

194: The Best Investment You Made This Year



Full Episode Transcript

With Your Host

Bonnie Koo, MD

194: The Best Investment You Made This Year

Welcome to the *Wealthy Mom MD Podcast*, a podcast for women physicians who want to learn how to live a wealthy life. In this podcast you will learn how to make money work for you, how you can have more of it, and learn the tools to empower you to live a life on purpose. Get ready to up-level your money and your life. I'm your host, Dr. Bonnie Koo.

Hello everyone, welcome to episode 194. This is the last episode of 2023. I don't know about you, but this year went so fast. In fact, this is something I always realize every year, and I remember the realization that – Maybe it's obvious to you – that the years just go faster and faster every year. And I think the reason that is the case is because we're older. And what that means is that we have just lived so many years.

And so in many ways, a year doesn't feel that long, versus when you're a kid the summers feel so long because you just don't have that much time memories. I don't even know what that's called, I think you know what I mean though. And so I want to make this short and sweet because I know many of you are probably busy, maybe you're on vacation or maybe it's just a regular work week.

But this time of the year is always a little different, right? And what I wanted to say is I just wanted to let you know how much I appreciate you. Now, of course I don't know many of you, I may not have met you, I may not have interacted with you, and I appreciate you so much. I appreciate you for listening, especially my regular listeners who tune in every week.

I appreciate you listening, not just because that's an extra listener for my podcast, but I make this podcast and I think about these episodes and I record them for you, right? And I also wanted to acknowledge you because if you're listening, you are someone who is committed to learning, to growth. And you may not feel this way, but someone who is not interested in that does not listen to podcasts about mindset or let alone money.

And I also want to remind you that this is not the norm. You are in the minority of people who want to grow, who want something else, who know

194: The Best Investment You Made This Year

that they are meant for something more. And so I just wanted to remind you of that because I think that's so easy to forget. I forget that too sometimes.

And when you're someone who is committed to growth, no matter where you are, no matter if this is your first podcast or you just started listening to me or you just got introduced to this whole world or mindset and possibilities, or whether you're kind of a veteran maybe self-help junkie, that's me, I just also want to remind you that this learning, this doing, how much it compounds in your life.

And not just in your life, but how it impacts and affects the people in your lives. And I will say, for the most part you may have no idea how much you doing this impacts the people around you. Because most people aren't going to say, "Wow, you've really helped me." I mean they may, but when you do this work you naturally change how you're thinking, how you're behaving and your energy changes, right?

And so that sort of, I don't know, comes out like osmosis, it's like you're sending out little energy signals. Stay with me here. And that affects people. Your patients will be affected, your family, your friends. And I think it's really easy to think that we're not making a big enough impact. And I also just wanted to say, in fact I was doing my daily Calm meditation and it was about how small acts of goodness, of kindness do have an impact in the world.

Personal growth is not a linear type of thing, right? It compounds in terms of your life enjoyment, your fulfillment and then the impact also compounds. And if you've been doing this work, you know that this work opens up opportunities that you may not have ever considered otherwise. I have so many examples, but this work has really led me to creating this business, which led me to creating this podcast and now you're listening, right?

And then another thing I want to say is that this work also compounds financially. There is a financial return. And I think I may have talked about this before, but I think it's really important because this is why mindset is

194: The Best Investment You Made This Year

such a big piece of money and the way I teach it. And it's a big part of my program, Money For Women Physicians, because it's that important.

In fact, I will say, and I've known this in my own life, that investing in yourself, and I will say specifically investing in your brain because that's what kind of drives the growth, right? As you learn new things, your brain makes new connections and opens up opportunities.

For example, I have clients who would have never considered, I don't know, starting a business, investing in real estate or whatever that might be, negotiating for a raise, if they hadn't started doing this work and investing in your brain. Really, the returns are, in many ways, limitless. I was trying to think of – There's no number I can give you, right? But I will say for sure it is more than the stock market, which is what, 10 to 12%. And you have to adjust that for inflation.

I think it's crazy that most of us have been taught that that is the best way to invest your money. It's probably the easiest way. And it is also, I think, the most conservative way besides just having your money in either a high yield savings account, it's never high yield by the way, I don't know why they even call it that, or just sitting in cash.

And so the financial return of investing in your mind, it's really limitless. And for those of you who have been doing this work and you have seen it yourself, I want you to take a moment to just roughly guesstimate what has been the return for you for doing this work in your life, money wise? How has it set you up for a future that you wouldn't have done otherwise?

So that's really all I wanted to say today. I wanted to just tell you how much I'm grateful for you being here. And also to remind you how amazing you are and that doing this work is not easy, and most people will never do it.

And because I know you're someone who loves to grow, I want to let you know that I'm going to be doing a two-part workshop and it's called Design Your Wealthy Life. I have never done this type of workshop before, and this is going to really set you up for even more compounding growth because we're going to talk about the money, but I also want you to be intentional of

194: The Best Investment You Made This Year

how you're going to create the life that you really want and marry that with the money because they're not two separate things, right? They really go hand in hand.

And so the best way to sign up is to go to wealthymommd.com/workshop. And I will see you then, it's on January 7th. And as soon as you sign up, you'll get part one and you'll get some exercises to do to set you up for the January 7th workshop. Okay, happy end of year and I'll talk to you in the new year.

Hey there, thanks so much for tuning in. If you loved what you heard, be sure to subscribe so you don't miss an episode. And if you're listening to this on Apple Podcasts, I'd love for you to leave a review. Reviews tell Apple that this podcast is, well, awesome. And it will help women find this podcast so that they too can live a wealthy life. And finally, you can learn more about me and what I do at wealthymommd.com. See you next week.