

# That's A Hard No Podcast

## S2 E8: Saying Yes to Joy with Roger Williams Transcript

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*Heather:* Welcome for that's a hard no the podcast about saying no and setting boundaries

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*Sarah:* so you can become the authentic and empowered you that this world needs.

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*Heather:* I'm Heather Drago.

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*Sarah:* and I'm Sarah Saunders.

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*Heather:* Before we start, a quick reminder:

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*Sarah:* while I am a licensed professional clinical counselor, this podcast is in no way a replacement for one on one therapy with a mental health professional. If you notice the content in this podcast triggers some big feelings, visit our website: [hardnopodcast.com](http://hardnopodcast.com) for mental health resources and other helpful links.

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*Heather:* Thanks Sarah. I'm so ready for this conversation. Let's get going!

00:01:13

*Sarah:* Yeah, me too, Hi Roger Williams, and thank you so much for taking time-out of your very busy schedule to be with us today. I'm so eager to talk with you and learn more about your pursuit of an adult gap year and taking time to be intentional about crossing things off your bucket.

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*Roger:* Well, thank you so much for having me. It's great to be here and I hope this conversation is beneficial to your listeners and whomever.

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*Sarah:* Roger, would you mind starting by explaining a little bit about what exactly this bucket list mindset means and this very intentional way of living?

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*Sarah:* Yeah, like so many people during the pandemic, I was stuck at home thinking about all the things that were going on in the world and my life, and then I wound up having a heart attack on December 2020, and after that I just really began thinking about where do I find my self-worth, and I think that's really where this all generated from. I had had a bucket list in my head for a long time, but I had never literally written it down and I really wanted to have myself be known for who I am and how I live my life and who build relationships with, and so that really became the focus of everything I wanted to do with the time that I didn't spend selling my labour to somebody else, and so you know, I went to all my social media accounts and I changed my job position to be crosser offer my bucket list. Intent fully wrote down my list of things that had been stuck in my head and I decided that I was just going to start crossing things off, and that's what I was going to take my time to do and what it really

## That's A Hard No Podcast

### S2 E8: Saying Yes to Joy with Roger Williams Transcript

meant for me was doing things that brought me joy in those hours that I wasn't working and I wanted to be defined by that and known for that instead of again how I sold my labour and who sold it to.

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*Sarah:* And I want to pause for just a second because listeners, before we bring a guest on Maura, she actually does kind of pre interview screening. And Roger, while I was listening to that screening, you had mentioned that during your time of going to all of these different places, you started kind, taking selfies and sharing those with people. And one thing that I wanted to hit on was that there was a coworker of yours that you had been working with for a while and she said she looked at you and was like Roger. I have never seen you this happy and it was almost this a-ha moment of like. Wait a second. Can you take us there for a second?

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*Roger:* Yeah, actually, my coworker hates that story because winds up that actually quit my job after this conversation.

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*Heather:* and they're still stuck there right?

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*Roger:* That's right. Well, I think she was more like she felt responsible for me quitting my job. But I went on the Camino de Santiago, which, which was the number one thing on my bucket list. I've been on it for 11 years and it was the first thing I wanted to accomplish. I wanted to do something big. It's a 790 mile track across northern Spain. The vast majority of it takes 30-35 days, depending on how you do it, and I wanted, while I was on that trip I wanted to take selfies and to remember the people. That was something someone had told me that had walked before, that. That was something they had missed out on, that they didn't take as many selfies because sometimes you see people once. Sometimes you meet people for just a lunch or one time breakfast and then they're gone. But the conversations are still impactful. So I was taking all these selfies and I made an instagram reel. That was a compilation of all, was just a slideshow of all these selfies and when I got back I showed it to this co-worker I had been working with for four and a half years or so. We had very good relationship and like you said she after she was done watching it. She i've never seen you that happy and although I was glad that that's what she saw, she saw my experience. I was I was uber happy was, I was very, very excited and and I'm a communal person and I like building relationships, and so that was a big part of it for me. But at the same time I got really sad because, like in four and a half years, you've never seen me this happy and that I knew at that point something had to change, and that's when I decided to quit my job and take adult gap year, so to speak, and just do things that brought me joy.

