

Welcome to the Chris LoCurto show where we discuss leadership and life and discover that business is what you do, not who you are.

Welcome to the show. Folks. We are glad that you're joining us today. Today. We have a special guest with us, Charlotte Miller, and also for those of you who are listening to us, we are also, uh, putting this live on clo.tv. So if you want to watch this interview, you can do that as well. And you can pick that up again at clo.tv. Uh, but we're glad that you're joining us. Today we are talking about a lot of fun stuff. Charlotte has been through a whole, a whole bunch of fun experiences with us going all the way back to our first coaching calls. So we're going to get into that, but you've been through coaching, you're in Next Level Mastermind going through the events. Um, you've been, I mean, Next Level Leadership Live Events, uh, you are now in RESTORE with us and you just did Next Level Life. And so welcome Charlotte. Welcome to the show.

Thank you very much. It's an honor to be here, thankful for what has happened.

Oh, we're so glad to have you with us. So as we talk about this today, how about you just, before we get into all of this, tell us a little bit about yourself and your business and what you do and all that kind of fun stuff.

Okay. I am, I'm actually a mom and a wife. I have, we have eight kids. Our oldest is a girl and we have seven boys. So life has been very interesting at our house. We'll have as of next week, nine grandchildren and there again, it's three little girls and the rest are all boys. So, uh, I know all about guys.

You've got a lot of boys in the family.

That's right. So, uh, and then we have a business we've had this business going on, I think it's 32 years now. It's a bakery and a bulk food store. Um, yeah, it has been, God has been very gracious to us. It started out as a partnership and it is now our own. We, we pulled out of the partnership and actually bought the business. We have been very busy, uh, extremely busy in the last couple of months at which we're very, very grateful for.

Very cool. Well, we're so glad that you're talking to us today about having come through Next Level Life, and that is such a big, event to experience. And one of the things that we have discovered is people love to hear about how, what the experience is like. You've known about Next Level Life for a long time. And for those who don't know, if you don't know what Next Level Life is, that's our two day personal one-on-one, intense events on helping people to, you know, guiding them through a personal process of getting unstuck in life, improving relationships and discovering the things that are holding you back. And so for everybody walking the planet, I mean, everybody needs to go through Next Level Life. But it's helping people to discover all those, those things that are buried in your root system, all those things that are, are creating decision making processes in ways that you wouldn't even realize you probably don't even recognize that you're experiencing. So, uh, before we get into all the great information, what was it like, what you've known about Next Level Life for years now, what were your thoughts before you ever made the decision to come and do it?

Well, it was really scary. Number one. I wasn't sure what to expect. I honestly, I didn't know if it was necessary. I'd heard about it a lot through, of course, Daniel talked a lot about it and was really excited about it and really thought that we should do this. But before, yeah, I just wasn't sure what to expect. And I will say that before we did Next Level Life last year, I hadn't, it wasn't really, even on my antenna to even do it. But after Next Level Live last year, it really felt like there were pieces coming together that I was finally understanding and I really wasn't sure how to put it all together. So I kind of felt like we needed to do this,

The Next Level Leadership Live Event? Because when you started to see a little bit more things started to make more sense. It's funny, everybody comes in with the same exact fear. And depending upon the personality style, you know, high D's will always say, well, I'm not afraid of it. You know, we'll ask people as they walk in the door, you know, you're coming in for Next Level Life. What are you afraid of? And the reason why we ask that question is because hundreds of events later, we've done over 300 Next Level Lives. We know that people are experiencing the same exact thing. Now the high D will say, I'm not afraid of anything. I said, well, um, what are your concerns? Well, I'm concerned I don't know what we're going to discuss. So there is a little bit of fear. Everybody has this, "I don't know what's going to happen" thoughts in their mind. I don't know what we're going to discover as if we're going to discover something that's just going to shock the daylights out of you. And you, you didn't know this about yourself and it's just, now you're just full of shame and all that kind of stuff. Right. I that's the coming in. There's this, well, I don't know what we're going to discover kind of fear, right? Is that what you experienced?

Yes. That's exactly how it was, what I was feeling, uh, exactly what I was feeling. And of course, I actually, the week before I was supposed to come, I told my husband, my high D kind of kicked in and I thought, well, I don't need all this. I can figure this out on my own. There's not that much wrong with me. Let's just not do it. And Enos was like, Nope, we paid for it. We're going. So it's too late.

