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Let's head into the studio now with our hostess with the Mostess, Carol J. Dunlop.

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Well, hello everyone and welcome. I'm your host, Carol Jay Dunlop, the online wild strategist and ten time Amazon best selling author. It's good to be here, right? And I hope you're having a great day in the States. This is Thanksgiving Day and people are usually like eating, eating, eating and more eating.

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Well, I took a break from my eating because here in Mexico they don't celebrate the Thanksgiving holiday like that. Although I have seen some turkeys around and stuff like that. But,

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my husband and I just came from breakfast. Wow. It was great. It was awesome. We went to our favorite, restaurant, Nativo, and had a great breakfast and some great food.

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However, in Playa del Carmen, Mexico, look up Nativo. So I wanted to come to you today just for a message of thanks, a message of gratefulness, and just a, you know, allow you to think a little bit.

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I am not sure personally that I am going to keep celebrating the actual Thanksgiving Day. And the reason I put that in air quotes is because of the things that I'm learning about the history in the US,

how things are whitewashed, how things are really one way, but

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they say they're one way, but they're really another way.

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And the more I learn about our history and what's left out of our history, and how our history is being portrayed, it's causing me to rethink a lot of things. And I hope you're doing the same thing. I mean, not good, not bad, not indifferent, just question, question everything. Make sure that what people are trying to get you to believe are the things that you really want to believe.

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And that's all I'm going to say about that. But what I like to look at this day is, is a day of Thanksgiving, giving thanks and being grateful, right? Because I am very grateful for my life, my health, my strength. Because over ten years ago I was diagnosed with stage two breast cancer. And thanks be to God. I am here, I am strong.

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I am living the life that I want to live, and I am happy. My husband and I are both happy. Where, you know, we recently relocated to Mexico and it's the best thing we've ever done in our 30 years of marriage. Truthfully, besides getting married in the first place. And I'm very thankful for that. And I'm thankful for you and grateful for you for listening, watching however you are consuming this podcast.

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I am thankful for you. I'm thankful that you're here, that you're alive today because a lot of people aren't. I'm thankful that you have a curious mind, a,

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and a will to seek out the happiness that you so deserve. And that's really what I want for you.

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So I just wanted to come on today for a very quick thankfulness gratefulness episode to just remind you of how awesome life is, how wonderful life can be, and how when you take your life into your own hands and you are the director of your happiness, how you can do whatever it is that you want to do, whether it's start a business, whether it's move abroad,

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whether it's move abroad and run your business globally from abroad, whether it's work from home, whether it's finally pursuing that thing that you've always wanted to do, that business that you've always wanted to start,

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whatever it is. Just do it. You know, don't have any fear. Just go out there and just do it. You know, do your research, of course.

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See how viable it is. See if it's something that you really want to do. I think you want to do. Or maybe it's something that you've been like. People have been telling you that you're great at this, but you never really gave it any thought. You never really,

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you know, put the pedal to the metal. And when I had to say, yes, I can do this or whatever, it's, it's that time.

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This is the end of 2024. This is November, almost the end of November. November ends.

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And tomorrow, I believe, like, what is the date on the 30th? So tomorrow, the 29th, that's Friday and Saturday. So Saturday is the last day of the month of November. Then we into December. Then you know what happens in December? Nothing. Nobody does anything.

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But they're running around trying to get presents and and shopping and all of that stuff. I mean, is that really what what you want to do, get more things that you don't need anyway, you know, stack up more stuff in your life. When my husband and I were planning to move to

Mexico, we had to get rid of a lot of stuff, right?

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But we had already had done some purging earlier. We had gotten rid of a lot of things that were just things in our life, and we had suffered some great losses from before, and it caused us to rethink the things that were in our life, the things that we had, and when they really necessary. Did we really need them?

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Did we even use them? I mean, we had we had stuff from years and years ago. We used to carry around other people's stuff. Are y'all guilty of that, carrying around other people's stuff, not just,

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baggage in your head of what people have done to you or around you or for you, but physical things that don't even belong to you, but you're carrying them around for other people.

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I was like, we gotta stop this. You know what's making our move be so much more crazier than it should be and involves so much more stuff than it should. Let's get rid of this stuff. Are you are you doing. Are you guilty of doing that? Harboring stuff from other people, other things, other lives? You know that you've had, that you're just hanging on to.