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*Heather:* So, were you at all afraid to take that step? I mean quitting your job is a pretty big deal. Or were you just so like with it? I'm like you were just ready.

## That's A Hard No Podcast

### S2 E8: Saying Yes to Joy with Roger Williams Transcript

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*Roger:* Well, I think I think I was ready. It wasn't as much the job. I think that's part of it. I was doing youth work, helping high school students who were typically not students that would go to college, help them prepare and go to college, their families. They were first generation college students, they were low income and so now the time people, when I told them what I would do, they would be like: oh, that must be so rewarding, that must be so rewarding and you must get so much out of it. And I think, like nurses and other professions, it's like, yeah, I do, but at the same time it's hard work, it's constant, it's you know, it's always on your head because you.

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*Heather:* Giving, giving, giving.

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*Roger:* Yeah, and then the weight of it, and the expectation is that you should find yourself worth in that and be grateful that you have this job that makes this impact, and so that was a part of my mindset. So as far as looking at myself, and you know, saying I want to be known more than that, although that's a great thing in society, looks at that as something that's worthy and honourable. I wanted to be known for more of the things that mattered not matter to me but were made me excited, made me happy. You know, just weren't just how I sold my labor. So I think that to answer your question, I was ready. It was scary. I had to raid my retirement fund to say okay, I'm going to take this year off but at the same time I'm also building, trying to build some things for myself, work for myself and use my labour for my own enjoyment and benefit and not selling it to somebody else, but doing things that bring me joy and and I can set up a way that I can, you know, benefit financially through that. So and someone asked me once they said: you know there's a huge risk in that and I said: well, here's not really risk in losing that money. You know, you know, rebuild that retirement fund and hopefully I'll be able to do that. But if I have to go back to work I'm not going to regret anything that I did this year. If I have to go back and sell my labour to somebody else, I'm not going to regret what I did and that I think was the most important thing. Is it scary? Sure it's scary all the time and I have some anxiety about it every once in a while. But you know, because I have a partner and responsibilities and but I think in the end I'm not going to regret anything because that i'm only doing things that bring me joy. And so at the end of the year, like I said, if I have to go back to work, that's all right. I haven't wasted my time and I've done lots of things that have made me a better person and have prepared me to be a better employee and all those kind of things. So you know: risk versus reward and for me the rewards great.

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*Sarah:* Well, and like so many of us, we talk about the seasons that we go through, and so there is a time and place where we have these expectations in our head of what we feel we should be doing. We pursue a certain path, and it does serve us. But then, like you were saying Roger, it was like our check engine light went and we we needed to reevaluate, we needed to find the joy again and so pivoting and shifting. It's giving ourselves permission to do that, and it sounds like you believe success can and should be redefined by society. Can

## That's A Hard No Podcast

### S2 E8: Saying Yes to Joy with Roger Williams Transcript

you help us understand boundaries, you have said, to become successful by this new definition?

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*Roger:* Yeah, that was one of the biggest thing that drew me to this podcast was just the title that's hard now and in saying yes to so many things, you have to say no to other things and the boundaries, the boundaries that I said were it's not just doing trips and seeing ancient places or doing adventurous things. Those are all great, but it's more. The bigger issue is that I'm saying no to the things that bring me down and I'm not letting those things dictate what I can and can't do. And again it goes back to that: know, the issue of fear, societal pressure and what people think about what i'm doing. I'm saying no to allowing other people and in society as a whole, dictate where I find my joy, and so and sometimes that's difficult sometimes that saying no to family, sometimes that's saying no to friends, and a lot of times it's saying yes and but but you have to at some point and it's it's hard because our society is very much a duality. It's you know, be selfless, do all these things, but the same time there's this rugged individuality in the west that you know take care of yourself, but when you take care of yourself, people think that's selfish and you know that for me is hard. It's not about being selfish. I've I've always thought that the analogy of being on the plane and them telling you to put your mask on first before you put it on a child or an elderly person. Now that makes sense to me, that you take care of yourself and sometimes that means other people lose out. But I'm on the back-end of that. I'm going to be such a better partner. I'm going such a better brother. I'm going such a better son. I'm going to be such a better employee that it's worth taking that time in those moments to say: okay, I'm i'm going to make myself happy and you're the only person that can do that. No one else can do that for you, no one. You can't rely on anybody to do that. I can't rely on my partner, I can't rely on my mom. I have to do that for myself. I can't rely that my best friend. My happiness is dictated by me and only me, and so I have to go out and find that joy and be self-aware enough to know what is what brings me joy and what doesn't right. I think so many times the hardest thing to say no to being able to be self-aware and saying you know what that's not going to make me happy, going, you know, going to this family function and doing something that you know that doesn't make me happy. It's probably best. I don't go to that, then I can you know, because I won't be a happy person while I'm doing it, and so it's better for everybody if I don't and I think that that's where we get stuck sometimes. Well, you have to sacrifice and do these things well. Sometimes that's not the best choice for people.

