

- Jingle: [00:01](#) She Shed Comedy with Linda Schwartz: Empowering your comedy career.
- Linda Schwartz: [00:07](#) Hey everybody. Welcome back to She Shed Comedy podcast. I'm your host Linda Schwartz. If this is your first time listening, then thanks for coming. The podcast is produced every week for your enjoyment and show notes are found at [sheshedcomedy.com](http://sheshedcomedy.com) . Today we're talking to Patrina Wisdom. Patrina is an Amazon bestselling author, speaker, wealth mentor and creator of the BadAss Bodacious Life Movement. Her mission in life and with the BadAss Bodacious Life Movement is to lead and inspire and empower women to stand in their personal power and create their best life by creating an empowered life through wealth management, a healthy work life balance and sacred self care. It's episode number 19, come back often and feel free to add the podcast to your favorite RSS feed or iTunes. You can also follow me on Twitter, Instagram, and Facebook. All links are in the show notes. Now, let's get into the show .
- Linda Schwartz: [01:03](#) Hey everybody, welcome back to She Shed Comedy podcast. I'm your host Linda Schwartz. Today, I'm here with Patrina Wisdom and we are going to talk about money and your relationship to money and how it impacts every area of your life. Welcome Patrina.
- Patrina Wisdom: [01:21](#) Thank you. Thank you. Thank you.
- Linda Schwartz: [01:23](#) So let's get right into it. Can you tell us a little bit about what you do and how you help people?
- Patrina Wisdom: [01:29](#) Absolutely. So my mission really in life and also with my BadAss Bodacious Life Movement, as I call it, is to lead, inspire and empower women to live their absolute best life. So with that, I have a history and personal development and speaking, coaching and doing women empowerment retreats. But along the years, over the years I realized that there was a huge gap also with financial education and support for women. So recently about three years ago, I reintegrated finance into my business model. So the way that I really like to describe it is that I am an unconscious financial services and I really look to align the mental, the spiritual, the emotional, and the financial so that we can really create a holistically beautiful life.
- Linda Schwartz: [02:22](#) I love that. I love that. That's probably one of the reasons why I love everything that you do. And I know we've had conversations and deeper conversations about the holistic view

of what that means. And I wanted to dive into this idea that as a creative person, I know that you were also a performer and

Patrina Wisdom: [02:44](#)

Yes

Linda Schwartz: [02:46](#)

In a past life. Can you share a little bit about your story and how you came, how this path came forward for you?

Patrina Wisdom: [02:53](#)

Yeah. I'm still a performer. Jesus. I'm just on the big stage of life.

Linda Schwartz: [03:00](#)

I love it

Patrina Wisdom: [03:00](#)

But I was, yeah, oh gosh it's hard to really even talk about it without going way, way back. Right? I'm 45 years old, I'm going to go back to my childhood. But I was born in Las Vegas, the city of lights, the city of entertainment. And I grew up with a family that was majority women and, actually a lot of single moms and all of that young mothers, but they were also extremely talented. A lot of singers and models and actresses and things of that nature. So I grew up in entertainment. I was hanging out backstage with Diana Ross and The Jackson 5 when I was like five years old. So that's the world that I come from is the glitz, the glamor, and all of it. And I think I was about 6, 7 years old when maybe 8 or 9 when my mom actually moved me to New York City, another city that's full of artists and dreamers and you know, just a whole other world.

Patrina Wisdom: [03:53](#)

Broadway, right? I was exposed to Broadway, so acting was always in my blood. Entertaining was always in my blood. I was one of those drama kids that, you know, people looked at and thought, oh, they're crazy. That was me and a, and singing. I've been singing from a very young age. So when I lived in New York City, my, my dream and my dream still, at some point is to be on Broadway. And so I was actually walking that path. I went to a, went to in school. I was always in the drama and the theatrical programs. And then when I was going into high school in New York City, I auditioned to get into the LaGuardia High School for the performing arts, the fame school, the very famous fame school. And the first time I auditioned I actually did not get in and I was so butt hurt because you know, here it is.

