

Jen Groover:

Some Questions Asked in This Episode:

- What were some of the initial challenges that Jen struggled with before giving herself permission to take control of her life?
- What was a critical conversation that Jen has had which brought her down a different path in life?
- What is Jen's thoughts on IQ vs. EQ?

Lessons From the Show:

- It is possible to break the cycle and not fall into a victim mentality during extreme hardships
- How following your passion can lead you to greater levels of success than you ever believed possible
- The ways that investing heavily in your own personal development is crucial to growth and life enhancement
- How to avoid projecting a scarcity mindset and help set yourself up to succeed
- Why there is an immense value in creativity and how to use it to better your life
- "We all have an infinite resource within us that can create all the abundance and opportunity in the world that we desire"
- How to live life with intention and the ways it will create abundance for you
- Why relationships need to be in harmony in order for your career to thrive
- How to optimize your emotional intelligence and why it is so important
- Jen's subconscious mind hack to help you reprogram your thoughts

Get More of Jen:

The Operator's Manual to Optimal Living - Jen's book coming out this fall!

www.jengroover.com

Resources from the Show:

[The Buddhists Bootcamp](#)- Timber Hawkeye