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*Sarah:* I am over here like a bobblehead, just agreeing with everything you're saying, and it is hard. You know, and and it's like swimming against this current, that you're constantly there's all of this noise, all of this societal expectations and pressure. But when you are determined, you get what you need to to swim in and keep going.

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*Heather:* I think also there's just the practical matter. There's only so much band with. So if you have a goal, if you want to go do these fun, joyful, interesting things, you're only human. There's only so much you can do, so something's got to give, something has to be a no in

## That's A Hard No Podcast

### S2 E8: Saying Yes to Joy with Roger Williams Transcript

order to make room for that. Yes, so it's not always about rejecting people or things, it's just making room for yourself.

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*Roger:* And I think that sometimes things can be both and it doesn't always have to be one way or the other. I'm not talking about being completely selfish. So taking my Camino trip as an example, that was something I wanted to do. I wanted to go and experience that. I wanted to do the whole trip and that was important to me, my partner. That was not appealing to her, to, you know, walk 15 and 18 miles a day and you know for 30 days and live in hostels where you're sharing showers and you know all that kind of stuff. That wasn't as appealing to her as it was to me, and so in the process of taking that trip, she was like, well, I've always wanted to go to Spain, I've always wanted to do some slow traveling, and so what happened was that while I was walking from Saint Jean-Pierre to Port France to Santiago, she was in Seville and Madrid and Barcelona and she was. She had a wonderful time, you know, and did some amazing things on her own, travelling by herself, being courageous to do that. And then the last five days of the Camino, she came to Soria, met me in Soria, Spain, and then we walked the last five days together, which allowed her to get a certificate of completion. We got, you know, we got to do something together again: that self-awareness of knowing you and you can bring people into that self-awareness.

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*Heather:* Right.

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*Roger:* But you have to be willing to. You know, not just compromise but really understand that the other person knows who they are, and so I would never force her to do the full Camino because that would have just been miserable for her. You know, but I'm so glad she got that experience of travelling and then we got five really good days and you know we just it. Just like you. We met each other. We had a great night. We got up next morning. You know it took her a little while. She was like, oh wow, we're really walking 15 miles and but she got in the rhythm and the conversations were great. It was just like we were back home. You know nothing had changed and I think that really is because we both knew each other well enough to know that we wouldn't want to force the other person and you have to be able to willing to willingness again to give whoever it is sibling partner, whatever the space to be themselves in whatever is going on and for them to be able to say yes and also for them to be able to say no if they don't want to do it right. I wasn't offended, she didn't want to do the things I did. That's fine. That's great. You're an individual person. I'm happy for that and I'm super proud of her for doing two and a half weeks of solo traveling. I think you know that's an amazing thing to do, so I was. You know, I thought it was a good balance. Right, you don't.

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*Sarah:* Absolutely.

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*Roger:* And that's what you should try to find: a balance, and not necessarily always one side or somebody else sacrificing all the time for other people.

## That's A Hard No Podcast

### S2 E8: Saying Yes to Joy with Roger Williams Transcript

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*Sarah:* We are going to take a short break. We'll be right back.

00:16:06

*Sarah:* So I really want to take some time to, you know, normalize that it is okay to be selfish and there are times that we have to put ourselves first. I love that metaphor of putting your oxygen mask on first before assisting others. I also think to your point: it takes a lot of intentionality, and so it's not that we can just say okay, I have my agenda for today. It's all about me. We have to, especially in relationship, identify. I am bringing awareness to myself. These are the things that I know that I need share with me. What do you need and then how can we collaborate? How can we both get our needs met in order for us to not feel resentful, to feel like we're filling up our cup? So what were some things that you felt really helped to communicate your needs? Is that something that you know is just innately? You know you have that in you, or is it something that you really had to develop the skill?

