

[00:00:00] <music>

Intro: Hey friends! Welcome to Girls Night. I'm Stephanie May Wilson and I am so happy that you're here. Each week I have a girlfriend over and we talk through one of the biggest questions we have about our lives as women.

We're talking about friendships and faith and relationships and self-confidence, about our calling in life, and how to live every bit of our lives to the full. Life is so much better and easier and absolutely more fun when we navigate it together as girlfriends. And I cannot wait to get started.

Friends, I'm so excited about today's episode. Today we're talking about what to look for in a best friend and how to stay close to your best friends once you've found them. And there is no better person for me to talk to you about this than my very best friend in the whole entire world, Michelle Windhausen.

I can't believe this but Michelle and I have been best friends for over 25 years. We've been through so much together. Middle school, high school college, figuring out what we want to do with our lives, meeting and marrying our husbands, and now we have five beautiful daughters between the two of us, including, oh my gosh, two sets of identical twins, which is the craziest thing that has happened to either of us and especially that's happened to both of us. We're going to tell the whole story in this episode. It is wild.

In this episode, we're also talking about what it is about our friendship that's made it last so long. We're talking about how to maintain friendships, what qualities we should be looking for in a best friend, whether or not it's possible to have more than one best friend. And that's just the beginning. I love this conversation and I love Michelle and I cannot wait for you to get to hear from her again.

But before we dive in, speaking of best friends, there is nothing I love more than a girl's trip. Friendship plus travel, truly is there anything better? Nothing leaves me feeling more inspired, more rested or more like my very best self than adventure with my best girls. It's truly my favorite form of self-care.

I was meeting up with Michelle actually, and two of our other best friends at a lake in Minnesota this last summer when we decided that we needed a matching girls trip t-shirts. (Wanted? No. Needed? Absolutely).

The problem was we couldn't find anything we liked. We scoured the internet and we could not find anything that was our style first of all, and then a lot of the shirts that we did find had phrases that we just didn't really resonate with. So what we ended up doing was buying some shirts that none of us were particularly excited

about but they were kind of fun for a photo or two. And it was while we were on that girls trip while I was wearing that t-shirt actually that I had an idea.

They say if you can't find the thing you're looking for, maybe you should make it. And so that's what I did. Over the next several months I designed an apparel collection that's basically travel plus best friendship. And everything is super-duper comfy, which is very important to me.

The shop is called the Girls Trip Gift Shop. And it's been this wonderful passion project for me over the last handful of months. Friends, whether you're dusting off your passport, planning weekend away, or a staycation at home, these buttery soft t-shirts and sweatshirts make for the perfect gift, accessory, and souvenir. They also make for the best girls trip photos. We made sure of it.

We also have a collection that's perfect for you if you don't necessarily have a trip coming up but you're always dreaming of your next travel destination.

And the other thing I wanted to make sure to tell you guys is a lot of our styles are customizable. So that makes for girls trip gear that's as unique and special as you are.

I'm actually headed to New York with my mother-in-law and my sister-in-law in just a few weeks and I'm going to be creating a customized shirt just for us that's going to be super fun to curl up in at the end of the day but also make for a really fun souvenir of our time together.

We also have a collection that's perfect for you if you don't necessarily have a trip coming up, but you're always dreaming of your next travel destination, which is me.

To check it all out, just had the girlstripgiftshop.com Again, that's girlstripgiftshop.com. Friends, this has been such a fun project to work on and I'm so honored to get to share it with you. Here's some more adventures with the people we love and to wearing really cute shirts along the way.

To check it out, just head to girlstripgiftshop.com Again, that's girlstripgiftshop.com. Friends, this has been such a fun project to work on and I'm so honored to get to share it with you.

All right, with that said, let's jump into today's episode. Here's my conversation with Michelle.

[00:04:10] <music>

Stephanie: Okay, you guys, I cannot tell you how excited I am for our guests today. I'm sitting here with my actual real-life best friend in the whole world, Michelle Windhausen. Michelle-

Michelle: Hello.

Stephanie: ...thank you for coming on Girls Night.

Michelle: Thank you for inviting me.

Stephanie: This is so fun. Michelle, you have been on the show... Is this your third time?

Michelle: This is my third time.

Stephanie: Third time.

Michelle: I was thinking about earlier, and I think the first time was like four years ago because I was in my old house.

Stephanie: Weird.

Michelle: And it was like the breakup one. Then I was on again when we did the how-to-be friends in different times of your life with Kelsey and Shannon.

Stephanie: Yes, I love that. Okay, we'll link to those episodes in the show notes, you guys, because they are two of my favorite episodes of all time. Michelle, for women who haven't gotten to meet you yet, can you tell us... This is so funny. You guys, I'm sitting here with my best friends. Okay, I have my podcast face on.

Michelle: Right.

Stephanie: How does that look?

Michelle: Yeah.

Stephanie: Michelle, for those who don't know you, tell us who you are, what you do and the fun fact about yourself.

Michelle: Okay, cool. So my name is Michelle. I am Stephanie's childhood best friend. I am not an influencer in any way. I only have like 500 followers on Instagram and they're all like my friends. So Stephanie and I are pretty different. I'm not a writer or speaker, but I am just a normal corporate lady.

So I have lived in Colorado my entire life, including now and that's where I met Steph. I live outside of Denver, Colorado. My husband is named Alan and he's a big ol burly lumberjack-looking dude, who is a head brewer of a gluten-free brewery here in Colorado. We've known each other for about 10 years, married for about seven.

I have three kids. Mabel is my oldest. She's four. And then I also have identical twins like Stephanie, which is just mind-blowing. Maybe we can talk on that later. Biggest surprise, weird thing in my life.

And yeah, what do I do? I am an immigration manager for a global civil engineering company.

Stephanie: Stop laughing.

Michelle: It's just, you know... No, I actually love my job. I have worked in immigration law for the last 10 years. I basically work in-house and help walk our managers and employees about how to remain compliant to work authorization and green cards and blah, blah, blah. I'm really glad about it. I really like it. I don't think I'll ever change. I guess-

Stephanie: Fun fact maybe.

Michelle: Fun fact. Another thing I wanted to say about myself is that my biggest passion in my entire life is music. Steph knows this. I love love love music, have since I was a kid. Definitely took Stephanie to her first Emo show when we were like 13 years old.

Stephanie: All of my Emo shows. Not the first, the second.

