

348: What Your College Kid is Thinking with Caleb Price



Full Episode Transcript

With Your Host

Jody Moore

348: What Your College Kid is Thinking with Caleb Price

I'm Jody Moore and this is *Better Than Happy*, episode 348: What Your College Kid is Thinking with Caleb Price.

Did you know that you can live a life that's even better than happy? My name is Jody Moore. I'm a master certified life coach and a member of the Church of Jesus Christ of Latter Day Saints. And if you're willing to go with me I can show you how. Let's go.

Hey, everyone, how we doing? Last week I released an episode with EmyLee McIntyre who is a student in my Business Minded program and happens to be a coach and you guys loved it so much that I thought, let's bring another student on. These guests that I'm bringing on, I've got a handful I'm going to be sharing with you, not all of them in a row. You're going to get just me sometimes, sorry, if you don't like that.

But throughout now and the end of the year I want to share some of them with you because they are such amazing, brilliant people who just have so much knowledge, and wisdom, and goodness to offer us. And I want to share that with all of you. They're not all coaches in my Business Minded coaching program. I work with all kinds of entrepreneurs. So, there are a handful of them that are coaches but we're going to have some people with some expertise in different areas. So, make sure you're following the podcast or subscribe so that you don't miss out on that.

Today I am very excited to get to introduce you to like I said, another of those students in Business Minded who happens to also be a college student and a coach for college students. So, I'm very excited for you to hear this episode.

Before we dive into it I want to mention that my sister, Natalie Clay and I are going to be doing a live three day intensive deep dive coaching retreat together April 21st through the 23rd. And I think you should come. We're only taking a small group of people but there is going to be an information call happening that you're welcome to attend where you will learn all the

348: What Your College Kid is Thinking with Caleb Price

details about when and where, and how to grab a seat if you want one. So just head to jodymoore.com/infocall and you can register for the info call that happens. There's a couple of options.

You'll get a replay if you can't be there live and everything else you need to know will be covered there. So alright, now that we've got that out of the way, Caleb when he offered to come on my podcast he explained that he wanted to help us better understand where our college kids are coming from. So that's again a topic that I've mentioned before. Ever since I brought my mom on, I've had a lot of interest around. So, I was excited to talk to Caleb because not only is he a college student who's in the thick of it for some of us who don't remember what we were thinking then.

But also, he's a coach. And before I let you hear this conversation I want to mention two women, April Price and Jenny Dildine, these women you'll hear as we go through this episode are important in Caleb's life. And we talked about them but he just said, "My mom and my coach." And it wasn't until we turned off the recording that I asked him their names. And realized those are two women who I dearly love. So, I wanted to make sure that I threw their names in there but otherwise let's take it away with Caleb Price. Here we go.

Jody: Alright, Caleb Price, so welcome to the podcast. I'm so happy to have you here.

Caleb: Thank you. I'm so excited to be here.

Jody: This is the first time I think that I've had a male young adult. So, you're a highly underrepresented population on this podcast. It's about time we got you here. Do you mind me asking how old you are?

Caleb: Of course, no, I'm 24, 24 years old.

348: What Your College Kid is Thinking with Caleb Price

Jody: 24 years old. And tell me your situation. Are you in college right now or are you a recent grad?

Caleb: Yeah. So, I'm graduating this semester actually finally.

Jody: Congratulations.

Caleb: I know, I've just got to get through four more classes.

Jody: You can do it, come on, you're almost there.

Caleb: So close. But yeah, I just I'm graduating from Utah State this semester.

Jody: You're an Aggie, I didn't realize that.

Caleb: Yeah, I'm an Aggie.

Jody: Yes. Oh man, I love Logan so much.

Caleb: It's lovely, I love it.

Jody: Okay, so what are you getting your degree in?

Caleb: I'm getting my degree in physics, that's my major.

Jody: Whoa, that's a [crosstalk] major.

Caleb: Yeah, I'm a math and science kind of guy.

Jody: Okay, that's awesome. And then what's next, do we know?

Caleb: Yeah. So, I'll actually be moving down to Tucson to take on a job working with a company on orbit analysis and GPS and stuff. And at the same time continue to life coach, continue to coach college students.

Jody: Yes, okay. So, tell me about that part of your life. How did you get into life coaching?

348: What Your College Kid is Thinking with Caleb Price

Caleb: The story is great. I love the story.

Jody: Good, I can't wait.

