

# EXPLORE YOUR ENTHUSIASM

## EPISODE 186: FAVORITE THINGS OF 2017

What was the best part of 2017? What amazing things did I discover and do and experience this year? It's time for my yearly round-up of my favorite things of the last year!

Every year for the past few years, I've created a massive list of things I discovered and loved in the last year. This year I've decided to share some of what's on that list here on the podcast! Some of these things are things I'm involved with selling... but this is truly the list of things that made me really, really happy. I am so grateful that my work, the stuff I do everyday and my work relationships are so joyful, that they truly are SO GOOD.

Honestly, I always feel a little hesitant to share it because... it almost feels like bragging, when so many people have jobs that make them miserable. But I know that it's not that I'm special, it's because I've worked hard for it and I know that it is possible for ANYONE. That you can have a working life filled with projects and people that make you ridiculously happy. So yeah, a lot of this has to do with my work, but that's because this year, my work was awesomely exciting.

### HERE'S 9 OF MY FAVORITE THINGS IN 2017.

(I haven't included my husband or dogs or my parents or my brothers, because they make the list every year of my life. Oh, and these aren't in any particular order)

#### 1. Reading fiction and psychology

Ok, this is a cheat, because reading is ALWAYS MY FAVORITE THING. But this year I read a LOT of fiction and it was all so good. Maybe because of how many business books I've read already, but there are just fewer and fewer that appeal to me. Instead, I'm loving total escapism of novels or learning all about psychology and why we do what we do.

#### 2. Finding essential oils and supplements and using them daily.

Short version: I feel freaking amazing. I've had a few low times this year, but it never got as bad and I never got as low as before - in part because I'm doing ALL things for a foundation of mental health (I talked about in [episode 153](#)) and in part because when I start to slip down into low-energy or swirliness, I know what to do to get out: I grab the Peace or Serenity blend if I'm

starting to feel anxious, or I grab Neroli or Motivate if I start to feel like laying in bed and not moving. And honestly, when I'm taking my supplements regularly ([doTERRA's LifeLong Vitality](#)), I just wake up feeling \*good\*. Everyone needs to find what works for them, and this is what's working for me.

doTERRA is actually responsible for several things on my list. The first is the actual product - y'all know that over the years I've only shared things I really loved... and until now it's only ever been books or journals or my favorite pens. This has made a big enough difference in my life that I decided I wanted to see how the biz model worked and started a whole second business.

And that brings me to #3:

### **My doterra business**

OMG! I looove it. It is a whole new business model and I am totally obsessed with how great it is, both for someone like me, who knows how to run a business and create systems and share stuff I'm enthusiastic about it, but also for people brand-new to business. For example, 2 of the doTerra biz builders I'm working with are nurses. In November, they both hit Silver, which is average income of \$2,200/mo. One did it after 9 months, while working full-time with 10 hour shifts as a nurse and her family's only source of income, and the other did it in 5 months and next month she'll full replace her day job salary and will quit her third shift nursing job.

THAT is why I'm obsessed. I can't help but get excited by changing women's financial situations! Even before I knew how it was going to work, I knew I wanted to align with a company who is so committed to sustainability - they source their oils from the indigenous countries and create fair trade co-ops with the growers and harvesters who collect the oils. One example is that when they started working with frankincense harvesters in Somalia, they increased the amount of money the harvesters make by 10x. Selling their frankincense to doTerra pays 10x more than selling any other way. (Most essential oil companies buy their oil from middle men and not directly from the harvester or distiller).

There's, like, sooo much I could go into here, this is one of my BIG favorite things to talk about - but I'll just link up some videos in the show notes if you're interested.

### **4. New friends!**

My new business led to a whole bunch of new friendship and coworkers: Brittany, Jacinta, Liz and Dave, and Em. You may recognize Liz as the student in my CreativeLIVE class about how to start a podcast - she actually STARTED a podcast, and it's great. Go check out [Between Grace](#)

& [Chaos with Liz Eaton](#)! I didn't realize how much I wanted mentors and co-workers - people who are doing what I'm doing and we're working together to a joint goal.

## 5. Pink hair!

2 years ago I just felt like I really needed red hair (well, kinda Lucille Ball bright orange hair) to get through whatever was coming. What followed was a really hard time, and I kept my hair crazy red orange, because it just felt like this was a version of Tara who can handle it. This summer it hit me: I got through that stage and red Tara did her job and I was ready for an even brighter hair. I'm not sure how long I'll stay pink, I think I'm going to transition back to my natural blonde and then go rainbow next summer. (There's a big goal and when I hit it, I think I gotta be a rainbow to celebrate).

The hair thing may make no sense to you - but I know a lot of you understand using an alter ego or persona to help you do scary things, especially in your business. For me, changing my hair color is like acknowledging some growth or the need for a new set of skills and superpowers (good news: you never lose a superpower once you obtain it. I still have all the depression-defeating skills of Red Tara and I'm just adding it to Pink Tara's arsenal).

## Thing 5.5:

[Overtone](#), which is a vegan color-depositing conditioner that keeps my pink so pink.

## 6.

While we're on the topic of taking-care-of-your outer-self-affects-how-you-feel: Let's talk **nails**. This year one of Jay's cousins became a nail artist and over a big family dinner we got talking about Instagram strategy and I told her I'd love to support her business. So I started getting my nails done by her before teaching gigs and guys: it's like having an always-available cheer-up. I just look at my nails and BAM! I'm happy! I feel loved while she's doing it, I feel awesome about supporting an artist, and I just feel so joyful when I look at my crazy-glitter-y nails. It's like a socially-acceptable way to rock my inner-preschooler's love of sparkles and glitter.

## 7. the weekly Starship chat

The Starship is my online community for makers and artists who are creating profitable businesses. It's got weekly groups check-ins, monthly live Q+As with me and access to my entire library of classes. I started it back in 2011 and man, I just love the people in it SO MUCH. They are clever, funny and really generous with their knowledge and their encouragement. Going to the weekly chat always resets my attitude - no matter what you think of people on the internet, the Starship

is the one place where everyone is genuinely kind and helpful and I am just sooooo grateful that I get to be a part of the amazing businesses and freedom they're creating in their lives.

The Starship is open right now, and there are 25 spots available. So head over to [TaraSwiger.com/starshipbiz](https://TaraSwiger.com/starshipbiz) to learn more.

## 8. Travel!

This year I went to Southern Oregon twice, Seattle, San Francisco, Memphis, Columbus and for the first time ever: San Jose and Salt Lake City. I am soooo looking forward to more travel in 2018 I'll be going to Southern California, San Fran, and the UK a few times over the next year. (Be sure you're signed up to get my emails if you want the heads up!)

## 9. My new free Facebook group!

[Take Care of Yourself with Tara Swiger](#) is a place where we can all talk about the reality of running a creative business, and caring for yourself. It's the one place I can bring together my handmade biz builders and my essential oil biz builders and we can all talk about what we have in common: trying to build a business while still loving our lives. I'm doing FB Lives nearly every week and sharing my favorite articles and tips..and I'd love if you joined us! Just search facebook for *Take Care of Yourself* or find the link at [taraswiger.com/podcast186](https://taraswiger.com/podcast186)

That's 9 of my most favorite things this year!

I'd love to hear about yours! Come tell me over in the FB Group! And remember you can find links to everything, include the Starship (which closes next week!) and the FB group at [TaraSwiger.com/podcast186](https://TaraSwiger.com/podcast186).