Michelle: I was a former Emo kid. Still an Emo kid. It's so funny that it's making a resurgence because I'm like, "Y'all, you guys, are posers, you don't even know what Emo is."

Stephanie: I was back in the day too.

Michelle: I collect vinyl. My husband and I have been to hundreds of concerts and that's where all my money goes after it goes to my kids. So first kids, then music.

Fun fact. I was kind of trying to think. I have a few. But you know, I guess my new fun fact is that I've had two pregnancies, one's with my four-year-old, one's with my twins. And I feel like the way that the pregnancies have shaped out, I have

experienced the majority of what you can experience in pregnancy in the two pregnancies if that makes sense.

So to kind of clarify, with my older daughter, we got pregnant naturally. She was a singleton and I delivered vaginally. And then my second pregnancy-

Stephanie: And you got pregnant quickly.

Michelle: Sorry.

Stephanie: And you got pregnant quickly.

Michelle: And I got pregnant very quickly. Yes, right. So pregnant very quickly, natural, singleton, vaginal birth. Second time around, IVF, did not get pregnant quickly because I have a heart condition. So we spent about six months wondering if I could even carry more kids, twins and C-section.

Stephanie: And NICU.

Michelle: Sorry?

Stephanie: And NICU.

Michelle: And NICU. So I've only been pregnant twice, but I feel like I've gotten the whole gamut of usually a lot of what... I've kind of experienced it all.

Stephanie: All done. All done.

Michelle: All done. So that's I guess my fun fact. I don't know if that's fun fact, but I think it's kind of cool for myself.

Stephanie: Okay. I like it. I like it.

Michelle: Thank you.

Stephanie: I was going to come up with a bunch of fun facts but we could be here all day. I do think that we should pause for a second and tell the story about how we found out that you were having identical twins because it is the craziest... we need someone... If someone is mathematically inclined who's listening, can you please help us with the odds on this?

Michelle: Right.

Stephanie: You thought it was really crazy when I told you I was having twins, right?

Michelle: The biggest shock of my life before I found out I was having twins was you having twins. So you were doing IVF and I was obviously heavily invested and... not involved but involved emotionally. And I knew that you'd done the embryo transfer, I knew that you were pregnant. But you and Carl sent me a box with the ultrasound.

And I remember it just blew my mind because it just never... I don't know. It didn't enter the realm of possibility. And I remember telling people—I thought that it was this cool thing—like, "Oh my God, my best friend's having identical twins. How cool is that?" And, you know, told everybody and felt so cool that I knew someone with identical twins, blah, blah.

Stephanie: Okay, can I tell how you found out?

Michelle: Yeah.

Stephanie: Michelle knows that I have twins, then we know that she's doing IVF. I hope it's okay. We both had one healthy embryo.

Michelle: Yes, that's true.

Stephanie: A lot of people think that when you do IVF that you... Like a lot of people who do fertility treatments end up with twins, but a lot of times it's because they put two embryos in. So you have just a way better shot.

Michelle: Right.

Stephanie: For us, we only each had one healthy embryo. So we didn't think that we were going to have more than one kid. Neither of us thought we're gonna have more than one kid.

Michelle: Or honestly even one kid.

Stephanie: Or even one kid.

Michelle: I think that both of us were like, "Oh my god, we only have one chance. We both only have one embryo." I had to call in sick on the day that I knew that they were going to call me to tell me I was pregnant because I was a basket case. Like I thought they were gonna call me and tell me that it didn't work, I wasted all this money, you know.

Stephanie: So you went to the doctor... I was in Denver, thank goodness. I was in Denver visiting and you were supposed to come over to my parents' house. So you went to the doctor and you came over, and you looked just like ashen. And I was like, "Michelle, are you okay?" I thought that something bad happened because you looked so shaken up.

And you looked at me and you said, "I'm having identical twins." And I did not skip a beat, I just said, "Shut up."

Michelle: No, you said, "That's not funny." Your face dropped and you said, "That's not funny." Like you actually legitimately thought that I was making a joke.

Stephanie: Yeah. And you go, "I know it's not," and you just started crying. And I'm like, "Oh, my gosh." And you handed me the ultrasound and there were two babies on it. Mabel was there. We were like, "Mabel, go play with like anyone else." And you and I just ran outside and just sat there for a second. I mean, I'm showing Carl the ultrasound... That was the second biggest shock of my life was you having twins.

Michelle: The things that's crazy... I always tell people this when I talk to them about finding out that I was having twins. I feel like some of the time people at least when they have the realm of... like in their head they have thought, "It is possible, I will have twins." I think that probably most people when they're trying to have kids or if they're newly pregnant, they think, "Oh, wouldn't it be cool if you had twins, blah, blah, blah."

In my deep subconscious, like I don't actually even remember thinking this consciously. But I think in my deep subconscious and in my heart, I thought, "Stephanie had twins, therefore there is literally no way, there was no possibility in this universe that I'm going to have twins." So to say that, I almost feel like my shock was even bigger because that just was like a non-thing in my head, like we would never both have twins, the odds would be-

Stephanie: I took the odds.

Michelle: You took the odds.

Stephanie: They say like however many and-

Michelle: Yes. So yeah, someone should figure out the math. But Stephanie and I are literally... It's not even like we're tangentially related. We've been best friends since we were eight and we both have identical twin girls.

Stephanie: I have everyone fill out a little bit of information before they come on the show. I don't know if I've ever told you, guys, that. But Michelle sent her bio over and said that she has identical... She said like, Michelle is also an identical twin mom and I got surprised all over again. It's absolutely-

Michelle: It's bonkers. I'm sure that you're the same way with Carl. But I just have these days where I walk into the nursery and I'm like, "There's two of you, that's so weird. And you look exactly alike."

Stephanie: "You look exactly alike." They're all girls, they have met. My girls are a little bit older and so they're about a year and three months older. Something like that?

Michelle: Yes.

Stephanie: A year and five? I don't know. Something like that.

Michelle: That's correct, a year and a half-ish.

Stephanie: So they talked about Penny and Ada. It's just so cute. Anyway! Okay, we need to get to the thing. Michelle, I wanted to have you on the show because one, my favorite part about the show is that the reason it started is because I have always gotten to have such great conversations with the women in my life, and I just always felt like, "That is so good the thing that you just said, Michelle. I wish that I could have bottled that and shared it with someone."

And it just isn't as good if I'm like, "Well, my best friend, Michelle says..." You know, it's just so much easier if everyone can hear from you. So that's why I started this show. We do have, you know, people on who have books and who do all kinds of things.