Oh, I love it. I love it because that's what you do whenever. And again, we're going to talk about, we've got an upcoming episode called the Stress Effect on how the different personality styles respond to stress. This is a stressful situation. You're coming into this event. You've never done this before. And one of the great reasons why we do these interviews as well is because it is such a difficult event to explain to somebody like, I'm sure having come through, you try to explain it to people. And what we hear from most people is they just say, listen, you just got to go do it. You just gotta go. You gotta go do it. I can't explain it to you. You just gotta go do it. But it's, it's interesting as you get closer to it, as you even process through, we have a lot of folks that are like, Nope, I can do all of this stuff on my own, having gone through, what do you think now about having had those thoughts before you came in?

Well, it was very helpful for me, for Joel to be able to, I knew that I was feeling all of these things and I knew that there were issues going on, but to connect all of it together, I would have never connected it to my Root System. You know, I just wouldn't have connected. And then I guess the difference between the surface level responses, being a symptom of what is going on underneath was another one. That was really, I don't know that I could have ever done that on my own. It was just helpful to have Joel walk through that with us.

Yeah. That has been the, the basis of what we do in Next Level Life being the Root System, is, is just so crazy powerful. It's the kind of stuff that everybody needs to understand this stuff. It's the kind of stuff that, you know, we've had clients that like, you need to be, you need to sell this to colleges. And I was like, well, if they could, if they could understand it and teach it, then it would be great. Um, but you know, a lot of folks don't understand the biblical aspect of it, right? We have a lot of folks that come through who are not saved and have their lives absolutely changed. There's so much to understand about how families and how you're raised and the experiences that you've had and the big impacts in your life, how much that creates this decision making process, good or bad, which ends up being what we call the surface level responses, how you respond. So I love it that you shared that the week before, you're like, nah, I got this. I can figure this out. I can do this. That's a surface level response of, and here's the funny thing. When you dig down underneath that and you find out what the problem is, the problem isn't that you're worried about learning the problem isn't that you're worried about growing the problem is you're afraid that you're going to find out bad things. Correct?

Exactly.

Yeah. So when you discover, Hey, getting to the thing, getting down into the roots and discovering what's going on, and what's driving the decision making, do you feel like that freed you up to make better decisions going forward?

Absolutely. It's, it's changed how I make decisions very much so

Do you carry the same, And I'm not saying, you know, you're carrying a fear in life, but just that struggle of looking internally and discovering some of this stuff, do you carry the same level of concern or fear?

No. I would say that fear is not fear of failure. Of course, I was very much a people pleaser anyway, knowing, um, the fear I think is gone most of the time, anyway, the fear is gone because I know that I don't have to prove to other people that I'm worthy to be loved. I have that from God. I don't have to prove that to other people.

Amen. Absolutely. Now before Next Level Life, did you think there was more, did you think there was more personal growth? Did you think maybe there was a better way to look at yourself? So describe to me in a few words, um, what was life like a few years ago?

Well, I would say definitely in three words, yes. A frantic, depressed and manipulative. I mean, that's just, I'm being honest. Um, yes, very much so.

And so obviously, as I can see, share those words, that's, there's a pain in sharing that. What, what do those words mean? How does, how does that describe, like what, why were things frantic? And again, don't share anything you don't want to share with, you know, we're, we're very private with folks' Next Level Lives, but what can you share as to why that's, how life was a part of it?

Well, a lot of it was again, that I so focused on pleasing people and there were things that had happened in my past that I never, that I didn't work through them, my husband and I hadn't worked through. Um, and I was constantly trying to gain approval, from other people and how I, you know, how I, how I worked at my job, how I looked at church, how I responded to my kids. And especially, you know, when you are around other people. So, and a lot of times it was, I felt very out of control. I wanted to be in control and I felt very out of control. So therefore I got, I kind of did, I did what I needed to feel like I was in control, even though I wasn't really, I was not in control, but at least it felt like I was most of the time. And, but it was a lot of hard work and all of that, there was still no happiness. And there was, you know, depression, a lot of depression actually. Yeah. It was, it was just all tied into that pleasing people thing.