Caleb: Okay. Some background, and so my mom's a life coach, she's been a life coach for about three years now. When I was on my mission I came back and she just kind of discovered this whole world and it just was this crazy transformation for her. And I was just blown away first off because I was like, I've never seen my mom this happy, this excited about life. And wanting to do something so much. And so, I was super curious but I was like, that's just my mom's thing, I'm going to just keep doing my thing.

And being the naturally anxious and super overthinker that I am I just got super involved in wanting to do a lot but also really stressed and had a lot going on in my mind about a lot of stories going on. And I wasn't aware of any of this obviously without coaching. And so came down to a point where I had this really bad breakup and I was just like, "I need help, I need help, something's got to give." And my mom's like, "Maybe try out this life coach. Just give it a shot and see what happens."

Signed up and it was lifechanging, oh my gosh, my life was completely changed, loved it, just saw my life in a whole different light, realized I wasn't a problem, realized I didn't need to change but the opportunity was there. Just so many wonderful principles to the point where I was like, why does no one know about this? Where are all the life coaches for the college people, for the young adults, for our generation that is struggling on a level that we have not seen before just because we're all hyper aware.

We have all this knowledge yet we're all suffering kind of because of it and kind of giving into this culture of giving up and that this is just what life is, it just sucks. And we've got to deal with it.

Jody: Right. Oh my gosh, I did not – I have not heard that story before. I'm so glad you told, that's amazing.

348: What Your College Kid is Thinking with Caleb Price

Caleb: Yeah. I know, I love it. And so, I just was like, you know what? I'm going to be that life coach, I want to go out there. So, I got certified this last year during school because I was also uncertain about what I wanted to do with my life. And it was interesting because with coaching now I'm like, I love actually my major but I also love what I'm doing as a coach. And I think it's just super fulfilling, I love it.

Jody: Oh my gosh, that's so amazing. So, you went through coach certification while you were in college as well?

Caleb: Yes, during classes. During the summer mostly so I could fit it in. But it worked out great, yeah. I'm just this 24 year old guy sitting with all these 30, 40 year old women and all these attorneys and stuff. I'm just like, I don't know what I'm doing here.

Jody: No, you're just as qualified as anyone else, I promise you.

Caleb: Yes, well, that's what I wanted.

Jody: Yeah, that's alright, yeah. Okay, and so you've been coaching college students since then. And how is that going?

Caleb: It's wonderful. I love it. It's been interesting to see people be like, "What is this? What is it that you're doing?" Always interested but never realizing it could actually work for them basically. It always takes, you know, because people have thoughts in their way, that's not for me. That can't help. But me, I was just like you come to a breaking point or you come to a point where you're like, I've got to try something. And then you realize everything you were missing out on.

Jody: That's right. Oh my gosh, that's amazing. Okay, and you've also been for the last four or five months in my Business Minded program. So, tell me what it is that prompted you to sign up for that and how is that going for you?

348: What Your College Kid is Thinking with Caleb Price

Caleb: Well, I was just like, “Jody Moore’s doing business, I’ve got to be in.”

Jody: Yes, I’m so glad you did.

Caleb: Yeah. No, I love it. It has been fantastic. I was just like, “This is my way of getting myself out there basically.” Because I didn’t know anything, plus I love all your content. And I just thought it was the way to get myself out there and really create something, be focused and I’ve just learned a lot from you. And so, I’m just like, \$2,000, I’ll find a way. It’s going to be hard but I’ll find a way.

Jody: Yeah, there you go, we’ll figure it out. That’s awesome, okay. And so, for anybody listening, we’ll tell you in a little while how you can get a hold of Caleb for yourself, for your college student, or whoever wants help from him. And also, Business Minded isn’t open right now. But you can get on the waitlist for when we open it up at the end of the summer. Okay, so let’s talk a little bit about, a lot of the listeners of this podcast, we do actually have, I think a lot of young people listening now. But there’s also a lot of parents to young people.

Let’s just start with, what are some of the mistakes that we make as parents as our kids start reaching the age where they’re leaving the house and college age especially?

Caleb: Yeah. No, that’s what I love talking about honestly, because I get a lot of questions about relationships with parents and just trying to navigate it because they, I feel young people really want to have a good relationship with their parents. They just struggle with it because it all comes down to I feel, approval and acceptance.

Jody: From the parents?

Caleb: From the parents because, well, really it’s always coming down to ourselves but we don’t know any better. And so, we’re looking for that in

348: What Your College Kid is Thinking with Caleb Price

someone that we have trusted, we have loved yet we are trying to become our own person. So, as I've been going to college I'll be learning all these things, I want to try this new thing but I'll come back home during a break, or talking to my parents. And fortunately, my parents have been very accepting. My dad was accepting when I didn't go to BYU, even though he's like, "You should go to BYU."