But you are one of the people who has... you have made the biggest impact on my life out of honestly pretty much everybody. I try not to compare you to my parents or Carl, you know, whatever. So that's it pretty much. You're the one who's speaking into my life all the time.

The other thing is that you are a truly incredible friend. And you also have a really, really great group of friends.

So what I wanted to talk about today was I wanted people to be able to kind of peek into your brain to see some of the things that you do to intentionally cultivate friends because you do that really, really well. Also some of the things that you look for in friends, because, you and I were talking about this a little bit, but you

have always had great friends, and you've always had a lot of friends. And that's not everybody's story.

But I think because you have such a wide... You really are a friendship expert. You have spent so much time being a great friend and cultivating friendships. So I want to pick your brain a little bit about what that looked like. So I did the math-

Michelle: Oh, Lord.

Stephanie: Well, actually, you said we met when we were eight. I did the math. That's like almost 27 years ago. Holy cannoli, that's a long time. We need to do something awesome for our 30th.

Michelle: Yes! Oh, my God. Yes. Yes.

Stephanie: We're having an anniversary trip. So I'm a little bit nervous about this because there are all kinds of directions you could go with a story and one of them has to do with popery.

Michelle: Oh Lord!

Stephanie: Michelle, will you just give a little bit of background for everyone listening about how you and I met and what our friendship has looked like over the years?

Michelle: Yes. Thank you for all those kind words. I love you boo. You are also my longest, deepest best friend. Man, where do I start? I mean, this is pretty simple. We met because when we were eight years old we convinced our parents to put us in a writing camp over fall break at school. So like fall break happened, Stephanie and I individually were like, "No, I want to go to more school." So we went to a writing camp and we met each other there.

Stephanie: Did we pick that or did they say we need to get you out of the house, we're sending you to writing camp?

Michelle: Now that I'm a parent I'm wondering if it was the latter.

Stephanie: It's gotta be. It's gotta be. I think eight-year-old us were not-

Michelle: That would be a great question for our parents. I feel like when I was growing up, I was like, "Oh, yeah, I totally wanted to go." And now that I'm a parent, I'm like, "I bet my parents were like, get out of this house."

Stephanie: Yeah, yeah. So either we chose it or our parents kicked us out, which, good for them.

Michelle: So we met there. I don't think it was really love at first sight.

Stephanie: No, I think we had like a playdate.

Michelle: We had a playdate. And I think that we kind of lost touch maybe a little bit. But then a few years later we ended up going to the same Gifted and Talented elementary school. That kind of started this phase of like we went to the same elementary school, middle school, high school, and college.

The other thing was, I moved close to you. In eighth grade, I moved in the same neighborhood. We were also on swim team. So a lot of it from an exterior situation is kind of based on proximity and us being in the same realms.

Stephanie: Did you say college already? Because we went to college together too.

Michelle: I think I did say college. So elementary school, middle school, high school, college?

Stephanie: Yeah. Yeah. Just so crazy.

Michelle: Yeah, nuts.

Stephanie: And we didn't do any of that on purpose.

Michelle: No. So the thing about our elementary school is that it was kids from all over the district. And so we didn't live anywhere near each other at first.

Michelle: No.

Stephanie: But then yeah, your parents picked a house in the neighborhood that I already lived in, and then high school... Every bit of it. We didn't choose to go to college together.

Michelle: No, we did not. You were gonna go to Pepperdine or something.

Stephanie: I wanted to go somewhere beachy, which makes sense. But then also we didn't choose to study abroad together. We did, which was a huge thing in-

Michelle: Huge thing.

Stephanie: ...both of our lives. We made the decision independently, it's just that we made the same decisions.

Michelle: We were all in choir together, we also did swim team. None of this is by us saying that we wanted to do this stuff together. So now that I have kids and I can kind of observe my four-year-old and how she makes friends, I actually think that you and I were just like, "We're friends." Like we're both, "Hi, I'm Michelle." "I'm Stephanie." "We're friends."

And then over the years, it was, you know, so much time spent together and so much interacting, and so much like... And then you know, you get to college, and we've already been friends for like a decade. And then by the time we had to actually work on being friends, we were already really far into our friendship. And it was like you were part of me at that point.

I think that potentially studying abroad was a big turning point between like, she's my best friend to like, This woman is a part of my soul, potentially. Because you had gone through that whole faith journey that I had also been going on.

And then, even since then, after we graduated, we both went abroad, you went on the World Race, I moved to Spain, we were still talking at least once a week. And then with that being said, I truly believe you and I have probably had more... I don't want to say fights. I'm sure we had fights, especially if we were in middle school, right? Middle school, high school, because you're kind of an idiot.

And, you know, as I mentioned, I had some tendencies, like some mean girl tendencies that I had to deal with in my life. But you and I like every fight that we had, I feel like, made us a better person and brought us closer together.

So Stephanie and I got married within like a year of each other, a year and a half. I think we always said that being friends with each other prepared us for marriage, in the fact that we definitely had times of conflict and tension and times where it was like, "Ooh, this is uncomfortable," or blah, blah, blah. But we always met each other and flesh it out and then became better.

Stephanie: I really like that. I think that there's kind of this misconception about... One, I know that there's some women listening who are like, you know, I don't know that I have a best friend and I definitely don't have one that I've known since I was eight.

I want to pause and say that while some people have that story and we have that story together, you and I also have a story of having really amazing friends that we've met in the last... Like I have friends that I've met just in the last handful of years.

Michelle: Totally.

Stephanie: So it's not required that you meet when you're eight years old in order to be best friends.

Michelle: Right.

Stephanie: And also who you are when you're eight and who you are when you're 18, and then who you are when you're 28, they're all very different. So I think the chances that you're going to have a best friend or that you're going to have someone that you are the exact same people you are all along the way, that's super rare.

Michelle: And I will say, yes, you and I are as close as probably to heterosexual women can be. But a lot of our upbringing and a lot of our longevity of our friendship was circumstantial. We didn't choose to go to the same... It just kind of...

I'm pretty sure anyone if they were in our situation, well, maybe not anyone, but you would be close with someone if they were in every single phase of your life and all of your extracurriculars and blah, blah, blah. So it just so happens that we're really blessed that was our story, and that we came out being ride or die. Like, I'll step into traffic for this woman types. But yeah, it's cool to have that story but I don't think it's just circumstantial. It's our story but it's not everyone's story.