And again, and while we wait, it takes us hours to kind of explain this through the Next Level Life. The basis of the people pleasing is the belief that your worth is in what man thinks of you, whether or not man approves of you, or thinks that you're smart or talented or a great business owner or a great mom or a great woman, whatever that is. And every single one of us, every one of us experiences that, um, to some degree, some folks it's in, "if I can, if I can make you happy, if I can, you know, do the things that bring you joy than I am worth something", uh, for other folks, it's the, "if I can, if I can accomplish things", you know, for so many folks that are listening to us, many of them are business leaders, a good portion of those are business owners. You know, if I can just accomplish the right stuff, if I can just make a great team or a great business, then I'll be worth something. Uh, and what we teach is that's not where your worth is, your worth isn't in what created beings think of you, your worth is in what the King of the universe thinks of you.

So what about your relationships? Was there anything missing, uh, what were some struggles and things that you dealt with and why did you want to come through Next Level Life when you did?

Um, okay. Start with why I want it to come to next level life. When I did was I think partly again, because of what I had heard in the live, there were pieces coming together and I realized I was, you know, I'm in my mid fifties, I did not want to be going to end my life in this way. I've been a believer for probably, well, let's see. It would be about 20 years now. Um, and so I felt very secure in my position with, with

God. I knew I was a believer. I knew I was, you know, if I died, I would go to heaven. But at the same time, there was, there were just so many pieces that I felt like I was not being, I wasn't living to the potential that God had for me. I just didn't know how to put that all together. And as far as relationship, so, so it was because of that. And quite honestly, because it was right after Next Level Live that we signed up for the Next Level Life. I think if I would've waited six months or eight months after to sign up, I probably wouldn't have done it, but it was so fresh on my heart. And I can't tell you, it was, I was so moved at Next Level Live. Some of the things that I had heard that were just like, wow, and, just spoke really directly to my heart. And I knew that I needed to pursue this. So that was why it was, I signed up when I did. Cause I knew if I didn't, I was going to come to the end of my life and realized, I did not do the best that I could have. And as far as relationships, I am a very outgoing person. I don't find it hard to make friends, but I do find it very difficult to make deep friendships. Right. It's pretty, you know, I'm pretty, again, going back to the whole people, pleasing thing, I found it very hard to be vulnerable. Cause I was afraid of being hurt.

Isn't that interesting? You, you do the things so many people pleasers listening right now. And what is your I, by the way, what, how much, how high is your I on the DISC, It's gotta be decent. I'm a 99, but your D is 60, 70.

No, it's actually about an 85. Something like that., 80 something.

So here's the, the interesting thing about Next Level Life and we teach personality styles. We teach all this stuff, right? High I's. You're an anomaly. High I's tend to not come to Next Level Life. And the reason why, so D's will come, S' will come, C's will come. But a lot of high I's will not come. A lot of the people heavier people pleasers, you know that focuses on pleasing people will not come because of the very fears that you've you're talking about right now. Right? So if you look at people pleasing, what's the goal? "I need to make you happy. I need to please you in some way, shape or form so that I can feel worth". You would think, and people pleasers, just like you said, you don't have any problems creating relationships. You don't have any problem talking to people, but the depth of relationship is a major fear. Why? Because you're concerned and I did not do your Next Level Life, I just, I don't know the details. I haven't, you know, like again, we haven't walked through those details. So I'm speaking generally for people pleasers, which a lot of people listening right now are people pleasers.

You have this fear that if I get too close to you, you might find out that I'm a fraud. You might find out that I'm not really, you might find out that, you know, you might find out the negative sides of it. And then what do I do? No. How do I respond if you really truly discover the authentic me? Because as a people pleaser, and by the way, I was a people pleaser for the first half of my life, that all of my worth came from whether or not I can make somebody happy or, you know, solve something for them or teach them something or fill in the blank. If somebody really gets close to me and sees that I'm not who I'm trying to convince them that I am, then they can be extremely disappointed in me. And that's the last thing now for me, I'm also, I'm a very high S. That's the last thing that I could have, you know, back in those days is that you're disappointed in me. Oh my gosh. Uh, then, then what do I do? And so it's funny how we look at this and on the surface, it's like, well, Charlotte, Oh my gosh, she must have tons of deep relationships because she's such a people person. And yet what we discover is actually, that's not true. The fear is having the deep relationship because what if they find out about the authentic me, right?

Right, Right. Absolutely.

What did you discover about your authentic self here?

