like Maga said, or just like getting out of bed. But then it just perpetuates into your routines as well, because as soon as you get the habit of doing stuff, then your self-discipline is not only that you're made or you're making yourself to do something, but it's ingrained in what you usually do. Like getting up, washing your face, brush your teeth, blah, blah, blah. Do you know what I mean? So, yeah, that's what I would say about why those are important, but obviously, like I mentioned before, they are very interconnected because you have to have one to have the other as well. But you definitely should have more self-discipline as well, to do the things that you need to do, but the motivation to do them as well. It's a nice balance. Yeah. So with that, I guess that a lot of us, if not all of us, are like, yeah, I'm motivated to do this, but I don't fucking want to. And that's because of procrastination, which I think if our generation is kind of like the biggest procrastinators ever, not dissing us or anything, but I think it's just facts, and we all know it. So I would say my question for you, Maga, is like what are the things that you do or feel or the signs that you perceive in yourself that tell you that you are procrastinating to do something?

[00:11:48.850] - Mags

Well, usually it's just like I'll do something else productive instead of said thing I have to do. So for example, instead of doing the work I have to do, I'll do some other work that feels easier just so I have some sort of sense of accomplishment. Or I'll do something that I consider productive, like maybe cleaning my room or like playing piano or reading a book. Because I'm like, yeah, I still did stuff today even though I didn't get my actual work done. And then other ways I'll kind of just like I'll kind of tell myself, oh yeah, today I need a rest day. And so I just end up watching like YouTube and Twitch all day and then I'm like, yes, fine, today I just needed a rest day. Even have I could have done something, I didn't necessarily need a rest day. I'm trying to think what other ways, but usually yeah, it's like I'll convince I kind of like gaslight myself into thinking I've done something productive by replacing it with something that's easier but still feels like productive like reading a book or cleaning. Yeah, but I wanted to mention kind of like what you mentioned on our generation being probably some of the biggest procrastinators ever. I think that's kind of like not necessarily our fault because we live in such an age of indulgence where everything is so easy. Like ordering food is easy, watching something, getting entertainment is so easy. Instead of talking face to face and meeting up with a friend is so much easier to text them and things like that that I think way and with the newest addition being TikTok, it's a lot easier to do these things that I think we've fallen out of habit with how to do hard things. I've noticed this especially since finishing school. I used to be at school, I used to study after school all the time. I would get kind of mildly complex topics and concepts and stuff and now I feel like my brain doesn't retain anything. I find it hard to even do some work that was probably easier than any schoolwork I've ever done in my life. I think as well, I don't know for you Cass, if you feel the same like when you work on more, like creative projects, like things like writing, et cetera, you tend to procrastinate because you feel like you're scared of it not meeting your expectations when you finish it or you're scared that once you put it out there, it's not going to do well. So you're just like, yeah, I'm going to push it back for later, or I'll do this later when I have a better mindset or whatever. It's like we kind of use it as like we use procrastination as like an

emotional regulator so we don't have to feel the hard feelings that come with doing such work. I don't know if that makes sense but yeah.

[00:15:16.070] - Cass

I definitely agree with what you said. I feel like with me, I'll procrastinate if I don't want to face two responsibilities. Yeah, but I feel very attacked that you said that about your creativity, because how long have I said I'm going to write my poetry collection this year, and it's been four years since I started that thought.

[00:15:48.110] - Mags

Lol literally.

[00:15:51.650] - Cass

But, yeah, I definitely think I'm not like Maga, I don't do anything that's similarly rewarding or what's the word that you used that's-

[00:16:10.950] - Mags

Productive?

[00:16:12.310] - Cass

Productive. Yeah. I was thinking proactive, not productive. It's very similar. I don't think of to do anything productive. If I think that I have to clean my room, I'll be like, I'll just watch 30 episodes of anime instead in my bed and not think that my depressed room is depressing. And I'll postpone it. And I'll be like, I'll have my reset Sunday. It's fine. And then reset. Sunday will come. And I'll be like, okay, I'll half-ass it, but not vacuum my room or change the sheets and stuff. And I'll just be like, okay, I did half of it, so that counts, right? But yeah, it definitely depends on the level of responsibility. But I definitely think that it's more like emotional, like Maga said. I procrastinate a lot in terms of creativity, and I give myself excuses. I don't know how many times I've told Maga, like, oh, I wanted to write today, but I haven't felt creative since we finished uni, and I don't know what to write anymore, and blah, blah, blah. And then it's always like, oh, I have to be in a better mindset. My better mindset for me to be able to write is be depressed. So you can imagine from the update I gave you at the beginning of the episode, my creativity has flown-

[00:17:48.950] - Mags

Skyrocketed.