Stephanie: It's not prescriptive. And I really do think that you're right that in college is when we... I mean, I remember we did a lot of things together, a lot of things together all the way through. And you were there for all of my formative experience.

Michelle: Right. Yeah.

Stephanie: But I don't remember them being like... We were like side by side having formative experiences. I don't feel like we were totally linking arms in them.

Michelle: Thinking about that, in the prep for this call is you and I are actually not that similar.

Stephanie: No.

Michelle: And never really in the same cliques, especially in high school and college. So you were always my friend Stephanie the sorority girlfriend. When I think of someone maybe like our friend Amanda, in high school you guys both went for cheerleading and you both went for leadership and you both went... And I was on completely

different... Not completely, but different tracks really. I was a theater kid, an Emo kid. You were on student leadership and Chi Omega.

But for whatever reason, all of the formative experiences that we had, we would call each other and like... So that's kind of cool. I mean, honestly, Stephanie and I are so different. I think that especially when it comes to like your brand, it's all like champagne and bubbles and pink. And I'm just like, Get me [inaudible 00:26:05]. Anyways.

Stephanie: Oh, my gosh! Oh my gosh. I can't. I can't. I really do like that, though. Because I think that you for me were... I think that that kind of flies in the face of another misconception about best friends or about friends, in general, is that you have to have all the same interests, you have to be in the exact same thing at the exact same time.

And you for me, were this, you know... I've talked about this a bunch of times, but I've had really great friends my whole life, I mean, really, because you've been my friend for most of my life. But then I've also had some kind of toxic friendships through most of my life up until, you know, a handful of years ago when I just was like, "Yeah, I'm not doing this anymore."

And you were just this really safe place for me that was outside of my regular everyday world, even though... You know, in high school we spent a lot of time together, we did a lot of things together. Like you were on the dance team with me. And so you were a person that I could talk to about how I was feeling about all of that. Or you were in my sorority. We were in different sororities. So we could just be this kind of safe annex away from each other or away from our normal lives.

Michelle: Totally. And by the time we were in high school and college, we'd already had, like I said, a decade of history. So there was no explanation. We knew each other very well. So in those moments where we needed to be each other's sounding board outside of things, there was no explanation needed because we knew each other really well.

Stephanie: I want to circle back to that because I know that, again, there are women listening who are like, that explain your history thing... I was just talking to a friend of mine about that and she was like, "I can't anymore." She's like, "If I make a friend today, I'm just like, we're starting today, I can't even give you the backstory." And that is super hard.

But I want to just kind of touch on one more thing about our friendship in particular. What are some of the things that you've learned are important or learned how to do in friendship from our friendship that you take into other friendships?

What are some of our I guess friendship must haves? And probably because we learned them from each other either from doing it wrong, you know, for being mean to each other but then learning how to do it right.

Michelle: I think one thing that you and I have been really good at, you and I joke about like, I feel like so much of the stuff that we developed in our friendship also applies to universal friendships. But it also just taught us to be in a marriage too.

Because my first thing that I think about is like, you and I are extremely honest with each other and very transparent. So to me, I think that you and I have an understanding that things that are in the dark fester. And the longer that you can bring things into the light and discuss them, you disarm them immediately.

So I do feel like this took us years because we also were in middle school together and high school together. But as we matured, it was like, if you have an issue, tell me. And if you don't tell me, it's not my problem. And I don't mean that in a bad way. I don't mean I don't care about you. But we're not mind readers. Right?

So I think you and I came up with a rule maybe in like... even high school or college where it was like, if you say you're fine, I'm going to take that to heart and you're going to be fine, right?

Stephanie: Yes.

Michelle: This is not some sort of mind game, mind reading type thing. And I do genuinely feel like even in the last few years you and I have been extremely upfront and nip things in the bud immediately. In the same breath, we can handle that from each other. Do you get what I mean? It's one thing to be able to give feedback and be honest. But then also you need to be someone that can take that and not let it... you know, keep it light.

Like, if you have a problem, talk about it, address it, figure it out, and then move on with your life and leave it there. So I feel like that's something that you and I have had to do a lot.

I'm trying to think of like you and I kind of gotten a fight a few years ago when I was at your house. Do you remember what I'm talking about?

Stephanie: Yeah.

Michelle: And I think I just looked at you immediately and I was like, "You're not being very nice to me right now." And it was just immediate and it wasn't like, I kept it to myself and went away and went to anybody else being like, "Oh, have you seen

Stephanie? She's such a..." It was like if I have a problem with you, I'm going to tell you. Because the quicker that we can get over and get past it, the less impact it has. So I think that's a huge one.

Stephanie: Yeah.

[00:31:03] <music>

Sponsor: Hey friends! Our sponsor for today's episode is a company I love called [Prose](#). Most of you have probably heard me sing the praises of Prose, the world's most personalized haircare. Switching to a custom routine from Prose is one of the best things I've ever done for my hair and the results I'm seeing just keep getting better.

Prose has given over 1 million consultations with their hair quiz, and that's how the process started for me. The consultation was so fun, it felt like one of those magazine quizzes I used to love, still love. You know what I mean.

It was easy, but also so in-depth. They asked me so many questions that I wouldn't have thought to answer, like how much does your hair shed or is your hair oily at the ends or just near your scalp?

So I did the hair consultation and I placed my order and just a few days later the package showed up on my doorstep. I have their pre-shampoo mask shampoo and conditioner. I've been using the products for a while now and they continue to make a noticeable difference for my hair. My hair feels silky and soft and looks even shinier.

And the other thing I love is that you can continuously customize your formula. They'll help you tweak things depending on your lifestyle changes or even changes in the weather.

Prose is also focused on providing clean ingredients that get you closer to your hair goals. Every product is free of parabens, sulfates, phthalates, mineral oils, GMOs and is always cruelty-free. Also, if you're not 100% positive that Prose is the best haircare you've ever had, they will take the products back no questions asked. But I don't think that's going to be an issue for you.

Friends, Prose is the healthy hair regimen with your name all over it. Take your free in-depth hair consultation and get 15% off your first order today. Just go to prose.com/girlsnight. That's prose.com/girlsnight for your free in-depth hair consultation and 15% off. Prose, thank you so much for sponsoring our Girls Night. We just love having you.

[00:32:52] <music>

Sponsor: Hey friends! Our sponsor for today's episode is a company I adore called [Jenni Kayne](#). Jenni Kayne has classic, comfortable, and California-inspired clothes from their cashmere knit sweater you're obsessed with to the flowy summer dress you never want to take off.