It was, it was really comforting to me. I think it was, I'm not sure if comforting is the right word. It was really, um, revealing to me that my authentic self really was worth loving, I guess, is what I'm trying to, one of the things that really, because of some of my past that, that had happened in the past. Um, and,

and we were able to talk about that at Next Level Life, Joel helped us go through that and to realize, especially, I'm talking about our marriage relationship here because that is one of the deepest friendship levels that you can have here. My husband and I weren't connecting and it was because I wasn't able to, I didn't think I was worthy of his love. And so it was, I've tended to push him away because number one, I was afraid if I got, if you saw what I was really feeling, again that he would, he would just say I'm done. Um, so it was, that was really hard for me. It was painful for me to see how much I had pushed him away, even though he felt, you know, I was worthy to be loved. Yes. And, um, I don't know if I, I can really put it into words, but it was such a healing time in our relationship for me to see that, that my authentic self is who God made me to be. And that I'm loved because I'm a child of the King because I'm made in God's image and my husband loves me. It doesn't matter, you know, of the past, he still loves me.

He doesn't just love you. He's crazy about you, right? Every time I see you guys together, I mean, he's just such an, you know, he's an amazing man. He's got a great heart. He's very loving and he always positions himself in support of you. He always is, you know, very loving towards you. But the very thing that you just said, it doesn't matter how much Enos loves you. Right. It doesn't matter because there's these lies that you tell yourself.

Absolutely.

I'm not worthy. I'm not worthy of somebody else's love. I'm not worthy of being loved. I'm not worthy of God's love. And this, the, these lines that get stuck in your brain and we walked through how to, you know, we walk through the truths and how to battle that and all that kind of fun stuff. I say fun stuff as if it's actually fun, it's actually difficult and painful. Yes, absolutely. But it's so much better than living your life, believing that you're not loved. Exactly. One of the reasons we put, you know, we created "My Authentic Self", which is a part of the process that we do Next Level Life is because it's difficult to explain to somebody until they see themselves. I think Charlotte Miller is amazing. I think the world of Charlotte. I love seeing you every time you're at an event, you know, I love the coaching calls that we've had. I love the interaction. I love having you here. Oh my gosh. I love your German chocolate cake because it is insane for a guy who has never liked German chocolate cake ever. Wow. I ate a lot of that. I think you're amazing, but it doesn't matter how many times I tell you that you're amazing or I are, I personally like you or 1700 other people line up to tell Charlotte Miller that she's incredible because it always comes back to the lie that you tell yourself, as long as you keep believing the lie and keep telling yourself the lie that you're not good enough, then that tends to win out over anybody's love even the man, you know, the most important human relationship that you're supposed to have. Right.

Right. So now on the other side of Next Level Life, how do you experience people's love for you?

You know, it's really funny because, it doesn't matter so much anymore. You know, I appreciate when people tell me that, you know, they love me or they like me or whatever. Um, but it's like, well, that's good, but it's not where I find my worth anymore. It doesn't mean it doesn't mean what it did at one time.

Right.

Although I find it much easier to just accept it and you know, if they like me fine, if they don't like me, it's okay too.

Yeah. That's exactly it. The key is to understand that getting people to love you or getting people to like you is never going to fulfill you. It's never going to make you worthy. It's never going to create worth. I'm a created being. I can't make you worthy.

Your worth to me as a created being, can only be what I get from you and what we teach at Next Level Life is that when you're beyond that, so I don't see your worth is what I can get from you. Although the

German chocolate cake is pretty amazing. I don't see that as that's not your worth to me because I see something different. I see your worth to the King of the universe. I see your worth to our Lord and Savior who chose to take on what he took on for Charlotte Miller? Oh my gosh, what in the world can any created being ever do that's greater than that. So you're worth to me that, you know, for those of us here at the Poimen Group is we see you for what well, in our, in our human ability, we see what God sees and that's, that is absolutely amazing. And it's so much more powerful than, "Hey,,I think you do a great, you know, chocolate cake, or I think you're great at how you talk to people". Those are fantastic pieces and it should represent our Savior. Uh, but at the end of the day, it's not the thing that, that is the most important thing.

So even just looking at the past couple of years of life, what frustrations were you dealing with from day to day? Like maybe some disappointment or career, Stress or any emotional struggles?