Patrina Wisdom: [04:43](#)

I'm like this amazing powerful singer and you know, I had this huge energy and talent and all of that and I did not get in for vocal. I was heartbroken. So the next year somebody suggested that I actually try out but try it, try out for the drama department. And I was like, yeah, but I'm a better singer than I

am an actress. But I did it. I was like, okay, it's a different party going on in the vocal department. Let me try something different. I just really knew that I wanted to be at that school. So I tried out for the acting department and I got in. So it was awesome. And I ended up going to that school and I think probably of my entire life, that's when I felt the most at home. Like I had found my tribe and , people were singing and dancing and acting and doing skits in the hallways just like you saw in the fame movie.

Patrina Wisdom: [05:31](#) And it was amazing. So my world view, my view for myself, my vision for myself was that I'd be a performer, a singer, an actress. I'd be on Broadway and that was, that was in my mom actually fell into a depression, right around 88, I believe 88, 89. And we ended up moving back to Las Vegas. Can you believe that?

Linda Schwartz: [05:51](#) No

Patrina Wisdom: [05:51](#) After years of being in the big city, moving back to Las Vegas so that she could be closer to family and life changed drastically, right? I had to really kind of recreate myself and find my way in this new city, you know, find a way to be fully expressed. I think that's why I fully full, being fully expressed is so important to me. Right? Again, I think it's also where I developed my passion to help other people be fully expressed as well.

Linda Schwartz: [06:20](#) Yeah, I totally, I didn't know all of that about you. I didn't, I actually didn't know that you went to the fame high school.

Patrina Wisdom: [06:33](#) There's a lot of things you don't know lovely. I tell that to my kids all the time.

Linda Schwartz: [06:36](#) So, tell us a little bit about how, how that changed for you? When you got back to Vegas. How did all that change and how did that lead you to where you are now?

Patrina Wisdom: [06:46](#) Yes. Life is such an interesting journey because I often think like if I had never left New York City, what would my life look like today? Would I be contributing in the ways that I'm contributing now or would it look completely different? Would I have kids what I have ever gotten married? No, probably not because that was not my vision. I never wanted kids, never want it to get married, never wanted the white picket fence life that everybody else, you know, kind of desired or dreamed of. I was more the Free Spirit, butterfly, travel the world, artists, healer type.

- Patrina Wisdom: [07:18](#) And really I had no value for money because I was raised with single mom who, you know, we struggled. And I didn't really have examples of relationship. I didn't have examples of people that were buying homes and creating these happy lives other than what was painted on television. And those people at that time did not look like me. So it just wasn't something I expected. And when I moved back to Las Vegas, it was like stepping out of the fame school into Sweet Valley High you remember those books?
- Linda Schwartz: [07:48](#) I do. I love those books, oh my God.
- Patrina Wisdom: [07:50](#) But jocks and the cheerleaders and the nerds and Oh, frickin MG. Okay. So yeah, it was complete and utter culture shock ..
- Linda Schwartz: [08:03](#) That I like, I actually love those books now.
- Patrina Wisdom: [08:06](#) I loved him when I was reading about it. But to live it was a whole different thing. So I've found myself literally, literally the high school was Valley High School. Okay. So I'm not joking. Not Sweet Valley High, but Valley High. And so again, here is, I'm with, there's the cheerleaders, there's the jobs, there's the nerds, and then they had another element, the gangsters, right? And then you had the drama kids. So of course my first instinct was to gravitate towards the drama kids. Well, I ended up becoming a chameleon in that environment. I actually was so intrigued because I've always loved people and studying people and just kind of finding out what makes people tick. And so I really befriended everybody and I was the person who hung out with everybody. You know, one minute I'm with the gangsters, one minute with the cheerleaders. It's kind of fun actually. Again, as I say it out loud, I see that these are all the things that shaped who I am today and why I'm so fluid and I can be really in it and they any environment and thrive.
- Patrina Wisdom: [09:07](#) But , long, long, long, long story short, right? 'Cause I'm 45 and I'm only at 16. So, so I ended up taking a job in high school at the University of Las Vegas, UNLV and I was working in their dining commons and I was, I had the opportunity to serve all of the football players and the basketball players and that was awesome, especially during that time because they were winning everything. They were like the champions of that time. So I've built some great friendships with some of those athletes. And one day this beautiful man walks into the dining commons to look for his roommate who was one of the basketball players. And I was like, holy crap. I had the oh shit moment, right where you hear about it, that love at first sight feeling.