Their everyday basics and wardrobe essentials are timeless pieces that make it effortless to get dressed in the morning and stay cozy throughout the entire day. They're the type of clothes that feels so good to wear because not only are they comfortable but they're made with quality materials that last.

I have to say my style has changed a lot in the last few years. First of all, it needs to be comfortable. Life is just too short to wear uncomfortable clothes. Am I right? I also don't have a ton of time to shop these days or to get ready in the morning, so I want really classic pieces that are easy to mix and match.

I'm also trying to be better about sustainability. And so that means buying less items but keeping them for longer. So I want things that aren't going to go out of style anytime soon and that aren't going to fall apart after being washed once or twice. That's why I am truly obsessed with Jenni Kayne.

Their aesthetic is right up my alley and I'm on a mission to basically wear nothing else but their stuff. I'm not there yet, but I'm on my way. I actually recently got their sweater coat in that oatmeal color and to say that I'm in love with it is a total understatement.

With elevated everyday basics and wardrobe essentials, getting dressed and keeping cozy is easier than ever before. When it comes to investing in a uniform that will last, my choice is Jenni Kayne.

And of course, I love them even more because they have a special gift for all my listeners. Find your forever pieces at [jennikayne.com](#). Our listeners get 15% off their first order when you use the code GIRLSNIGHT at checkout. That's 15% off your first order at [jennikayne.com](#), the promo code GIRLSNIGHT. The brand goes for all season staples. Treat yourself because you deserve it.

[00:34:55] <music>

Stephanie: When you said, you have to be able to take it, I thought of that phrase that people would say back in middle school when it was cool to be mean to people: they can dish it out, but they can't take it. That's talking about being mean or making fun of people.

I think when you said, "You're not being very nice to me right now," that has nothing to do with my character, that's not an attack, you're not telling me I'm a bad friend or a bad person. You're just saying, Steph... You're just pointing something out saying, The way that you're talking right now doesn't feel very good to me.

Either tell me what's wrong so that like... You know, oh, I'm mad about this. Okay, well, then let's fix it right now. Or if something's not wrong, then just change your tone because it's coming across wrong or something like that. Both scenarios are aimed at moving forward towards just getting it over with so that we can just go back to having fun together.

So yeah, we're not talking about being like giving harsh feedback or telling each other what's wrong with each other or anything like that. We're just saying, This is what I'm understanding in this situation, this is how I feel.

You know, I've been in friendships before where the goal, it seems like, is to be mad at each other and have drama and to have division. For us, it's like we just want to get through this as fast as possible. Like, let's address whatever it is that's coming between us so that there isn't anything between us anymore.

And that like instant, problem addressing or really quick addressing of a problem has served me so well in marriage. That's one of the best things.

Michelle: Now that I think about it, you know, it really started with you and I learning that together. And then yeah, I apply it in marriage, I apply it at work, I apply it with everybody. Because part of me is like, The longer that I carry this feeling around, the worse it is for me. So it's almost better, in a selfish way, for me to just bring it up and nip it in the bud.

And then I think to kind of go to what I look for nowadays in a friend, part of me is like, I should be able to give you feedback not in a mean way and should make us better. When I think about friendships today or newer friends, I think one thing that kind of gives me pause is if I'm not able to have that rapport with someone.

Stephanie: Like an honest conversation about what you each need and how to make the friendship better.

Michelle: Yes. Yes.

Stephanie: I completely agree. One of the things that you taught me... I remember you and Kelsey taught me... I know I've talked about this, but it was so life-changing for me.

I was really used to friendships being... Like when you walked out of the room you felt like everyone was talking about you because they were.

I just remember how unsafe I always felt. Like I just never wanted to leave the room or I never wanted to go back in. That was not a place where I could be my whole self because my whole self was criticized constantly. And we can really be that way to each other.

And I remember when we were studying abroad, we had a group of three girls. It was you, me, and Kelsey. And Kelsey was your other best friend, your other college best friend other than me. I didn't know Kelsey super well, so she was just this incredible gift to get to know because now, I mean, she has been my other best friend for a million years, ever since.

But, you know, three girls in general can be a tough dynamic. Friends in general can be a tough dynamic. I remember you guys laid out really early for me. And I think that this was maybe something that you did in other friendships or in your sorority or something where you were like, "We just don't talk about each other behind each other's back. We just don't do it." And we just set that as the baseline. Like, "It just doesn't happen. We're not doing it."

And with that expectation out there, one, I didn't do it. Like, I wasn't about to gossip about you guys because you guys told me straight up, "Don't do this." And then also it was like, "Oh my gosh, so I can just be myself and know that when I leave no one's laughing about the things that I said or talking about me in a way that would hurt my feelings."

So I think that that trust has been just so key. I love that that combined with if something's wrong you're gonna tell me. Because I'm the kind of person that worries about that constantly if you know this about me. So knowing that if something is wrong you're gonna tell me. I don't have to second guess. Not having to second guess is really game-changing. I'm with you, I can't do it anymore. My heart just can't take it. I don't have time for it. I just won't do it anymore.

Michelle: Yeah, agreed.

Stephanie: Being such a friend magnet that you are honestly, what are some other must-haves in friendships for you?

Michelle: I mean, really just kind of bounce off to what you were just saying is like... First of all, I think intuition is really important. I feel like there's two different kinds of friends. There's ones like you and me that are there for the long haul. You and I are going to be sitting on a porch in our 80s hanging out.

And then there's other people that you can really, really enjoy for a season, or really enjoy because of that proximity we talked about. I think you see this a lot with like work friends. You can be really, really close with a work friend. And then if one of you changes jobs or something, you might not hear from them that much. And that's okay.

But I think, for me, I really have to pay attention to, do I like the person that I am when I'm around? Do I like myself when I'm around them? Do they bring out... And again, it's not like I'm walking around not interacting with anyone that doesn't bring out the best part of myself. But when I think of people that I really want to invest in, I'm like, "Do I like who I am when I'm around this person? Do I feel confident? Do I feel like a good person really?" So that's really important to me.

So when I was in college or when I was graduating college, my Bible Study leader who was older than me told me, "Pick five women in your life today." Because obviously I think the transition from college to regular life was one of the biggest transitions you'll ever have, especially in terms of friendship. Because in some cases you're like on the same street in your college town and then everyone just scatters all over the country.

So she said, "Pick..." You know, I don't think she said five. But she was like, "Pick a handful, two to five of friends that you won't let leave your life and make a promise that you're going to maintain your relationship with them."