And he was accepting when he was like, "You are going to be a life coach, okay."

Jody: Alright, that's weird.

Caleb: Yeah, just like, "I don't get it, you're so smart." And I'm like, "Life coaches are smart." But it's just he was always willing and able, and like, "I'm here for your dreams. If that's what you want then that's okay." And I just feel young people want so much from their parents, they want them to approve because they're changing, they're becoming their own self. They're out in the real world and so it's their first time being able to be like, "What is it that I desire? What is it that I want?"

So, I don't know, if people realize that they want to do a different job than they had anticipated, or they just have a different sexual orientation even, crazy, just lifechanging things are happening to these kids, or even not lifechanging things, like I don't know, political belief or something along those lines. Where if you bring that up to your parent it just might be like, "What? Why are you doing that? That's totally wrong for you. That's not who you are."

And then there is this argument in place of, I feel this way, yet someone who I actually look up to potentially thinks I'm wrong. Thinks I am in the wrong and I'm not, and I can't be approved of basically as a person, can't be accepted in this family.

Jody: Yeah, I think that's an interesting way to think about it. I think I had that same experience you're describing when I went away to college which

348: What Your College Kid is Thinking with Caleb Price

was like, “Wait a second, I can decide if I’m going to go to church or not and nobody is going to really, that is around me right now, anyway, really cares.” And I can decide for myself some things that – I always could decide probably but it just felt easier to just kind of go along with what I’d been taught.

And when you go through that experience which is a necessary part of growing up, with all these things you’re talking about, career, sexual orientation, politics, religion, all of it. I think it is kind of a – I don’t know – it can be uncomfortable, it can be exciting. But as parents it’s really hard to hold space for that for your kids because if we see our kids going down a path that we don’t think is going to serve them in the end it feels like our job. It’s always been our job to protect you and to guide you.

We don’t let you run into the street when there are cars. And we don’t let you run off and become a life coach when you’re super smart and gifted. It feels like the same thing. So, you said your parents you thought did a really good job of that, of just kind of allowing you to explore your interests.

Caleb: Yeah. But I mean I think it’s only due to my mom having kind of those principles in the background and recognizing, being able to detach my value as a mother is not associated with my children’s choices. Or just I get to show up and just be a place for love and my child, even if I disagree, even if I’m like, “That’s totally the wrong thing for you”, she just goes along with it.

So, I have been in several relationships for example where she’s like, “That’s probably not for him.” But she’s like, “It’s not my place to say anything so I’m just going to kind of keep going about my life.” And then eventually I come back and I’m like, “Yeah, that didn’t really work out. It kind of sucks. I [crosstalk] decision.”

Jody: Moms are always right.

Caleb: Yeah. No. No, they’re not.

348: What Your College Kid is Thinking with Caleb Price

Jody: Not always but yeah.

Caleb: Because there will come a point where I'm like, "This is who I want to be with." And she's going to be like, "I don't really know how I feel about that." But she can just be like, "Well, okay, I can love it, I can love him, not necessarily it," the act of being married. And can just be like, "If he wants that then I am in for that. I'm in for his desires to be realized."

Jody: Yeah. And I think, I just want to point out, I know for some people listening it's like, well, okay, that's fine. If they're going to vote differently than me or they are dating someone I don't love. But what about when my child decides they're going to experiment with drugs or making decisions that it's hard to not think that's not going to help, that's not going to lead you anywhere good in the end?

Caleb: Totally. Yeah, just crazy things, even potentially leaving the church. I know a lot of kids who think about that or are having those struggles. It's an honest realization, an honest journey for them. Yet we kind of – it's easy for, I would imagine, parents to overreact to be like, "You are throwing everything that I've given you away. And you're going down this path that I know is wrong." To what I would say to that is I would just step into the headspace of what it means to be Heavenly Father, our heavenly parents basically in that they allow us to experience everything.

Every experience is available and that's why we have this gift of agency. And so, as us when I become a parent or with parents out there to you guys, it is also your opportunity to allow agency to be fulfilled. Because every kid's path, every young adult that is going about their life, it is their path to be discovered. And it's so easy for us to want to control it, to make it pain free, to make it just perfect and aligned. And it's just going to go this way. Yet, we end up not knowing what we want.