Well, number one, well, there was a lot of anger, I think and also a lot of, I was very judgmental and, and I think, you know, we talked about the manipulative part of it. Those were all things that I was really struggling with. There were, there were things that had happened both in church life. There were things in our marriage, of course, that really kind of exacerbated it. You know, the church that we were with was really going through some deep struggles. The business was, coming out of a very, very stressful, almost lost the business. And so I was, we were still trying to get out of that, dig ourselves out of that. And along with that, um, my dream had, well, I shouldn't say my dream, but my, I really wanted to be at this time in my life, I wanted it to be a stay at home Mom. I wanted to be at home doing what every, um, you know, mom does with homeschooling my kids and, and just being a mom. And I was pulled into the business because my husband had another daytime job. And so I was feeling very resentful about that. I was feeling resentful, that I had to be there. So those were all kind of things that were just piling in on me. And of course the depression was kind of a result of all of that, at the anger as well. That's yeah, it wasn't a pretty picture.

Did you feel out of control?

I felt very out of control.

Absolutely. So you've walked through Next Level Life. You've learned a ton in the process. You've learned how to, you know, understand a lot of those deposits, understand the surface level responses what's changed about you since? Ever since you, since you've done Next Level Life, what's changed about you since what's the greatest change you've seen yourself. And what do you see as that, like a change in your daily life?

I would say that probably the biggest thing that I have learned because number one, of course that my worth doesn't depend on people, number one. The second thing that I've learned that has been really extremely transformational, both in, in my personal life and in the business that my bad choices from the past don't define who I am today. That was, that was really, that was really a game changer for me. I knew that, but I didn't know that, um, it was like, it took Joel connecting some of those pieces for me to see that I really in my heart, I did not believe that, I did not believe that my bad choices didn't define who I was. I would say that now I'm living in a lot more confidence. I know I can lead my team well, because I'm not, I know my worth is not found in making my employees happy. I'm not responsible for their happiness. Although, you know, I can lead from a place of wanting the best for each of them because I know, that each have value and purpose. I feel like in our marriage, it has really been, um, a game changer. We've learned to take time for each other. We've learned to communicate better, still not where I'd like to see it. Uh, and I need to get Enos to come through Next Level Life now, that was kind of our deal.

I go through this, You've got to go through this

that's right. Uh, so, but it's, uh, it's so much, much better and just awareness. Um, I struggle for many, many years with the relationship that I have with my dad. And it wasn't that it was a bad relationship. And I, and I, it was just really good to see that a lot of how I was feeling was because of the root system that I grew up with, but even further back, the root system that my dad grew up with, um, it was really a challenge to me that this has got to change our family tree. This, this is something that I have the opportunity I'm aware of it. Now I need to change this in my family tree.

Isn't that amazing? It, it, it's funny how God lays out life for so many people, um, a struggled relationship that you have, with a dad, and then you crank out seven boys, right? It's interesting how something that we experience as a negative sometimes, and you know, we're not anybody listening can actually get into even a half a dozen details of strained relationships with parents. I mean, it's not that difficult. We are created beings. We are human beings. We make mistakes. We screw up. I have made, I've said it so many times on the show. I have made so many mistakes. I have sinned so much. I have in some way, shape or form broken all the 10 commandments somehow some way I have not loved my neighbor. I've not loved God. I've done stupid. I have done stupid. And there is this Father of ours that continues to go that's all right, I'm going to keep pulling you this direction.

And for me, um, I grew up with a ton of guilt, even if it wasn't mine, even if it wasn't, if I didn't have something to do with whatever was happening, somehow a lot of guilt ended up coming my way. Right. Uh, and that is not victim mentality. I have responsibility for the things that I've done, that I deserved the guilt. Right. The interesting thing is, is that we end up looking at, when we look at our parents, our parents are technically supposed to be the earthly representation of God. Yeah. And when we have this struggled or strained, or just terrible, just depending upon who the is, relationship with a parent with both parents, then we tend to look at God the same way. If I don't feel loved by my father, if I don't feel loved by my mother, if I don't feel loved by them or if, you know, we have that strained relationship, I really have a hard time believing that the King of the universe can love me. I feel like I'm that bad of a person to them. Then I really believe, you know, we kind of pause it, what we experienced with our parents on the God. Yeah. And, you know, it's that he surely can't love me. I mean, how could He? Human beings who I belong to don't love me, like, you know, whatever the situation is. Right. Absolutely. Amazingly. And this is, you know, for me, my mother loves me like crazy. I know I have no doubt on that. Um, but with the guilt stuff that I've experienced in my life, what I always struggled with when I came to God was how can you, how, when will you when am I going to be good enough that you could possibly love me?