And when I think of the five that I picked, these people bring out the best in me. These people when I'm around them I feel really good about myself. When I leave, I'm not questioning like, "Did we honor other people and how we acted? Did I feel dumb? Did I feel...?"

One of my biggest insecurities is that people think I'm dumb, which I think you know that Stephanie. So if someone makes me feel dumb... Again, I'm not trying to be like, "I'm never going to interact with you ever again." But when I think of the people that I'm going to continually invest time in, those are the type of people. It's like, do they bring out the best in me?

And then I guess in the other kind of field is it's a kind of a big turn-off to me when I think that someone is really critical. When I think of the times in my life when I've heard people talk badly, talk S-H-I-T about other people... No, this is a child-friendly podcast, and I have to censor myself.

Stephanie: Like someone's kid are listening.

Michelle: You know, when I think of the times that I've been sitting around people that like talk bad, to me they're just overly critical. Like, a lot of the time I'm like, "Wow, I didn't even notice that about that person." So it's kind of a turn-off to me if someone's really critical and then I see them talk bad about someone else.

Because just like you said, I'm like, "Wow, if their level of being critical is that high, they will absolutely find something wrong with me." And I can't really deal with that insecurity. So I'm not really going to invest in that because I don't want to be really close with someone that I think is going to find something wrong with me really easily.

Stephanie: And discount on you because of it.

Michelle: Right.

Stephanie: Like you know all the things that are wrong with me and vice versa. But we're not hunting for them and we're not discounting each other because of them.

Michelle: Right. Exactly.

Stephanie: Yeah, that makes sense. Is there anything else?

Michelle: I mean, just personal-wise, I think, you know, you also really...It's ideally... Again, I say ideal because, especially at this time in our lives are kind of the older you get it's hard to make friends and it's hard to make new friends.

So I don't want it to sound like you have 100 friends and you have to pick the cue that are the best or something like that. But I do think that one of the best ways to feel strong in a friendship is to have an equal level of you're both putting in work to maintain the friendship.

You know, I think that we especially at this age can all relate to maybe you're friends with someone and like you're the only one calling them, you're the one that's making all the plans, you're the one that... There really has to be some give and take for everyone to feel valued.

And obviously the older we get, and as you grow into adulthood and jobs and responsibilities and bills and you know, that's harder to do. But I think that there has to be a give and take of energies. Like I care about you, you care about me. This time I'll come fly see you. Next time you come fly see me. That kind of stuff.

Because it can feel, I mean, to me, one-sided friendships like... I'm sure that they can be heartbreaking because it's kind of like a romantic relationship you're like,

"Do you even like me?" But you really want to be in that kind of pattern of actually putting effort in.

Stephanie: I think just like in romantic relationships, I think we stay in friendships sometimes because I think don't necessarily feel like we have permission not to, or because we're afraid that there isn't something better.

And the thing that's so beautiful about friendship that's different from most romantic relationships is that they're not monogamous. Like you don't have to just pick one person to be friends with in your life. Most of us have capacity for at least two if not more really good friends and friends in different ways.

Most women are... I mean, we can get into male friendships, but we'll just go with women because that's a whole different thing. Like all women are options of potential friends for you. So if the person that you are pursuing right now isn't pursuing you back and it's like a pattern for a while, that's... One, deal with that. You know, there are some tears to be shed. A loss of a friendship isn't talked about enough. It's a really heartbreaking thing.

But there is someone who will. Every woman needs friends and you have friendship to offer. Therefore, you are like the puzzle piece that's shaped... There's a hole for you and it's worth pursuing, instead of just staying in a friendship where you're not being pursued and feeling like you're unworthy because of it.

Michelle: Right.

Stephanie: It's circumstantial if that person-

Michelle: Personalities.

Stephanie: Personalities. It's that person being kind of unhealthy. It's that person being kind of overloaded. I feel like there are a handful of people who would say that I haven't been a very good friend to them in the last couple years because friends, I am maxed out. Like I just don't have it.

So we all have seasons that are like that as well. But it's not because you're a bad person, it's not because you're not a good friend. So instead of sitting in a friendship where you constantly feel rejected and unloved, let's find you some friends who actually have a spot for you.

Michelle: Right. And also on that note, we grow and mature in our lives, circumstances change, right? So like, when my Bible Study leader was like, "Pick five women," at that time I was 23, living alone, single, and had the capacity to call my friends,

those five women very regularly, pursue them very strongly, arrange lunch date, phone calls during our lunch breaks at work. Or I would fly. I would fly to go see you or Lau. You know, I would put in the effort.

And then just like you, flash forward to now, you and I both have kids, husbands, careers. I have had to kind of shift my definition of what the actions in a good friendship are because I've had to be like, Okay, maybe I don't talk to Lauren (Lau), one of my other best friends, Stephanie knows, every single month or week like I used to, but that doesn't change the fact that she's still one of my five and the times that we are going to be able to talk are going to be just as important. It's just going to look a little different because we're all maxed out.

And not even just like being a mom. The older you get, just the more responsibilities you have. And it's just harder to be as available.

Stephanie: One of the things that I have really liked, and we've talked about this on the show before, but I live far away from most of my best friends. I mean, I've lived far away from you for... five years?

Michelle: Seven years? Eight years?

Stephanie: Oh. Yeah, it's longer.

Michelle: Long, long. Yeah, it's been a while.

Stephanie: Yeah, it's been a while. I think the last time I lived in Colorado was 12 years ago, which is insane. But our friendship is still stronger than ever because of the ways that we have still me-time for our friendship.

We don't get to do that every day. We don't grocery-shop together. We don't have lunch break. I never get to go to happy hour with you guys. But I fly to Denver periodically. You guys come visit me here. We do trips together. In the fall we did a mountain cabin weekend with all of our kids. It was wild. And like not always in the fun way. More in the diapers everywhere way, but still fun.

So we don't have the quantity anymore and we haven't for a really long time but we have really serious quality. That's true for our phone calls and stuff too because I mean, we text about like, you know, nothing basically all the time in our group threads, but are really long catch-ups are further... Like there's more time between them than there used to be. But they're still really, really quality.

I also think that there's a decision that you make in friendships, and both people need to make the decision, but that you're going to be the kind of friends where you maybe haven't talked for a month, but you're picking up where you left off.

Michelle: Right. Totally.