- Linda Schwartz: [10:01](#) Yeah.
- Patrina Wisdom: [10:01](#) And I thought it was bullshit. So until it happened to me and I was just like, holy crap. I was like, that's the man I'm gonna marry. Okay. This is this from a girl who didn't wanna get married, didn't want to have kids and nothing. I looked at this man and I said, that's the man I'm going to marry. And I told my coworkers, I was like, that's the man I'm going to marry. Meanwhile, I'm the only one there that's in high school. Everybody else who works there is in college. This man is in college and they're like, girl, you're crazy. Like what are you talking about? You don't even know him. I was like, trust me, mark my words, that's going to be my husband. So okay, this is embarrassing, but I kind of stalked him. I kind of hunted him down because I had made a decision that I was going to have him and I did. So we started dating if you would call it that, and basically I just wouldn't go away.
- Patrina Wisdom: [10:52](#) I, I stuck to him like a virus and he eventually gave in. I later found out that the same way though that I had marked him, like that's going to be my husband. When he saw me, he also marked me as his wife, which was really interesting. I didn't find this out until like six years into our relationship. Yeah. His mom told me.
- Linda Schwartz: [11:11](#) Wow.
- Patrina Wisdom: [11:11](#) Yeah, he had called his mom, I guess after our first meeting and, said that I'm, today I met the woman, I'm going to marry so and that awesome?
- Linda Schwartz: [11:20](#) Wow. That's incredible.
- Patrina Wisdom: [11:21](#) Yeah, it's a crazy story. So anyhow, we ended up getting together. We were together actually 12 years before we got married, 12 years, two kids, two houses, like created that whole life. Like I said that I never really wanted but fell in love with once had it and my husband was at the time working in the management, he was working in management at the Las Vegas Hilton and in Las Vegas during that time, upward movement for a black male was rare.
- Patrina Wisdom: [11:51](#) We'll just say that. And so he had kind of reached probably the capacity of where he was going to go in corporate America in that environment at that time. But if he was the leader in the community, had a nice job, like we had created a pretty lovely life, but he gets approached by someone at a financial company

who asks him if he kept his career options open and wanted to have him come down and have a conversation about possibly working together. And my husband ended up falling in love with the financial concepts because he also had never had a financial education. We know I didn't, I grew up in Poland with the single single mom crew .

Linda Schwartz: [12:28](#)

You ain't the only one. Okay.

Patrina Wisdom: [12:30](#)

Right, right. Well, his mom was a teacher, right. His Dad was military, disabled military. So they were middle class. I was polled, they were middle class, and so for me, he was the smartest man that I had ever met, just knew he had a financial education. He was the one who handled the finances in the household, so he ends up going down. He learns to financial education. He's very intrigued. We become clients, we get our investments, our insurances and tact where we start saving money. He's just totally enthralled with the financial industry and he actually starts working with the company on a part time basis. Of course, he came home and forced me to learn it, right? Which at the time was not a blessing. I'm like, I don't want to know. I don't care. You handle it like most women, right? We kind of go from our parents' home, into our husband's home or a wives' home, right. And then we handed over and it's like you handle it where you've got this.

Patrina Wisdom: [13:27](#)

Well, fortunately my husband did forced me to learn and and really involved me over the years in his financial business as a supporter. Because if you fast forward to 2008, the fall of the market happens. The mortgage crisis things are just in complete disarray at this point. We had been in the financial industry for about 13 years. He had, I was supporting, still doing all my entrepreneurial ventures, performing massage therapy, esthetician work at a salon spa. Like I always knew I was not cut out to be an employee, but it was great because he really represented the anchoring for me, the security to safety, which I had never had because my dad and I didn't live in the same home. I didn't really have that tight relationship with my dad and that was sort of recreated with my husband. But I also got to be the Free Spirit Blue Butterfly at the same time.