Mmm. When will that be? And it's been interesting how much God has shown me, people in His Word who have done way worse than I've done. Yeah. They're showing me how much she's loved the fire out of them and how much He's continued to draw them closer to Him and how He's worked forgiveness through, uh, with them. And, and continued to draw them closer to Him. So I think it's powerful that, uh, you know, when you look back and you see some of the things that you've experienced, whether it's with a parent, multiple parents, doesn't matter. I'm speaking to everybody. I'm not talking about just you and I. I'm speaking to everybody how, when you recognize what happened. And then really one of the powerful things that we do is help you to see what they went through. Yeah. What that parent experienced. It does not in any way, justify bad decisions. It doesn't in any way, justify bad responses. That's not the goal. The goal is to help you see that in a lot of situations. And again, I'm not speaking about your specific situation, cause I don't know your specific situation, but it doesn't mean that a lot of times what we help somebody to see is that person couldn't love you the way you wanting to, uh, the way you desired, the way you should be because of the junk that they went through. And now you've got this phenomenal opportunity with 72 children and grandchildren. You're good. You have a lot there. Just joking on the 72 part, but with 8 kids. And how was it? 8 kids and what was it, 19? How many grandchildren?

Nine grandchildren as of the 17th,

as of the 17th. Yes. You have an opportunity to change their root system. You have an opportunity to take responsibility for you. One of the things we teach people is take responsibility. Go sit down with your children, explain bad decision. You don't have to go into details, but explain, Hey, I, I, I treated you this way. I didn't love you well here. I parented too harshly over here, whatever the thing is, help them to understand and to see, Hey, I'm moving on. I'm changing me. I'm going to adjust me on this process because here's the funny thing. If your dad sat down with you today, if he was able to sit down with you and go, Charlotte, I screwed up. I messed up. I was not the father you needed. I did a bad job. I did this wrong, this wrong, this wrong, this wrong, this wrong, this wrong. I hope that you can forgive me. But what I want you to hear is how sorry I am for being you know, being this type of parent, whatever it is I'm working on getting right with God and my relationship and all this stuff and understanding a bunch of stuff. How much easier would it be for you to forgive? How much easier would it be?

It would be, yes, it is much easier. And I will say that dad and I, uh, you have to understand my dad's also very, he's very much, um, I suspect he's probably a high I as well. He doesn't do well with opening up his heart. Right. But we have in the, in the past, probably five, six, eight years, things have really healed up between us and, and he would admit, he would tell you, right in talking to you that he realizes the mistakes that he made, affected his kids. We have a great relationship, great relationship now. No problem.

And isn't that powerful for you to be able to change you?

yeah.

And make adjustments in your life.

Yes, absolutely.

Oh, that's so good. That is so powerful. All right. Now in, Enos did attend with you. Um, this is a one-on-one event. We do have a marriage event that we do from time to time when both people have gone through, but the individual Next Level Life, you can have your husband or wife attend with you. You can not, it's completely up to you. Enos attended with you. What impact has it had on him in the marriage or just on him, period?

Well, I think him, um, of course he's not here, so I'm speaking for him. He would say, I don't know that he learned a lot of things that he didn't already know, but he was able to make the connection, put the pieces together right alongside of me and recognize even in his own life, how he is responding to me is a result of his Root System that he grew up with. Exactly. And being, and it was very helpful for both of us to be going through it at the same time, recognizing that we both come from two completely different Root Systems and how that affects how we relate to each other. Um, the interesting thing was, like I said, I don't know that he learned anything so much new about me as such. He knew more than I thought he did. Uh, he had picked up a whole lot more than I thought he did. And so it was, it's just really, comforting, like I said before too, to know that in spite of our spite of my past, in spite of things that had happened. He was able to say, you know, I love you regardless. And he's, he's sticking with me regardless. Um, and that was really, really such a blessing. It has really brought at a much more, I've learned how to, to be able to communicate a whole lot better with them. And he, with me as well, he knows that he needs to, to stand up and, and lead. He knows that's what I want. Um, and that's been, he's, he's been a person he's very quiet most times and he's not a high D or a high I, so he's not going to be one that's going to step up to the plate unless he's somewhat forced to, or sees the need to. And, um, I've been really thankful that he's, he's really done that for me. There's been times since Next Level Life that he has asked me just to back off, just to, you know, just chill, just take a break. Don't be so hard on yourself. Uh, and that's been really, really encouraging, really encouraging.