Stephanie: Mich, I want to know what are some of the things that, you know... Give me some ideas of the things that you've done to pursue your friendships. Just dig into that a little more, you know, more at the beginning when you picked your five, and then some of the things you're doing now because you really are an absolute expert at it.

Michelle: Well, I'm the queen of the lunch break catchup. When I think of my best friends, you don't live here, Lauren doesn't live here, Kelsey lives here, but Amanda doesn't live here. Stephanie knows everyone we're talking about. Sorry, guys. I'm just naming names that no one knows who these people are.

I guess the point is about half of my people that I would consider best friends don't even live here. So I'm always texting people being like, "Hey, when can you talk this week?" And throwing it on my calendar. "Okay, Wednesday lunch you and I are gonna talk." I know we always talk about... Not you and I, but the big hot girl walk type thing. I've been doing hot girl walks during lunch-

Stephanie: Michelle, I just this morning at four o'clock in the morning, I'm not kidding, I just woke up and couldn't fall back asleep, found out about that. That's a very first time... I did not know-

Michelle: Hot girl walk?

Stephanie: Yeah. You know I don't have TikTok. I found out from cnn.com's homepage. I'm like a really boring grownup.

Michelle: So hot girl walk is basically someone discovered, apparently, I'm being sarcastic because walking has always been good for you. But hot girl walks is basically like you go on walks so that you're healthy and you know, blah, blah, blah.

Stephanie: Are you dressed up?

Michelle: What?

Stephanie: You're supposed to look cute. And then you-

Michelle: Are you supposed to? I thought it was just like you walk so that you can be hot. Like I thought it was like hot girl walk.

Stephanie: No, you get hot. You get hot. You dress up and kind of look cute.

Michelle: That's not what's happening over here. I'm just going on walks so that I will be hotter.

Stephanie: No, you are already hot. Like put on makeup a little bit, put on a cute little, I don't know, athleisure outfit, you go on a walk. And you're supposed to think about three things. You're supposed to think about what you're grateful for, your goals, and then you're supposed to think about how hot you are. I read the article.

Michelle: Dude, I feel like you're gonna send this to your audience because I disagree. I thought that hot girl walk was a health thing so that you could-

Stephanie: No, it is a health thing. But that's part of it. It's sort of like TikTok meditation where you go and you-

Michelle: Oh, okay, okay.

Stephanie: ...think about these things.

Michelle: It's for your self-care or whatever. So I have these, obviously, air pods. They're amazing. I only got them like a year ago. But I'll go on a hot girl walk. I've done this with you, Stephanie. Exercise and talk at the same time. Like I'll go on a walk outside for an hour and I'll talk to a friend.

So those are always my go-tos. Because, you know, after working with kids or my husband, you know, I'm going to bed the second my kids go to bed because that's just how I roll. So really the only kind of margin that I have in my life is my lunch break, honestly. So that's probably the only... I guess when it comes to maintaining my friendships.

And then also just like... You know, over the years, I've had to condense my social circle and not in an exclusive way. But you get busy and... In my case, I had three kids, including two babies. And to me I probably keep in touch with four people. Whereas maybe right out of college, I mean, I was insanely social person, kept in touch with like 10 to 15 people.

That's been another thing of like really investing in less so that I can be deeper in those particular friendships as I get older.

Stephanie: I know that commutes also... like lunch break commutes.

Michelle: I used to do commutes a lot. But now I work fully remote so I don't do that anymore. But you know that. You and I used to talk... Stephanie and I used to talk every Wednesday at 8 a.m. when I was driving to work.

Stephanie: I think that the calendar is your friend. And I remember that being... It's kind of an unattractive friendship thing to... And you've actually always done this because you're really organized and you have always thrived on a schedule. So you've always been a person who's like, "This is my schedule. Let's do this on this day." You've always been really intentional that way.

And I think that there, you know, for a while was this idea that you should be able to be spontaneous with your friends and it didn't count as much if you had to put it on the calendar. I think that that's so wrong. The calendar is my favorite tool for friendship because you and I will put on our Google calendars when we're going to talk into what actually happens. So that way nothing else gets in the way, it's like set in stone.

And same with trips. We will put a trip on the calendar six months to, 18 months in advance. And that time is gonna pass anyway. And at the end of it, we have a trip together. And that's amazing.

Michelle: Right. Right.

Stephanie: Or same with dinners with your friends. I have two really close friends and we try to get dinner once a month. We, I think, are about to put our April date on the calendar so that we just absolutely know that this is going to happen. And it won't always be.

I don't think our lives will always be kind of this type of busy. But they're always going to have stuff going on. And I think we know this about anything. If you don't make time for it, it doesn't happen.

Michelle: Totally.

Stephanie: And I think this is kind of a no-dumb thing. So I don't even know if it's worth saying. But I also think that one of the best ways to maintain friendships and one of the ways to really just end a friendship is you got to show up. Now, that changes a little bit now with like, obviously, we have tiny humans that we need to keep alive, right?

But when I think of weddings, I will be there for everything. Okay, I will do all I can. Obviously, I was pregnant with twins. So there were some things that I had to say no to. But, you know, life milestones, promotions, family deaths, occurrences,

tragedies. It should tell you a lot if you go through one of those things and someone that you think is your best friend doesn't show up.

Because to me maybe kind of going back to the communication thing, maybe you don't talk every month, maybe you don't talk every six months. But to me, your best friend is going to be there when the S-H-I-T hits the fan, for all the kids out there.

Stephanie: All the kids in the room. Yeah, you have always been that way. I think that one of the things that I've talked about before... This was kind of a lesson for me when... I had to learn a lot about boundaries because I value relationships so much I feel like I have a hard time putting a stop to it or saying I can't come to this. Or if I possibly can, even if it kills me, I feel like I should.

Having a clearer picture of who's in my life and what their role is in my life—and it changes in different seasons—makes it so that I know how to allocate my time a little bit better. An example is I can't go to every... I'm not invited to that many weddings these days. I feel like you go through seasons.

Michelle: Right.

Stephanie: So this time in life isn't as wedding-heavy as other times I've been. But there's a wedding that I really want to go to in April that we can't go to. It's far away and we just can't make it work with all the other stuff happening.

But one of our mutual best friends Amanda is getting married and I'm like, I didn't even ask Carl if I could go. I didn't even present that as a question to her bachelorette party because it's Amanda. Even my in-laws know so they will be taking the girls if Carl has something that... you know, whatever. Like everyone just knows. Amanda is so high on the list. That it's Amanda. We're going.