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*Roger:* Yeah, I wish it was, I wish I was eight, I wish it was night and all of us, but I was. I was married for 25 years and probably the last 15 really not good years, and a lot of that had to do with my understanding of what relationships looked like is what I need to sacrifice, that I need to sacrifice that. I need to sacrifice and I made some major mistakes now towards the end the last five years. But a lot of that had to do to the fact that I didn't love myself. I mean that's really what it pulls down to is that I didn't love myself enough to say this is what I needed, and so when it's so often we we don't have the courage we don't have now because of whatever is going on around us. We don't have that ability to say this is what I need. This. This will make me happy and you know, and I doubt my ex partner would would ever listen to this. But but it's you know, a lot of like. One example I'll give is like she hated sitcoms, she did not. We just could not watch sitcoms, and so ever the TV was always controlled. There was no give and take, I like sitcoms. You know the big bang series. I want to watch it, but she thought that they were stupid and so we couldn't watch those things. So TV time became.

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*Sarah:* A point of tension.

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*Roger:* Yeah, yeah, and and for me not enjoyable. Right, and so, and then you know you do you just get up and leave? Do you go do someplace else? Do you go find another TV? I mean it's it was so difficult and so now I can say what I learned to love myself. I need to say what I need, and what I want doesn't mean I'm always going to get it, and that's part of it as well that you know I need understand, I just, but I just need to be able to say what I want. And then because when you're able to do that, then you can walk-through that process of saying okay, how do how do we get that or how do we achieve that? And that's what happened with the Communo. I said this is why I want to do this, is this is what I meant and we're actually going through that same process now, because I'm kind of getting the bug to go back and do it again and she would like to do the. There's multiple routes on the Camino and she would like to do the Portuguese, and I want to do. I mean I want to do the Francis again, the Frances, because there's things I didn't accomplish while I was on it. I want to go back

## That's A Hard No Podcast

### S2 E8: Saying Yes to Joy with Roger Williams Transcript

and and figure out how to accomplish, and so I'm just like, well, I mean, if we have the capability, I'll just walk to Frances and then meet you in Portugal and we'll just now. I'll just do it again, you know, just walk, I'll just walk another 20 days, just like that's fine, if that's what it takes for us to do that to.

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*Sarah:* And I just I think this is a good reminder for anyone listening that if you're noticing that there is a point of tension within the dynamics of relationship, to honor that, to not judge it, not criticize or blame, but just to acknowledge and take some time to on that, to just kind of we talk about this body scan. Where am I feeling this in my body? What am I afraid of? Am I afraid to be vulnerable and share something, because I maybe have a history of being rejected in the past, but I think to your point, it needs to be released. We need to be able to share what it is that our heart is desiring and that can be, you know, different during different seasons. Yes, there's definitely things that we just have to do right now. You know, changing dirty diapers is something that I not always want to do, but it's the season, I mean. So, yes, you have to take something. You know, take one for the team, but also here's what I need more of. Here's what I need less of here's how I would feel most supported and just laying all the cards out and then deciding what cards can we pick up right now? What can we kind of park for later? But we'll go back to but continuing to have that open dialogue, because we talk a lot about generational patterns and how. Even with boundary setting it is, and I use this language, often it's not to blame, shame, judge or criticize. It's to acknowledge boundary setting as a skill and often one that we did not learn in our upbringing.

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*Roger:* And it's our responsibility right. It's our responsibility. Set that boundary and let that boundary be known. It's not the other person's responsibility to read our head. You read our minds and figure out what that is. You know, I have to love myself enough to set my own boundaries and be vocal about it, and so I don't I don't blame my, my ex partner, for being controlling. I didn't I wouldn't I never had the gumption to say: hey, look, this is what would make me happy. That's on me, that's not on that other person. That's on me to take responsibility for that. And and that's hard to do. When again we go back to the original portion of the conversation saying there's bunch of societal norms, I had had some original family stuff engrained in me that said you know, like like Williams, don't get divorced right, I mean like that was something that was ingrained in me, and so that was. It was a major deal. When I finally decided I was going to file, that was you now. That was a big step, because I didn't at that point it was. I have to love myself enough that I need to move on from this relationship, regardless of what my parents think. I need. I need to do this for me and and I just sat down down and explained it, and my dad was like all right and my mom was like okay, you know, but it was, but these it was my responsibility. I wasn't my parent's responsibility to release me from that. It was my responsibility to take, to be brave enough to love myself to be able to do that.