Patrina Wisdom: [14:19](#)

So it was really great as almost like I lived in a bubble. Right? And so the fall of the market happens and my husband, the strongest man I know starts to fall apart in some senses and I didn't even realize it at the time. He just would sleep is working. And then I realized that my husband had fallen into a depression and it lasted probably on and off for about a year. But I didn't recognize it as depression because he was so strong.

And unfortunately in January of 2009 we woke up one morning and you know, at that time we had three kids. Now he did the, his normal routine got up, we had breakfast together, we you know all said our goodbyes, good mornings, I love you's, you know, gave each other a kiss goodbye. And he walked out the door knowing he wasn't going to come back home.

Linda Schwartz: [15:12](#)

Wow

Patrina Wisdom: [15:13](#)

So he ended up going missing for 24 hours. And I was worried sick, I'm texting, I'm calling, no response, which was unlike him. I rarely texted him during the day anyway. So when I did, he was always extremely responsive and on top of it, I had had a doctor's appointment that morning and found out some really exciting news that I was wanting to share with him. So I'm blowing his phone up and he had no answer right around 11, 12:00 PM. I knew something was very wrong and I called the police and filed a, whatever you call it, a missing persons report. And then somehow the next morning happened where I got a call from the police department telling me that my husband had committed suicide. Yeah.

Linda Schwartz: [15:55](#)

Devastating news.

Patrina Wisdom: [15:56](#)

Absolutely devastating. And specifically because that day before, what I was calling him to tell him was that I was also pregnant with my fourth child. So overnight my life completely shifted and that bubble that I was living in was, was busted. Right? It was popped and now I had to step into being the head of the household, the breadwinner, handling the finances, taking care of the children. And I had inherited the financial business. Not a gift at the time either. So it's really interesting though, how sometimes our biggest hardship, heartbreak, tragedy can become our biggest gift at the same time. And I really feel like that experience was the catalyst for me becoming who I am today as a person because it really called me into myself. It forced me to stop hiding behind my husband and letting him handle everything and be the head. And it really also sparked within me a passion to help other women and awareness that, hey, life is short, which we all knew. Yes, everything happens for a reason and we really need to be prepared on all levels, mentally, emotionally, financially, all of it for the unexpected because the only thing constant is change.

Linda Schwartz: [17:18](#)

Absolutely. Yeah. Wow.

Patrina Wisdom: [17:20](#)

Yeah

- Linda Schwartz: [17:21](#) And I, I mean, I mean I've only known you for a few years, but I, I love, I want to talk about this idea that women aren't good with finances. I know that in my life I didn't have financial education from, from my parents either. And why is it that for women, I mean, we've always, it feels like we've always been on the other side of this conversation and I want to talk about the difference between like having a money mindset and a wealth mindset. What the differences and how we can create more of it for ourselves? Because especially I want to kind of talk about this later, but as artists and as creative people, we also have this mindset or mentality that we have to struggle right? There is the starving artist mindset where if we don't we are carving or struggling in the pursuit of our craft, then it's not going to be worth it when in reality, like for me, I'm very, I feel like I'm a very practical person and it's like it's, for me, I've always understood the notion that it's okay for me to pursue the thing that I'm pursuing my craft, my art or whatever, and also have a roof over my head and have my bills, but most people don't look
- Patrina Wisdom: [18:41](#) That far.
- Linda Schwartz: [18:43](#) Yeah, let's talk about that because I know that a lot of our listeners out there, whether or not you're a performer, the your relationship with money really does impact every area of your life.
- Patrina Wisdom: [18:57](#) Absolutely
- Linda Schwartz: [18:57](#) And right now we're specifically talking about pursuing our craft and all of that, but let's talk about that. Let's talk about the money mindset and the wealth mindset. What the differences?
- Patrina Wisdom: [19:07](#) Yeah. So there was a few things to address there. So the one thing you asked was why we, why we as women don't really talk about money or get an education and these things. And I want to say that I think part of that is because of how complicated it's perceived to be. People who do talk about money, who do talk about finances, they talk about it in a way that's so over our head and uninteresting. Let's be, let's be honest..
- Linda Schwartz: [19:34](#) It is born
- Patrina Wisdom: [19:35](#) That it's not, yeah, it's not something we as women, we're typically more creative creators, nurtures healers, like we don't want to talk about it the way that they've been presenting the information. So that's one of the things that I'll say that I've

fallen in love with being back in the financial industry, is that I'm bringing me in me in my craziness and my soul led approach into the financial industry and really making the concepts so simple that a child could understand it.