And so, we're forced to explore, to rebel, to push out of that mold because if we're forced, we're like, "I have to get out of here because it's not aligning

348: What Your College Kid is Thinking with Caleb Price

with something.” And then as well as just the idea that we are preventing our children from growing if we are controlling everything that they’re going through. I’m saying, “You can’t experience this pain.” You can’t experience this because it’s ultimately because we care. We love them. Yet sometimes our love can overreach and be like, well, I want to manipulate subconsciously basically, the situation.

Jody: Yeah. That’s right. I mean I think that our agency is so important and what we believe about our premortal life that agency was a critical part of the plan. And so, I think what you’re describing with that, pushing back, maybe we call it rebelling, or at least stepping outside of some of the boundaries maybe that we had as we were growing up. I think it’s in defense of our agency. I think that we know how important agency is, but if we feel that someone’s trying to infringe on it we will push back.

And I mean it is human nature, even for adults, I don’t like to be told what to do either. You tell me what to do and I will prove to you that I don’t have to do what you tell me what to do. So yeah, it’s just an interesting thing to think about it and challenging. So, you mentioned sometimes questioning the church. You mentioned parent child dynamics. What other topics do you end up coaching on these days, Caleb, with your clients?

Caleb: Yeah. I actually send out a little questionnaire just to see what people was on their minds in regards to their relationships with their parents. And some interesting things just came up, it’s just being able, the desire to be honest with them. They felt they had to hide, people please basically. Just hide what they were feeling because their parents probably wouldn’t accept it. They were afraid of showing who they really were to them.

And I mean I remember coaching someone who’s just like, “I just want to have my dad see me for who I am and not have to keep feeling I’m doing this, I’m doing this, why can’t I have your approval, your affection basically. I feel like I’m always searching for it.” And ultimately we talked about it and

348: What Your College Kid is Thinking with Caleb Price

we know as here on the podcast and as coaches that it's all in our mind, it's all about our own approval and our own affection yet with such a crucial relationship it's so easy to think that if I can get this then I can finally feel like I have made it.

Or I can finally feel whole as a person because this person sees me, accepts me, loves me and so we feel we need to change, we need to cope, we need to add more to us.

Jody: That's right. I mean would you say – I always think of it as if I have this other person's approval, whoever it is, my dad, my mom, the world, then I give myself permission to approve of myself. That's really all we're seeking is permission to believe that we're doing a good job, we're good enough, we're lovable. I know both you and I as life coaches just want to go, "Permission granted." If you could just believe that, we don't have to convince your dad or anyone because he might not see it. He may not get it.

Caleb: Yeah. He may never see it basically. And so that's like for young people out there that are wanting that or anyone who is seeking the approval of someone else basically, yeah, permission granted, your approval is from you.

Jody: You don't even have to finish college, or be anything, you just are good enough, you were just born that way. It's such a relief.

Caleb: It's so relieving. It's what's changed my life, yet I feel we as young adults kind of run away from our dreams because we're scared of giving ourselves that approval because we feel it has to come from other people. Like dropping out of college doesn't sound very good to a father who's paying for it, or has to take responsibility of their kids basically.

Jody: Yeah. I was at Utah State and spoke to the student athletes there.

Caleb: Oh, cool.

348: What Your College Kid is Thinking with Caleb Price

Jody: Yeah, that was fun. It was the very beginning of the school year. But one of the things that kept coming up and I'm just curious what's going on now because we're still in the midst of a pandemic. So, everybody was sort of coming back but hadn't been at school in the normal way for the last year or so. And what kept coming up was they kept saying, "I feel I don't even know how to interact socially like I used to." And I'm just curious, it's been a long time since I was at Utah State.

Now that everybody's on a phone, probably has AirPods in I would imagine, or headphones everywhere and we have masks. What is the dynamic like up on a college campus like Utah State nowadays? Are people still social? Do you feel there's more social anxiety than there used to be?

Caleb: I mean I would say for sure, social anxiety is present. It's just, kind of overabundance, I remember coming out of quarantine for example and being like, well, how do I interact with people? I haven't done this for a couple months, how do I go about it? Because I mean just as we all are concerned basically, we're concerned how we show up and appear to people and concerned about being judged and so that's where that anxiety comes from. But I feel on college campuses it's just there has been kind of a diminished sense of sociality with each other.

Classes, people aren't really necessarily talking to each other because they're distanced, not really meeting other people. And I can be subject to this, the headphone things is very prevalent because why be present to the world when there is something awesome on my phone that I can listen to and plug into and stuff? And so, I think we just kind of fall victim to this idea that our world around us isn't interesting or it's hard and difficult. And I don't want to put myself out there.