It's funny, you made a, uh, you used a word or phrase there that he stuck with you. Isn't it interesting how, um, and I'm going to make an assumption here from that comment. Did you assume that going through Next Level Life, that he might learn some things or see some things about you and not want to stick around?

Yeah. I feel like he probably already knew it. I just didn't know if, because of being just completely open, you know, about some of the struggles that I was having, even with him. I didn't doubt for a minute, because, you know, when we got married, it was for better, for worse till death do us part that's, that's what we, that's what I believe. And so the, the divorce, not an option ever, unless, you know, there would have been extenuating circumstances, but, divorce was not an option, but the thing that was our marriage had been just in survival mode, I guess you could say. And, you know, I know that that God wants way more for marriages than just survival mode. He wants happiness and fulfillment and, you know, we're to be a picture of Christ and the church. And how can you be that when you're barely surviving? You want more than for your marriage than that. And I've been really it's, it's still not where I would love for it to be, but it's definitely a trend that is tracking, you know, we're going in that direction. Absolutely. Absolutely.

All right. Describe to me in three words, your life today,

My life today, um, I would say number one, disciplined, thanks to Rhonda Good, who is holding me accountable on a weekly basis? Purposeful and, and accepted. I feel yes. And that, I feel that from God. Uh, and I don't mean that from accepted by people, but knowing confident that I am accepted by God. Um, that's been just, yeah, probably the most fulfilling of all of, all of those three.

It really does. So you just said purposeful, how much more purpose do you have when you recognize and start living in the acceptance of God? Does that make sense? What I'm asking, how much more purpose do you experience at that point?

Um, it is amazing actually, and it relates, you know, how I, it's, how I relate to my, my team now. Um, and actually how I run the business. I feel like I have a purpose and in running the business, it's not just to make the money or to, I'm there for my team. My team is there to grow as well. And it's been, it's been amazing what that has done for my attitude as far as being willing to be, you know, working, uh, that's, changed my mind on a lot of that. And purposeful as in being intentional about spending the time with my husband, being intentional with spending the time that I need to be spending both in thanks to Heather, to eating well, to cooking well, uh, you know, it's not, if I want my life to change, I have to be intentional about making that change happen. It's not going to happen on its own. I have to be intentional and purposeful in making that happen.

Yeah. We just launched RESTORE a couple of weeks ago. So would you have, was it easier to, jump into something like a RESTORE, post Next Level Life, pre Next Level Life, would it have mattered either way? And by the way, for those who don't know RESTORE is, is a whole process of helping people to adjust their, the health side, the physical, the mental, you know, getting you in a place of being able to get a bunch of the, the inflammatory junk out and stuff and making better health decisions because so many people we see it all the time, me included, I've been working on my health for 20 years, uh, and having discovered late in those 20 years. But I have a ton of led in my body. That's been fun trying to get that out. Um, but how, what would there have been a different decision making process before or after Next Level Life on jumping into RESTORE?

Well, I just say I would have probably jumped into it, but I probably haven't gone past the first week. Um, and I really appreciated, well, I think it's because it's really seeing the perspective that God cares about me, that God cares about every detail of my life, including how I'm feeling physically. And, and like Heather told me, I think it was the first in the first, uh, week or so that there was, it may have been on Facebook. I'm not sure, you know what God, if, if my body is the temple of God, what I put into it and,

you know, I often thought, well, that's, you know what I read what I, you know, look at what, uh, whatever, but it goes beyond it's also what I put into my body. And, and, um, so yeah, I think, being after Next Level Life now, understanding what I understand. Okay. This has been extremely important for me, um, to do this. And the interesting thing is that Joel had told me when I was there for Next Level Life he said, you really need to talk to Heather and I didn't do anything about it. Didn't yeah, just left it. And then, um, Holly called me, so it was all in God's timing.

Oh yeah, absolutely. Absolutely. All right. So what else, let's talk a little bit more about what life looks like. What is the most transformational thing that you've learned from investing yourself in your marriage?