[00:17:49.980] - Cass

Literally. But, yeah, I definitely think that for me, it's very like Maga said, I prefer to be entertained than to feel anything related to what I need to be feeling. And I feel like I even procrastinate in feelings. Okay, don't attack me. No one else can see-

[00:18:14.420] - Mags

No, I was saying yes queen like word, because me too.

[00:18:18.990] - Cass

Okay. I thought, like, yeah, you're doing that. Is this related to procrastinating for four years or five years into getting therapy? Is that what you're telling? Is that what you're telling me? That I procrastinated? Well, we both know I procrastinated into getting therapy, but I am here now. Okay. But yeah, for me, it's like, especially when it comes to people, the thing that I procrastinate the most is texting back or getting back to someone. Like, I cannot for the life of me. And I have to give warning in advance. I'll be like, I'm bad at texting back when I wasn't before, but I am now. Like Maga can send me something, and if it's not very important-

[00:19:07.150] - Mags

That I'm attacking you on.

[00:19:08.270] - Cass

Three days- I know!

[00:19:11.460] - Mags

She even has it as her WhatsApp description. She's like, I'm bad at texting back because I think so many people have probably complained. Well, to be fair, I'm kind of in the thing where it's like, yeah, it's annoying when I ask you a question and I need you to get back to me when we're making plans or whatever, but at the same time, I understand this idea of you don't want to be available all the time to everyone, and I respect that.

[00:19:39.450] - Cass

I say that, and I would never answer back to anyone. But if my ex-partner texted me, it was like, in 2 seconds, I would answer back.

[00:19:48.030] - Mags

Yeah, we see where your priorities lie. Okay, bitch.

[00:19:51.950] - Cass

It's ex-partner now, though. Don't, don't.

[00:20:00.110] - Mags

I just I went on WhatsApp to check when you changed it and you literally changed it to 'I'm bad at texting back' on my birthday.

[00:20:09.490] - Cass

Did I?

[00:20:10.600] - Mags

Yeah.

[00:20:11.730] - Cass

No.

[00:20:12.870] - Mags

Yeah, also don't dox my birthday. But yeah.

[00:20:18.550] - Cass

I didn't realise I did that.

[00:20:21.050] - Mags

I didn't either. I just thought that was fucking funny.

[00:20:30.010] - Cass

Anyways, moving swiftly on, I think I'm just looking at the script and I feel like we answered the other questions that we had in this category, I'm not going to lie to you, so I'm going to move even more swiftly onwards. Well, more like, why is upkeeping motivation so hard? And how do you overcome a motivational slump?

[00:21:01.890] - Mags

Um, I think just like, motivation is so hard to find because, as we've said, like previously, it just comes and goes. And the thing is, I think you can never predict when it comes and goes. Do you know what I mean? It's not like you're not going to necessarily wake up and be like, okay, today I'm going to feel motivated and instantaneously feel motivated. It just kind of comes naturally. But I think there's some things you can do that kind of get you motivated, which is, like, things like routines or habits that you do that just naturally make you feel productive and then naturally make you want to do more. So whatever that looks like to you. I know for me, for example, to get me up in the morning and motivated, which doesn't happen very often, but it can be something like it might be really weird and very minute, but, like, splashing cold water on my face just fucking wakes me up. And I just feel, like motivated for the fucking day. And it just perks me up and then maybe doing one easy task first. Because I know a lot of these productivity gurus, they're like 'oh, yeah, eat the frog and do, like, the hardest thing first'. It's like, no, man, I want to fucking ease into my day, okay? I don't have that alpha grinding mindset bitcoin shit. Sorry. But, yeah, I'll do something, like maybe planning my day, seeing what I want to do today, like organising my week, whatever, planning my to do list. And these sort of things kind of make me feel like, okay, I'm feeling good. And then naturally, it kind of snowballs into, like, I'll do more stuff. So I think it's about doing little steps and little things that kind of get you going. And then I think naturally you want to do more. You know, like those days where you do one chore and then you're like, yeah, that felt fucking good. Okay, I'm going to do the rest now. I'm going to do this. You start by maybe, like, doing a load of laundry and you're like, you know what? I haven't washed bedsheets in, like, a couple of weeks. I'm going to do that as well. And then you're like, actually, my room is kind of dirty. You know what? I'm going to fucking Hoover like snowballs. And I think it's just about starting with baby steps. And that's why I think when you've been in a bit of a motivational slump or where you just haven't even, like, in a discipline slump, I want to say because as we said, motivation ebbs and flows. It's more about rebuilding your discipline. It's just starting with easy things. Like, it could be like drinking a glass of water when you first wake up, splashing your face with cold water when you first wake up, maybe reading a page or two in the morning before you start your work, or literally anything that motivates you. If you're like the type of person that likes exercising in the morning and that gets you going, like, fucking do that. If you're the type that likes to listen to music or a podcast to get you going in the morning, fucking do that. Or, like, do your makeup, whatever. I think naturally things will fall into place and you'll naturally want to do more. Or even if that's all you've done today, and that's fucking great. I know how hard it can be after a motivational/discipline slump, how hard it can be to get going. So the fact that you've even got going and got out of bed and done a couple of things that are good for yourself, then you can only go up from there. I feel like I've kind of given my advice as well in this, but yeah.