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*Heather:* What I also like about your description of the process you and your partner have gone through to make some of the decisions, like your, your, your travel plans, is you love

## That's A Hard No Podcast

### S2 E8: Saying Yes to Joy with Roger Williams Transcript

yourself enough to set these boundaries and say: this is what I want to do and this is what I need to be happy. But you're also coming from a place of empathy. You know I've been married 26 years and it's been a rocky road sometimes, and what I've learned in my wizened old age now is that is that I have to remember why I'm in this relationship in the first place and come with the sense of empathy so that I'm listening and I'm learning and I'm making space for him, and it sounds like you have that kind of thought process going on in your relationship.

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*Roger:* Yeah, I mean again. I go back to the issue for me in that is that I don't have to get my way. That's a battle this is, you know this isn't this isn't checklist of who has more, who has less hashmarks next to their name about what they get.

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*Sarah:* Right exactly. It's not score keeping.

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*Roger:* Scorekeeping is just just a chance for me, as long as I can say what I want. That's where I'm good, because then I at least know I've vocalized it. No one's trying to read my head and it's the responsibilities on me. Like I said earlier, I may not get what I want, I may compromise more than I want to, but we've gotten those things out where it's visible, so that we can both make good decisions about how to compromise and where to compromise, and we're not to and be empathetic to the other person to be able to say: okay, that's that's definitely sounds like that's a strong need you might have. Let's figure out how to do that, and without the vocalization of it I just think it's it's almost impossible to do.

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*Sarah:* And remembering that we're on the same team, I think sometimes it can feel like we're opponents, but really that we want to win. We want the team to win. So what would that, you know? Get out the playbook? What does that look like? How can we work together to? You know, cross that finish line or get that goal or score, whatever it is? And so I think that that's also a really good message. So are there any other specific knows that you feel you kind of had to exercise in order to pursue this gap?

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*Roger:* I definitely had to say no to my fears of not, of not having a job in society. Looking at me and saying what are you doing, you know I had to say no to other people's perceptions. I think that's what I would say and constantly still doing it, even after six months. I'm still, you know. I'm saying no. That's that's your stuff, that's your your expectations for yourself. Those aren't mine. I'm not going to own them. I think that's a that's a big part of.

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*Heather:* Well, can I pause for one second, because I think a lot of people can relate to that in some way or another. Was there anything so? Yes, you say no. I know Heather you've shared before. Like you, use inspirational quotes to kind of help you get through certain situations. Was there anything that supported you to help you get through saying no or rejecting some of those outside expectations?

## That's A Hard No Podcast

### S2 E8: Saying Yes to Joy with Roger Williams Transcript

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*Roger:* I think it is holding up a lense that says: does this bring me joy or not? Looking at things through that lens is what helps me decide whether not I'm going to do something or not. And and yeah, I don't think they had like an actual process of just besides stopping and saying: does this bring me joy or not?

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*Heather:* I mean that's a great question. I don't think we ask ourselves that enough.

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*Roger:* No, we don't.

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*Heather:* We just get on with it.

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*Roger:* Yeah, and it's it's scary, scary part of that is that that again it goes back to everybody else. Looks at you like that, selfish. Again I say: you know, if it's bringing me joy, I'm goin to be a better person than the process, and if it's not bringing me joy, then I'm not going to be. I'm not going to be a 100% i'm not going to be able to participate, I'm not going to be able to fully embrace what's going on around me, and so it's it's really important question: if it doesn't bring you joy, you probably shouldn't be engaged with it because it's not going to help you be the best version of yourself. If you're not, if it doesn't bring you joy.

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*Heather:* So, speaking of joy, tell us about the things you've done during your gap year that have bright joy, let's lighten this up a little bit.

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*Roger:* Oh yeah!