- Patrina Wisdom: [20:05](#) And I make it fun. And you know, I, I relate it to real life. So I think that's one of the reasons why women typically are very disinterested with having the financial conversations. You also talked about the wealth versus one verse.
- Linda Schwartz: [20:18](#) I mean, you know, money mindset and wealth and wealth mindset. A lot of people.
- Patrina Wisdom: [20:22](#) Yeah.
- Linda Schwartz: [20:23](#) When people think, say the word wealth, that automatically has a money connotation.
- Patrina Wisdom: [20:27](#) Yes.
- Linda Schwartz: [20:28](#) In reality, I mean, I, I, I know what I, I believe for myself that I want to hear what you...
- Patrina Wisdom: [20:33](#) Yes. Well, I think a lot of us were raised in different religions that may have imposed on us that money is the root of all evil. Right? When in reality it's the pursuit of the money or the obsession, the love of money that is the root of all evil. And often changes people. Well, it doesn't really change. It amplifies people. They already
- Linda Schwartz: [20:57](#) I'm just about to say that. Yeah. Our relationship to money, like I've always had this belief that money amplifies who you are.
- Patrina Wisdom: [21:04](#) Yes. Yes.
- Linda Schwartz: [21:05](#) So if you're a good person, if you have money, then you're going to do good with your money. If you are a malicious person and you have money, you're gonna make unfavorable choices with.
- Patrina Wisdom: [21:18](#) Right. Yeah. And the other part of it is that there's also some blueprints running behind the scenes and all of us that are guiding our choices.
- Linda Schwartz: [21:29](#) Yeah.
- Patrina Wisdom: [21:29](#) And this has been probably a lifelong work for me because I didn't grow up with money and then now I'm in the money

world, right? So there has been a lot of unraveling of belief systems and just all sorts of things, right? Well, if I will, if I do this, it means this about me, right? Yeah. Just a lot of ingrained, a lot of ingrained, programs that need to be broken. So the way that I'm speaking about it, these days is really that it's all about self authority, right? So I've kind of had an awareness that our self worth and our net worth are related. This is what I've come to learn. And so all of those, all of those programs that are running you know underneath the surface are reflected in our decisions. And oftentimes when we're not standing in our own self authority, when we're not completely in alignment, when we don't know ourselves and when we're not, when we don't have really a vision or a strategy of where we're going, that we become reckless, right? We become reckless and wandering around with no intention, no vision, no, no nothing, right?

- Patrina Wisdom: [22:37](#) It just kind of living on automatic and letting life create itself by default instead of us creating it. With that, we really need to put forth strategies on gaining self authority and making sure that we are educating ourselves and getting the support and finding the person that can guide us and lead us in the right direction as far as wealth and money mindset is concerned. Because again, because of the way I grew up, I didn't have any value for money because I had never really had it right. And you can't, you don't, you don't pursue something you don't value.
- Linda Schwartz: [23:12](#) That's true. Yeah.
- Patrina Wisdom: [23:14](#) But at some point when, throughout my life I realized that well, with the amount of contribution that I want to be in the world and how I want to affect people in the legacy I want to live, it requires money. Money is about as important as fricken oxygen at this point. Right? So it's not until you have that shift that you're able to change the conversation, change the decisions, which in turn changes your destiny.
- Linda Schwartz: [23:37](#) Yeah. Let's talk a little bit about this idea of, you know, the, the struggling artists mentality because I, I know that artists out there and creators out there, performers have this dream of having an impact and being a contribution and making a living. And there's that disconnect of like, well, I want to pursue my craft and maybe I'll have somebody else handle my, my business, my finances and things like that. But in the beginning, as you mentioned, self authority, you know, you have to have that self driven assumption of who you are in the pursuit of your craft. And that means..
- Patrina Wisdom: [24:15](#) Yeah.