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Because of what? Because you're a hoarder? Because you have hoarding tendencies? I do I can admit that I have hoarding tendencies. My mother was a hoarder in her later years, and she didn't want to get rid of anything. And I'm an information hoarder. I can truly admit that. And sometimes I have to just look at things in like, is this making my life better today or no?

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Is this moving me closer to where I want to be or taking me further away from my goals? So you have to look at things like that. So I'm grateful that God gives me that discernment so that I can look at things and say yes, no, or get rid of that. Sometimes it's really hard. Sometimes it's really hard to clean out the closets, the closets in our head, the closets in our houses, the closets that you know in our soul that we need to clean out past hurts.

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You know, past lives, things in the past that we don't even want to think about anymore. Because some sometime they just pop up and we're like, why am I even think about that? That didn't even matter. So today I just wanted us to be thankful and grateful for where we are right now. You know, in the Bible, when Paul was when he became a Christian, you know, he saw the light and he was in he was in jail for preaching Christianity.

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And he said, you know, we need to be content. It doesn't mean that we are satisfied. It's just content with where we are because we're always hoping for something bigger, something better, something else, something greener, something like on the other side. And we think that we can't reach. We can tip where you are, but make strides to move forward into what you want to be.

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Because if you can be content, then you're not suffering from all this. Oh my God, I'm missing out. You know, that's that's the biggest advertising thing going on now. FOMO, fear of missing out. If I don't get this, if I don't get this brand new thing, if I don't have that new bail, if I don't have that new whistle, if I don't have this or that, you know, be content where you are and realize and accept it.

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Okay? I am where I am now. What do I need to do? Because every move you make from this day forward is either bringing you closer to your goals, and what you really want to do are taking you further away from your goals and what you really need to do. So you need to think about that.

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And while we're talking about that, you know, I wrote this book and, well, I was one of the ten authors in this book in 2020, which is the 90 day Gratitude Journal for your business.

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And in that book, that was my very first. That was my second. It turned out to be my second bestselling book, but that was my very first book that I did where I had other authors come in, and I knew I was going to make that a bestseller. That was a goal I had already in my previous book on Market Your Business Ten Ways for Savvy Entrepreneurs to Stand Out.

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Stop,

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Stand out, Stop struggling and Start profiting. And let's get I mixed up on that. Stand out, start, stop struggling and start profiting. That was my first number one international bestselling book, right? And I was like, can I do this again? And so this summer I wanted to bring some authors and then other authors, a couple of them have gone on to be multi bestselling.

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Author is like, Nadi Mullings, who is a four time missionary, author and apostle, doctor, apostle Virginia Jay Rucker, who is also, I think she's now a four time bestselling author, and others have gone on to be bestsellers in their own right, whether single or multiple. I've gone on to write other books and stuff, so that was a great jumping off point, and the book was all about being grateful for your business.

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And as I was talking about before, being content where you are, but knowing that you're striving to do better right? Because even where you are right now, you have you have to be content with that, or you will always be searching for something more, something better thinking the grass is greener on the other side and you're not even taking time to take care of the grass that you have on your side right now.

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That's what the book is all about. You know, each day there's a proverb that says, you know, what are you grateful for today? How did you make your business better today? And sometimes when we focus on the things that are right here around us right now, that we can see right in front of us, it makes our whole life better.

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When we're grateful and filled with gratitude. For one thing,

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most of the time we're going to be grateful and filled with gratitude for the other things that are around us. I know every day I am grateful that I am a US citizen, that I have a US passport, and that I

have choices I can choices, I have choices of where I want to go, where I want to be, where I want to live.

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You know, right now, like I said, we're in Mexico. But what if tomorrow or next week or next year, we decide, hey, I don't want to be in Mexico anymore. I want to be in, Namibia, Africa, or I want to be in,

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say, Puerto Rico or the US Virgin Islands, or I want to go back to the States for some reason, which I don't think that I would, but go back to the States for some reason.

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And where I have those choices. Right? So we have to be appreciative of the choices we have. We have to be grateful for the choices that we have. I'm also grateful that God has given me the ability to for us, me and my husband, to run our business from overseas. Right. Well, we're not really overseas, I guess overland, because we didn't have to cross the seas.