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*Heather:* Tell us some of the things on your bucket list that you've crossed off.

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*Roger:* I got knuckle tattoos.

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*Heather:* Nice!

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*Sarah:* I have been tattooing for about 25-30 years. I don't even know how long i've been tattooing on my body and knuckles have always been like the things you can't hide when you get em. You're out there unless you're wearing, unless it's winter and you're wearing gloves, and took me a long time to come up with what I wanted, and then it took me a little while to decide to pull the trigger on getting them done, and so I got those done. I crashed a wedding, happened to be a wedding in Costa Rica. It was a destination wedding. They were friends, but I wasn't invited to the wedding and my partner and I did that together. We went to strike and did that. I'm in the process of writing a book, which has been something on my

## That's A Hard No Podcast

### S2 E8: Saying Yes to Joy with Roger Williams Transcript

list for a long time. I took a three-month trip from Costa Rica to Israel, to Italy and Spain and United Kingdom, and so my father passed away during that time.

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*Heather:* I'm sorry.

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*Sarah:* I'm so sorry to hear that.

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*Roger:* No, thank you. I appreciate that we were. We were good, we were good, so I'm i'm at peace with it. For the most part, I do miss him greatly and miss being able to call him and hearing his voice. But yeah, that was, that was okay. But the book is about his relationship with his father, my relationship with him and my relationship to my son, all through the lens of the history of professional wrestling, because we were all fans of professional wrestling. So that was kind of point of doing that while I was on this this trip and I'm i'm hopefully going to finish off visiting all 50 states in the United States here, before my gap years over, i'm excited about that. I only have two more to go. Yeah, I'm trying to do that, and you know the thing that I really found on-going on that three-month trip was that when I opened myself up to being intentful of being out in the world and and seeing things, that things I didn't expect happen right. So an example would be was in Matera, Italy, for for a month they are riding and I was walking through the town one day, just kind of strolling through and and just ran into this Salvador Dali sculpture in the middle of one of these plazas, and it turns out there were 6 sculptures of his in this town. You know, I never, I didn't have seeing Salvador Dali sculptures my bucket list, but when I opened my eyes and kind of slow rolled my travel, it was, you know, other things. Open up, you get to experience things that you weren't expecting. So I think that's been a huge benefit.

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*Heather:* It sounds like your definition of a bucket list isn't necessarily big grand things are traveling the world, though it sounds like it can be anything right getting the knuckle tattoo, you know.

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*Roger:* And that's what I try to promote to people. Is that your list is your list. I'm not going to judge it, whatever it is. Don't judge my list. I'm not going to judge your because I have some weird stuff on my list. But I have friends that I have one specific friend who loves to play golf. I can't stand golf, you know, but it's it's kind of one of his passions. So he's decided that he's going to do all 50 states. He's going play around a golf in all 50 states like that's that's just that's it, that's his bucket list. There's no, there's nothing else on his bucket list. Besides. I have a friend that her bucket list all consists of learning to cook certain foods, and so that's what her buckles consists of. Yeah, I, I think that it's it's not necessarily about, and there's lots of debate out there about. Do you call the bucket list? Do you call the life goal list? You know all that, and for me that's.

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*Sarah:* A Joy List!

## That's A Hard No Podcast

### S2 E8: Saying Yes to Joy with Roger Williams Transcript

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*Roger:* Joyless, I mean, yeah, yeah, that's great term, it's it's just, it's just things that you intend fully want to do that. Yeah, that bring you joy, and whatever that is, it doesn't know. No one else can really judge what that is for you. So what's on the list doesn't matter as much as that. You're intent fully doing something about the list. It's one thing to create a-list and that's why I always tell people, you know, write it down, write it down at least once, physically, take a piece of paper and writing utensils and write it down once so that you can go through that process of seeing it written and physically writing it yourself and mentally having to do that exercise, because then it really becomes actionable and it's not just some, you know. For me before my heart it was just this list in my head of things and that list just gets jumbled around and pushed aside by all the other things going on in my brain. But when you write it down for me, sticking it on my mirror, and so I see it every morning, that that makes it more actionable because it's daily reminder that it's there and and then I need to be working towards those things at one level.