Even just the idea, the thing I struggle with is just remembering a person's name and I don't want to go through the discomfort of being like, "I totally don't know your name. What is your name?" Let's start this. But it's that

348: What Your College Kid is Thinking with Caleb Price

authenticity that if we lean into, even if it's uncomfortable, is ultimately going to give us that feeling of just abundance.

Jody: And connection, right?

Caleb: Yeah. Connection is what we're all deprived of at this moment. And it's so easy to just, connection is found on my phone, connection is found here even though it's a false pleasure basically. It's this false sense of connection that's not truly being engaged, plus it's so concentrated that we're having so much of it that any other connection around us seems inadequate.

Jody: That's interesting, yeah, because real people and real life are sort of boring compared to scrolling a whole bunch of images, and stories, and music, right?

Caleb: Totally. You've just got to present the best image. I told myself I wasn't going to talk too much about my family on this because I don't want them to...

Jody: Do it. No, I want to know all about your family, tell me.

Caleb: So, for example my sister, Olivia, she loves pictures. And so, we're going on a trip or something, she stands in a pose, I just hit the camera over and over again, take 100 pictures of the same thing. And she's like, "Okay, which one looks the best, was the lighting right, what's all this?" Trying to create this reality and that's great for whoever is out there. But I worry why. I worry why any of us are trying to put ourselves out there.

Is it for the sake of we want people that aren't able to be connected to us to have some reference to what we're doing and how we're doing and see us and be present? Or is that our reality? Is that just our form of connection that we have to deal with while we are busy doing all these things around us that are more important, more exciting, more giving us that feeling that we're craving?

348: What Your College Kid is Thinking with Caleb Price

Jody: Yeah. I'm curious about this too because when I was in college we didn't have the kinds of phones we have today. And we didn't have social media. So, I was thinking back to, you mentioned earlier how painful a breakup could be, and I remember playing a weird game after a breakup of I'm going to walk this way on campus because I know he has that class and I'll probably bump into him. And I'm going to wear a super cute outfit today.

And I was thinking, gosh, if I had social media I feel I would be a crazy person, posting bizarre things to try to make them jealous or whatever. Does that just intensify everything the way I imagine it would?

Caleb: Yeah, entirely. It's just rampant. I don't experience too much of it because I feel I guess the people I hang out with are kind of a little bit more grounded in kind of recognizing that that's kind of crazy and we shouldn't be able to do that.

Jody: I would have been one of the crazy ones I think, but anyway.

Caleb: No, it's still definitely present in terms of like, well, let me see what she's doing. If I broke up with someone, let me see, let me be present in that basically because we can just be hyper aware of anyone who's out there basically and create these realities in our head of what doesn't even exist as a relationship with someone. Because a relationship is all just in your head. And so, if we're just plugged into our phones and I have this wonderful relationship with this person yet she has never met me, that's like stalking basically. It's just that's [inaudible].

Jody: Yeah, oh man. So, I guess awareness I always think is the key, be aware that what you're thinking is creating your current experience. And what you expose yourself to both on a device or in real life is going to create what you're thinking. I mean I know both you and I teach people how to decide what they're going to think and how to change your stories. But we don't want to have to do any more of that work than necessary. Make it

348: What Your College Kid is Thinking with Caleb Price

as easy as possible for your brain to just do what it does and for it to serve you and create what you want in the end.

Caleb: Yeah. I taught this concept recently of learning what are we consuming that is affecting our subconscious basically? What stories are we eating up on the social media, on all the websites on just the music even that we listen to? It totally has an effect on us and we get this belief of I don't know, something crazy, about breakups or this is just the way life is supposed to be basically and my life doesn't look like that. Therefore, something has obviously gone wrong. We're not like, I'm thinking that right now.

We're like it's being transmitted through us and our brain is just like, I see that, that's what it means.

Jody: Yeah, that's right. I mean I notice this more and more as I become more aware of the, just the culture, especially for women of your body should be really thin and fit. And I notice now in movies when the star is always the really thin pretty, smart, she's smart also usually and funny or whatever. But the messages are so deeply ingrained in our subconscious that we should be a certain way to be of value, or to be important and significant even. I call it your mental and emotional diet. What are you taking in?