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But if we wanted to, we could we could be in the UK running our business right now. Right. Because God blessed us to be able to tap into this thing called the internet.

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And now, no matter where you are in the world, you can see me, I can run my business, I can I can't see you right here.

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But if I wanted to talk to you, I could. I have clients from everywhere, you know, the UK, New Zealand, all across the US, even Mexico and Canada. So I am so grateful for that. I'm so grateful that God shut down on our business and allowed us to think bigger in the beginning, when my husband brought this idea to me about starting Creative Services International, he had that vision.

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He was like, I want this to be where we can go anywhere, do anything you know, and be everywhere that we need to be. And now we are international, right?

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And it wasn't just now that we decided to actually move internationally. We were international before we had those clients from before. So where is your business now? Are you serving international clients?

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Have you ever thought about serving international clients? Do you realize that if your business is online, you can serve anybody, anywhere in the world? Really and truly, that's what I want for you. That's what I want you to be grateful for. Your ability to not just serve the local people who are around you, but expand and grow and service people internationally.

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Right? So that they know about your brand. Your brand is known internationally, and that's what I want for you. And when you get this book,

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the 90 Day Gratitude Journal for Your Business, which is only, I believe the Kindle is like 399 and the, paperback is then guess 15. Is it the \$15 or less? And I can't remember because I'm not looking at anything right now, but just go up there and you can get it back on to CSR corporation.com/gratitude.

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You'll see the authors who participated. You'll find out more about the book and you can purchase it.

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So you know just for you know under \$20

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you can start your gratitude journey or your business. Because if you put the force and the hopefulness and the gratefulness and all your energies into making your business the best that it can be knows what can happen, you know, maybe you don't want to move overseas, overland to the next country, right?

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Or maybe you do. Maybe you just want to be free to do whatever it is that you really want to do. And that's what I want for you to be able to do whatever it is you want to do with your business, to make your business fund your lifestyle. Isn't that awesome that you don't have a boss looking over your shoulder all the time?

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You don't have someone telling you what to do, when to do it, all of that. You make the decisions. You make the decisions whether they're good, bad, or indifferent. You make the decisions for your business. And when you make a mistake, hey, you learn from that mistake and you keep going. I certainly have. I mean, I wouldn't have been in business 30 years if we didn't do that.

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Yes, we've made a lot of mistakes from losing money musically as messing up,

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we were all always grateful for learning from those mistakes and for doing what we needed to do to get back on top again. And we've done it again and again and again. Most recently, I just had a just to name two

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things that have happened.

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I had a client, I won't say a name yet because we're working on a site right now, and I showed her the first draft of the site, and she actually recorded it. And her reaction to see on the site for the first time, just it just touched my heart. So, I mean, she was about her and I was about to cry, and it was from a video when she was saying, oh my God, look at this.

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So that's what I want. That's what we say we do wow websites. Because as my clients see the website, I want them to go.

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Oh my God, that's the reaction that I want. And then I had another client, Michelle Felts, I think I just talked about her book last week, actually. And guess what? Her book has hit bestseller word bestseller, and she's on the way to number one bestseller.

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She might even be number one right now. Number, because she was our best bestseller in three categories and just within a couple of notches of being number one. So if she's number one, I'll come back next week and I'll tell you that she did hit number one. So right now she's at number three and number four and another category.

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So we're going to see how that works. And what has that done for them and their business. Right. They can see the gratitude flowing from them like thank God for my business. Thank God that we chose CSI to help them with their book. And the website and the business and move forward and do better. And all of that.

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So as I said, that's what I want for you. I want you to have the best business ever. And it all starts with being grateful, being grateful and content with where you are right now and realize this is where I am. What do I need to do to move forward and to figure that part out? That's when your business really starts to explode.

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So start off by getting the book,

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the 90 Day Gratitude Journal for your business. Learn the stories of these other authors who were in there and how they use gratitude in their life,

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and then get started on your journey. It's a 90 day, journey. And I promise you, I promise you, really, when you finish, you will be a lot further in your business, in life, and in your confidence than you are right now.

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So thank you so much and have a great Thanksgiving, thankfulness, grateful day, and I'll see you next time. Bye for now.

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See you next episode!