[00:24:45.450] - Cass

It's fine.

[00:24:46.560] - Mags

What are your thoughts?

[00:24:51.070] - Cass

I feel like it's a pattern in this podcast that the healthier habits you get from Maga and the more concerning ones you get from me.

[00:25:05.570] - Mags

I'm really bad at taking my own advice. So bad.

[00:25:11.330] - Cass

Because I was thinking, like I've been thinking from when we were preparing to record up to when I saw this question on the script up to now, what actually motivates me? I'm going to be completely honest. What motivates me is spite. Like I feel like it's I don't know how to explain it, but I feel like sometimes when I look at my room and it's messy or if I haven't worked out or if I haven't done something that's productively good for me, I'll be like some part of my mind will be like your enemies are laughing at you right now because you're a fucking loser. I'll be like, yeah, nah, not happening. Not in this bitch. And so I'll start moving and do things. If it's things like motivation to go to work, I'll be like, I need the money. Do you know what I mean? That's like the main thing that can motivate you when it comes to work. When it was about studies, I'd be like, oh, I'm doing this for spite, for all the people that thought that I wasn't smart enough. Here you go. These are my grades now. What you're going to say, bitch? Or if I'm working out, it's going to sound really bad now. But I'm working out now in spite of my ex. So I'm like, you cannot get a hot bitch like me now. So you know what I mean?

[00:26:44.510] - Mags

Not the best example. But yeah, I see what you mean.

[00:26:49.970] - Cass

Mine are more out of spite. But at the same time that's like the motivation. But as soon as I start going and I start feeling the good feelings, I'm like, actually, why am I thinking about what they think when it's actually what is good for me and what I need at this moment? Do you know what I mean? So that's kind of my thought process. It goes from very villainy to actually very nice.

[00:27:15.930] - Mags

Yeah, the villain part is what will get you out of bed, but then the good feelings of how you feel after doing the thing is what's going to bring you back to it.

[00:27:26.030] - Cass

Yeah.

[00:27:27.150] - Mags

I see what you mean.

[00:27:32.030] - Cass

Sometimes. And then, so what are some habits and routines that keep you motivated?

[00:27:42.470] - Mags

I mean, I kind of mentioned them a bit before, but I think weirdly enough, as much as I don't do it well, actually I've gotten back into it for the past month or so. But in times before, one thing that does make me more motivated and stuff is working out because not only does it help, it means that I get more physically fit. So I feel less tired and I feel less groggy. I feel more energised and everything. But it also helps with my mental health and brain fog and all that. So then I feel like clearer minded, and I can approach things with a more focused and clear mindset. So working out is definitely one of them. And then another thing that I do that keeps me motivated is listening to podcasts. Like, I love learning from other people and I just love learning in general, but I love learning from other people and hearing or even things like watching YouTube videos, watching other people do it. It's like I would tell myself kind of a bit similar to I'm like Mags, you can fucking do like that's a bit cringe that you're not doing that. And I feel inspired by those people and I'm like, you know what, I can literally do that if I wanted to. Because sometimes I watch or listen to these things and I'm like, oh my God, I wish I could have that much energy to do all that in the morning. It's like, you can. You just have to discipline yourself to actually do it and put the effort in. Because you can do that. It's just for some reason you self-sabotage into thinking you can't do it. So, yeah, those are usually things, but just like learning and from other people, maybe trying out their routines as well and see if they work for me or just establishing what does work for me and also listening to podcasts and it's so educational and I love learning from other people and what works for them and things like that. And then one last, I guess, habit I'm going to mention is I see a difference in my motivation and discipline when I have a good sleeping schedule. Because I think, as I've mentioned before, have a bit of a weird sleeping schedule because it's like I kind of go to bed around the same time. But falling asleep is a different matter. Sometimes I'll take 15 minutes to fall asleep, sometimes I'll take an hour, sometimes I'll take 2 hours. And so I never have a regular sleeping pattern because if it takes me like nearly 2 hours to fall asleep, then I'll push my alarm back so I can make sure I'm getting enough sleep. But on the couple of weeks where I've managed to keep a consistent sleep schedule until something fucks it up, then until I just fuck up, I've noticed that just the discipline of keeping a good bedtime, it motivates you to be disciplined for other things. Do you know what I mean? So, yeah. What are some of your habits and routines that keep you motivated?