Michelle: Oh, totally. I'm the same way.

Stephanie: This is not a question.

Michelle: I was the exact same. So Amanda, who we mentioned earlier on the podcast is one of our best friends from high school and she's getting married in September, and her bachelorette party is in May. And like, dude, I've been the exact same way. I didn't even ask permission from Alan. Because there's also a financial component and like la la la. I'm just like, "We're doing it."

Stephanie: Yeah, yeah. You're not even like, Okay, where does this fit in with everything else?"

Michelle: It's not a question.

Stephanie: This is a rock and a river, everything else goes around it. So just knowing who those people are I think has really been helpful for me. But it really can change in different seasons and how many things you can have at a time changes in different seasons. So there weren't things that I would like stop the presses for that I just can't anymore because the press is like need me to feed them.

Michelle: And on that note, kind of what we talked about earlier about being able to give feedback and take feedback. There has to be an understanding between two parties of where they are in their life. I think that you and I have a very mutual understanding that we have a lot of stuff going on right now. So we're not going to talk to each other probably as much as we did two years ago. And that's okay with both of us because we get it.

So there has to kind of be an understanding of like, you know, where people are in their lives. I think we did talk about that, potentially, in the podcast with Stephanie and Kelsey where you just need to really be aware of where someone is in their life and what they're dealing with, whether it be, you know, tragedy or mental illness or kids, you know, stuff like that. So that's important as well.

Stephanie: Yeah. You know, we've talked a couple times in this conversation about our best friend, Amanda, or whatever. So I feel like there are some people sitting here who are like, I have one favorite song and one favorite color and one favorite food.

And then there are people who are more like me who are like, Carl just could not understand for so long how everything would be the best thing ever. He was like, "You are cheapening words. You are cheapening the idea of the best thing ever by saying that everything is the best thing ever. He just didn't get it for so long. And then he realized that's how I feel, though is legitimately this in the world right now is the best thing ever. So are you allowed to have more than one best friend? How do you kind of reconcile that?"

Michelle: I will say that Alan, my husband, really gets on me. I think maybe it's just like a male thing. I have no idea. But Alan also really gets on me because I think when we first started dating, I was like, "My best friend this, my best friend this, my best friend this." And it was always different people. And Alan was like, "It's not the best if there's more than one."

Okay, let's be clear. The word is best. But what I'm saying best, I mean, this person that I care about insanely, who I love deeply. I'm allowed to feel that way about more than one person. And we all are. Okay?

Stephanie: Yeah.

Michelle: When I say best friend, I really mean someone who is so dear dear dear to my heart. And to me, that's absolutely allowed to be more than one person.

I think the other thing that I had to learn... So when Stephanie and I and our friend Kelsey studied abroad, it was the three of us. Stephanie was my childhood best friend. We had known each other, you know, we just went through the whole spiel of how we know each other. And then Kelsey, I met freshman year of college, and she was in my sorority. And her and I are simultaneously getting very, very close. Everyone on our sorority knew that we were like a little couple, you know, that we were like, really, really good friends, we did everything together, we lived together, we were roommates, blah, blah, blah.

So fast forward to us studying abroad, the three of us, Stephanie and Kelsey are not that close to each other but they hit it off. So they get along swimmingly. And the three of us do everything together for that entire semester. I think that there were times that I really struggled because I felt like I was sitting there watching these two people become extremely, extremely close.

And it was difficult for me because I felt like they were finding out things about each other that I already knew about both of them. So it was hard for me to even really be involved. So I was just kind of sitting there being like, Mm-hmm, yeah, yeah.

I don't want to say I got jealous, but I think that I was a little bit like... Yeah, I don't know the word. I think I just felt a little uncomfortable. The thing that I had to realize is them having a good friendship doesn't take away from how my friendships with them individually are. Like the two of them...

Stephanie, you, and I and Kelsey have been having this dynamic for the last decade. Kelsey will come and visit you without me. And that's completely okay. Or you come home and spend time with Kelsey potentially without me because I'm not available, or you and I have a one-on-one. You know, we're always in this kind of dance for the last decades since we studied abroad.

And I've just had to realize that my relationship with someone that is exclusive between me and them, and then being friends with someone else or caring deeply about someone else does not affect that. So that's kind of what I've had to do in terms of navigating jealousy or feeling left out. You know, we can all have really good relationships and there's not a limit on the love that we can show to other people or the friendship that we can have to other people.

So I don't know, I guess my answer is like, if you're not allowed to have more than one best friend, then I'm screwed because [inaudible 01:05:20].

Stephanie: If that's wrong, I don't want to be right. I love that answer. I think that that really is the best thing about friendship is that it multiplies. There is enough to go around. Anyone who makes you feel like there isn't, doesn't know how to do it, is doing it wrong.

That whole like "You can't sit with us, there's not room at our table" thing is not real. And there are times in life where we each do have a finite amount of energy. So there's truth to it in that way. You can't be friends with everybody. You can't invest deeply in everyone as much as you may want to. There's a limit in that way. It's not like getting picked for dem class, right?

Michelle: Totally.

Stephanie: But we've been made to feel like it is for most of our lives because at the time we were in middle school and we were in high school. But we're not anymore.

Michelle: And if you are at this age and you're still exclusive, and you're like, Oh, we're best friends. You can't be our friend or blah blah, blah, grow up. Grow up. That seems really juvenile to me.

Stephanie: Yeah, there's more than enough to go around.

Michelle: Exactly.

Stephanie: Michelle, I love you. We could talk about everything. So we're gonna just have to have you back. I love you, friend.

Michelle: I love you too.

Stephanie: You guys, isn't Michelle amazing? I just love her and I love this conversation, and I'm so happy I got to share it with you.

One thing I wanted to mention quickly is I know we talked about a lot in today's episode. So if you want to find the links for any of those things, all you have to do is go to my website. It's girlsnightpodcast.com. And for every episode, we have a blog post with the show notes. All the links will be there for everything we talked about.

The other thing I wanted to mention is that if you haven't had a chance yet, it would mean so much to me if you would take just a second to leave us a rating and review

on iTunes. We've gotten so many amazing five-star reviews from y'all and you've left the sweetest comments. I can't tell you how much it means to me. And it also helps out the podcast more than you can imagine. So if you haven't yet please take just one quick second to leave us a rating and a review. Thanks so much.

All right, friends, that's all we have for today but we'll be back next week with another episode of Girls Night. And trust me you are going to love this next one. I'll see you then!