Um, I would say one of the, of course I knew this, um, but it was learning how to seeing it in action is how that good relations really do take time and effort and how I respond to Enos again. Um, you know, if I'm having a tough day recognizing that these are surface level responses and it's because of some lie that I'm believing and I have to go back and again, to look at the Root System, see what lie I'm believing it has really equipped me to be able to make better choices. I would say probably the most transformational I have that I've seen, it would be aligned with the Root System and recognizing the lies. Um, it's just been really extremely transformational.

That's awesome. That's awesome. All right. Something, I ask everybody as I'm interviewing them, if you could go back to a young Charlotte, what would you tell her? Wow. Don't let your choices define who you are and you are loved, chosen, forgiven. Be who God created you to be, I wish I did. I wish I would have. I understood all of that, you know, back when I was 20 years old.

Right. How much more is that the message that you're going to share with your kids, your grandkids, as you go forward? Absolutely. We have had two weeks, one of our granddaughters with us and, Oh my gosh, I hate to let her go. We're we're taking her back home. Um, but my gosh, I mean, it's just so great to be able to speak messages into all of our- You know, we speak them in, we, you know, five total daughters combined, um, it's nine grandchildren as well. Yeah. Nine total grandchildren, eight grandchildren. And, uh, it's amazing the messages, but you know, as this is what we do for a living, we've been through this, we've done this stuff. We've made stupid mistakes in the past. We've screwed things up. And for some reason there is this God who still loves us like crazy and keeps pulling us closer. And so the messages, when you're able to get rid of the lies, when you're able to get, and they don't stop, you just learn how to battle them. You learn how to overcome them, what the truths, um, and you you're able to do it so much faster as you, you know, this is going to take a while. This is a long practice, right? We tell people leaving Next Level Life, "You're not fixed you now practice every single thing that you've learned". Um, and it's a long process, but it's so great to be able to catch the, the negative self talk in a seven year old, you know, the negative self talk in a 19 year old. It is so great to be able to see it and not respond out of control and not respond freaking out. And instead go, "Hey baby, let's talk about that. What are you experiencing right now?" What are you, you know, and actually walk through, the very life giving process of helping them to get over that kind of stuff. So last question I've got for you, from what you've learned, what is the one piece of advice you want to leave with our listeners who are struggling in life or doing well, but know there may be even a better way.

I would say, just call up Chris and make an appointment with Next Level Life and get it done. Um, I really, as far as what I would tell somebody that's looking for change and looking to see what they could do it, I can't overemphasize. And I know Chris didn't ask me to say this, but it was so helpful for me to sit down and talk to somebody that was unbiased, that didn't have a horse in this race and to be able for him to, for Joel, to be able to, to help me connect the dots. And it wasn't that Joel told me what all I needed to do. It was more that he helped me to see and it was so powerful, both for our marriage and of course that extends to our business, to our kids. I would just highly encourage you, um, take the time to sit

down and think about how your life could be different and what you're going to do about making a difference. And, and, you know, you may need help, uh, to walk through that and I couldn't recommend Next Level Life more for that. That's a great opportunity.

Fantastic. Well Charlotte, thank you so much for spending this time. Uh, thank you for, uh, sharing with people. I know this is a vulnerable thing to do to come on and actually be interviewed, you know, on a show and talk about these things. So it means the world to me. So I really appreciate it. So thank you for joining us to do it.

Glad to do it.

Well, folks there, you have it. Um, it, it is changing. Life is not easy. Um, getting the tools to change life is not easy. Making the decision and working through fears and vulnerability is not easy, but I can tell you every single time you hear somebody talk about this every time you hear the same exact thing on the other side, man, I wish I had done this a lot earlier, man. I'm so glad that I've gotten through this. You know, man, I'm so glad that now I have these tools, uh, cause I can move forward and I look at life differently and I look at myself differently and I look at my family different. So, um, if you would like that change, go to chrislocurto.com, click on Next Level Life and have a conversation about it. Have a discussion with Holly. She will talk to you through everything, explain everything, walk you through everything and help you to know what you can expect in this process. But again, Charlotte Miller, we appreciate you for coming on and helping people to understand, um, it's better to get over fear than to live in fear. So thank you for that. Very welcome. Well, folks there, you have it. We hope this has helped you today. As always. We want you to take this information, change your leadership, change your business, change your life and join us on the next episode.