Just like we think about what food and beverages am I taking into my body, what thoughts am I taking in because those are going to impact me. It's not 100% in our control to filter it out but it is about 80%. And sometimes I just unfollow accounts even, they may not be doing anything negative or anything I disagree with. I just notice that when I look at those images or videos then I use it to judge myself. So, I just unfollow them. They haven't done anything wrong. They're amazing. But I don't want to have to do the brain work. I want to protect my stories about myself and about the world.

348: What Your College Kid is Thinking with Caleb Price

And I think that I would love to see more young people become more aware of that especially.

Caleb: Totally. I mean I think it's just part of kind of our culture unfortunately. I was going to just make this important point, even the humor in that social media that we're taking in. There's a big kind of self-deprecating, this is the world that we live in ha-ha sort of humor out there. And it's super entertaining sometimes, honestly, I love it. But what is the message that's being received from that? This is just the way it is and I can't do anything about it.

And always on these things are making me feel this way basically when it comes to – I don't know – there are circumstances that are crazy for young adults like student loans, and depression, and living with your parents or all these things that are coming up that we feel shouldn't happen basically. But it's ultimately still a story. We can make fun of it but are we still buying into it because it's kind of funny and just like, well, that's just the way it is.

Jody: Yeah. It's a good point, it's a good point. It's okay to laugh and have a good time but what's the underlying story that you're reinforcing for yourself. Just make sure it's one that is going to serve you in the end. Well, that is amazing. I love so much that you're coaching young adults. I hope that as you go off and do all the other things you're going to do in the world that you'll keep coaching because I think we need more male coaches in the world. Let's tell people where they can learn more from you. So, you have a podcast.

Caleb: Yes, I do have a podcast.

Jody: For young people, yeah.

Caleb: For young people, anyone that's college age.

Jody: What's it called?

348: What Your College Kid is Thinking with Caleb Price

Caleb: It's called Relatable Thoughts.

Jody: Relatable Thoughts, everyone, I get questions all the time for this. "Do you have a podcast for my young adults?" They don't want to listen to an old lady like me. Do you think that even maybe older high school students would also get a lot out of it, is it appropriate?

Caleb: Yeah. I have had several people reach out, "I'm a senior in high school, I'm going on a mission. I am struggling with this anxiety." I'm like, "Please, please, come, the more the merrier."

Jody: Yeah, okay, so they can check out your podcast. And you also have a free gift you're going to offer. Tell us about that.

Caleb: Yes, okay. So, I recognize that most of you guys are parents. I mean if you're young people the gift that I offer will continue to come, it's just to my coaching and I'll continue to have stuff. But for all you that are parents out there that you have a child with which that you kind of disagree with, they're making actions, they're kind of that adult age basically. I have created a PDF that talks about five questions to think about and ask yourself when you want to get to love and peace even when you disagree.

Jody: So good.

Caleb: Yeah, just prompts these like, how are we creating the own pain that we are feeling basically in this relationship? How can we get to a place of be in a safe place to land even if we don't necessarily approve? Because we want to show up authentically. We don't want to lie. We don't want to please our way there. But how can we do that while still being, hey, I love you, I still want to approve of you even if I don't really like the thing that you're doing. So, it walks you through these questions.

And also, I'm including this, a phone background of five daily affirmations you can say to yourself and remind yourself of to remind you of those kinds of questions.

348: What Your College Kid is Thinking with Caleb Price

Jody: Nice, I love it because otherwise our brains just ask, how do I get my child to make a different choice? I'm assuming that's not one of the five questions.

Caleb: That is not one of the five questions.

Jody: Okay, good. Where do we get this PDF?

Caleb: So, you can go to my website calebpricecoaching.com. For the PDF specifically it's that website /parents and we'll include a link. But if you go to the website it'll be there, yeah.

Jody: Okay, we'll put the link in. And also, I'm assuming on your website we can find out more if any of us want to hire you to coach our kids or anything, yeah?

Caleb: Yeah. No, totally, I would love to do that. And so, you just go the website, my offer is there, all the details, you can send for a free call any time.

Jody: Okay, awesome. Caleb, thank you so much for coming on.

Caleb: Yeah, no problem, I loved it.

Hey there, if you enjoy this podcast or even if you just find that it sort of piques your curiosity, or it makes you think, you're going to love the book that I wrote. It's called *Better Than Happy: Connecting with Divinity Through Conscious Thinking*. And it's available now at Amazon in print or kindle version. Or if you want me to read it to you, head over to audible and grab the audio version. And why not grab a copy for your sister, your best friend, or your mom while you're there too. Just saying.