[00:31:33.070] - Cass

I only have one thing and my answer is going to be really short. And you know this because you know this what keeps me motivated and the only habit that keeps me going and actually get me to do stuff is listening to very loud hard rock metal. And that's it. That's me. Because having someone shout at me, motivates me to actually do stuff. Might be toxic, but that's my answer. And you've seen me study. You've seen me do stuff with very-

[00:32:09.120] - Mags

Oh, heck yeah.

[00:32:10.890] - Cass

So that's my only thing. When I have to do reports at work, headphones hard rock, that's it. When I had to study, the same thing. When I have to do my workout, same thing. I don't do this calming music and blah blah. No, I need you to shout at me to do stuff. So yeah, that's my answer.

[00:32:36.450] - Mags

Nice. I like that.

[00:32:42.050] - Cass

So finally, to wrap us up, Mags, any advice? And tips forward listeners, about motivation and self-discipline.

[00:32:55.830] - Mags

In terms of motivation, as I said, it ebbs and flows. So honestly, when you have the peaks of motivation, just take advantage of them. Don't let them wear off. Like, if you suddenly feel like doing something, just fucking do it. Because the more you meditate on whether you want to do it or not, the more likely the motivation is going to wear off. So just take advantage of it. And then who knows? Maybe you'll be motivated to do more things after that. But if you're not motivated, don't worry about it. The most important thing to focus on is discipline because discipline can be found without having the need for motivation. And I would recommend maybe reading my baby, Marcus Aurelius and any other Stoics, because Stoic philosophy is really good in terms of discipline and self-discipline. It teaches you a lot about kind of like what your kind of duties are as a human like, and also keeping yourself in check even when you're not feeling motivated. It's like, for example, in meditations, Marcus Aurelius said, is my purpose in life to literally stay warm under the sheets or actually go out and make a change in the world? Do you know what I mean? So it might be a bit harsh.

[00:34:18.930] - Cass

That was deep.

[00:34:23.010] - Mags

It kind of caused me an existential crisis because that was literally attacking me, because I was literally under the sheets, nice and warm in bed in one morning reading that, and I was like, okay, I

guess I got to get out of bed now and do my shit. I know that not everyone might not agree with Stoic philosophy, but I think it's a good resource, at least for self-discipline and motivation. So yeah, that's kind of all my advice, really, because I kind of mingled my advice as we went along. So what about you?

[00:35:03.730] - Cass

I would say start small because I feel like we've been saying when you get this heat of motivation, do everything that you can and stuff, but sometimes what you're motivated to do is actually getting out of bed and making yourself something to eat. And that's enough for some people, depending on what circumstances you're in. Sometimes less is more. But basically do whatever you are able to in whatever mindset you're in when you're motivated or coming out of a slump, I would say set goals as well. Kind of like what MAGA was saying, like what type of things you want to achieve in your life, is there something you want to plan for the rest of the week, something you want to look forward to type of thing. And then if like us, you have difficulties kind of staying motivated on your own, have an accountability buddy. Like, Maga and I are each other's accountability buddies, and whenever we need to do something, we tell each other and we tell each other the progress as well because that. Keeps us both so, and we motivate each other at the same so, like, if Maga is going to work out, I'll feel like, oh, I might as well do. Or if I do the same, it will be the same for Maga. Actually, before we talked, we started recording, I gave Maga a very deep lecturing on my experience with therapy. And she was like, actually, that motivated me to look into therapy.

[00:36:41.270] - Mags

Literally, I was like, I might looking to that.

[00:36:45.490] - Cass

So you give yourself inspirations. Like, you get sources of inspiration from other people, and you can be a source of your inspiration as well. So take it easy, but also know that you'll be okay eventually, if you are in a motivational slump, or just a slump in general. Take your time. What's most important is how you are mentally and emotionally. So, step by step, baby steps. Baby steps. But, yeah, I think that was everything for today. Really nice and short. Sweet and short.

[00:37:31.100] - Mags

Yeah.

[00:37:31.790] - Cass

But to wrap us up as usual, Maga, where can they find us?

[00:37:36.370] - Mags

Well, literally just fucking Instagram because as I said last time, we deleted everything else. So if you want to keep up with the pod and stuff, follow us on Instagram. Our @ is acupofgrowthpodcast, and we are very regular on blog posts. So if you wish to read more stuff surrounding the topics we discuss in each episode, then visit our blog on our website, acupofgrowth.co.uk. Even though it's inactive at the moment, but you would like to see the newsletter, then sign up to it. If there's enough people that sign up to it, I will get back into making it and sending it out. So this is your calling to sign up to our newsletter to get exclusives about the podcast and early access to exclusives as well before we announce them on Instagram. And yeah, I think that's everything.

[00:38:38.370] - Cass

Right, okay. So we'll see you soon. You've been listening to two girls-

[00:38:45.110] - Mags

and a cup of growth. Bye!