00:32:34

*Sarah:* And I think that that is a great exercise for listeners to do is to just hold space, take time, to be intentional, to really think about what. What do I want? What do I need to feel, as you put it, Roger, to feel more joy. And it is all about intentionality, Roger. I'm curious for you because again we we got just such a small snapshot of what you've been doing, but you did a beautiful job of sharing. What would you like listeners to really take away from this gap year and this conversation that we've had with you today?

00:33:15

*Roger:* I think that for me it's more of amalgamation of everything we've said right. Live life intentionally and you can do that through a bucket list. That's because I think some people like, how do you live intentionally and intentionally, go to work every day, make, intentionally clean the house. You know intentionality is such charged word at some level, but it's intentionally living towards. You're making yourself happy and I think that if you need help doing that, but list a life goal list, whatever you joy list, whatever you want to call, it, can be a source for you to have those goals in front of you and in such a way to remind yourself on a daily basis that I need to make myself happy and I can't rely on the people who do that.

00:34:00

*Heather:* Well, we're so happy that you were able to talk to us and help people think about living their lives more intentionally and and also just behind the scenes. We had some technical issues the first time we tried to do this and you just so patient and kind about it. So thank you for just being open. Tell us a little bit about how people can learn more about your gap year and other people taking a gap year.

00:34:28

*Roger:* Yeah, so I have integram account. That's the best place to see stuff about me. It's a crosser offer and post stuff about things that i'm doing. The buckle lists. I'm crossing off, and the bigger issue for me is the crossing of podcast, which I have, which I invite other people that have crossed items off their list to come and tell their story, and you can find that.

## **That's A Hard No Podcast**

### **S2 E8: Saying Yes to Joy with Roger Williams Transcript**

Wherever you listen to podcast, it's everywhere. You can also listen to it. [Crossingitoffpodcast.com](http://Crossingitoffpodcast.com), where you can find out more information about me and connect with me and ask me questions or see if there's ways I can help.

00:35:08

*Heather:* Fantastic, and we'll put those links on our show notes page as well.

00:35:11

*Roger:* Thank you so much.

00:35:12

*Heather:* Thanks. This has been great. You know I tried to sit-down and write my bucket list items out and it was actually a lot harder than I thought. Like what's bucket list worthy? So I'm going. I'm still working on it, but it did make me think.

00:35:26

*Roger:* Brings you joy put on the list.

00:35:28

*Heather:* Right, that's right. Well, thanks again, Roger. It's just been so nice meeting you and talking with you.

00:35:34

*Roger:* Thank you. Thanks, Sarah.

00:35:42

*Heather:* Okay, so that's it for today. Thank you so much for listening. Visit our website. [hardnopodcast.com](http://hardnopodcast.com) for this episode. Show notes, past episodes downloadable and links to resources. Also, you'll find links to each of our websites: [lovergirllmarketing.com](http://lovergirllmarketing.com) and [purposeful growth and wellness](http://purposefulgrowthandwellness.com),

00:36:03

*Sarah:* And make sure to follow us and get in touch with us on social were [a@HardNoPodcast](https://www.facebook.com/a@HardNoPodcast) on facebook, instagram and twitter.

00:36:12

*Heather:* And please do us a huge favor. If you like what you heard here, please subscribe rate and review our podcast wherever you listen, so others can find us too. And if you have a friend or family member who you think could benefit from this, you know why not just send them a little text with a link to our podcast, just like a little nudge, nudge, hint, hint.

00:36:34

*Sarah:* Thank you to our friends and family, our villagers, for listening and your continued support.

00:36:40

*Heather:* That's a Hard No is a joint production of [Clever Girl marketing](http://CleverGirlMarketing.com) and [purposeful growth and wellness](http://purposefulgrowthandwellness.com).

00:36:46

*Sarah:* Marketing and production coordinator Maura Del Rosario,

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00:36:52

*Heather:* Production support, Evergreen podcast Noah Foutz producer

00:36:56

*Sarah:* music by GG Riggs

00:36:59

*Heather:* Until next time, Thanks for listening

00:37:01

*Sarah:* and remember saying no isn't just ok.

00:37:05

*Heather:* saying no is the key to living and authentic, fulfilling life

00:37:12

*Sarah:* So do it, find your no, then say it unapologetically. That's a hard no.