- Linda Schwartz: [24:15](#) And embracing all aspects of show business. So, I mean, I really can you say more about that and the struggling artist mentality and how,
- Patrina Wisdom: [24:26](#) Wow.
- Linda Schwartz: [24:26](#) And you know how we can break breakthrough and embrace the holistic vision of our craft and what we want to do? Because you said something that really resonated with me in that, you know, we want to be a contribution and it takes money and we want to make money doing the thing that we love. Right? For me, there's, there's almost a compartmentalization of these things. Like you have to, you have to pursue the craft and, and that's who you are. But at the same time we realized on some level that our relationship to money and our relationship to success or whatever it is, is impacting the way that we pursue our dreams.
- Patrina Wisdom: [25:14](#) Absolutely. So there's a couple of things there. One, I believe because many of us were raised by baby boomers who were, grew up in a time of struggle and you know, the great depression and you have to work hard for money. And there were all, again, the programming, right? The programming. I think that that's deeply ingrained that you have to do to get, and I believe that that actually created a blueprint of unworthiness and a lot of our generations, again, I went through an entire phase of life, including my time with my husband, where I felt like I felt like I had to earn love, right? You have to earn love, you have to earned money, you have to work hard for it. Everything has to be hard. Everything has to be a struggle. It really wasn't until the end of 2015 right before I came back in the financial industry that I decided because everything starts with a decision, right?
- Patrina Wisdom: [26:08](#) And I made a declaration that I was divorcing this struggle and that I was going to choose ease. And when I where your, where your focus goes, energy flows. So when I decided to divorce the struggle and choose ease, that next year was like amazing because I was on the path of least resistance, right? Like I wasn't any longer pushing and forcing and all of those things. So again, unraveling the beliefs and the stories and the blueprints that are running in the background is very important and it's not something we have to go get like 10 years of for by the way, you just make a freaking decision. You identify where it's coming from is just make a freaking decision to something else. Right?
- Linda Schwartz: [26:50](#) Absolutely

- Patrina Wisdom: [26:50](#) So that's, that's that part. And then as far as being an artist and that struggle, I think that that relates to stewardship is the word that came to me when you were speaking and when you were asking the question is just stewardship. And again, everything I say, I speak from experience. I went through and still sometimes struggle with being a good steward and it's like, okay, if you can't handle being like \$100,000 an year, how are you going to be a millionaire or billionaire? Multi-billionaire, right? Like you with every level of financial up-leveling comes higher quality challenges.
- Linda Schwartz: [27:33](#) Yes
- Patrina Wisdom: [27:33](#) And you have to grow and develop as the steward of those funds are the steward of those people or whatever it is. Right? I now look at all of my challenges and struggles as more of an opportunity to grow and develop into the person that can handle the next level of what I'm asking for. And I understand that right now, I'm not the woman that's able to handle millions. What I like that? Yes, please I'm calling that in. That's great. Right? I have the desire now, I have to be completely aligned with, you know, that energy of being a millionaire in and in order for that to happen.
- Patrina Wisdom: [28:13](#) So there's always going to be levels of things that need to be cleaned up within us in order to prepare us for that. Otherwise we get it. We can get it. I can win the lotto tomorrow and a year from now it'll be gone. The same thing happened with, you know, the payout of the life insurance on my husband when I came into a lot of money overnight. And again, even though I knew the financial concepts, knowing concepts and applying concepts are very different, especially when you have that emotion around it. You know, have I got this through the death of my loved one? Right? There's just a lot of emotion and pain that was attached to that, and so I ended up starting my nonprofit pumping hundreds of thousands of dollars into my nonprofit, and then when I pivoted into personal development, hundreds of thousands of dollars into my personal development business, I was giving it all away, which stems from unworthiness, right?
- Patrina Wisdom: [29:08](#) I love myself. I say I love myself, and yet I'm going to give it all to my kids and we give it all of my family and not just the money, time, energy, everything, focus. I'm giving it all away. The unworthiness around having that money and just the loss and everything. The grief 'caused me to drink more, travel more. Those were some of my vices. I went through a phase where sex became my vice 'cause he had just given it. What can I give to

fill to fill this void, right? Fill this void, feel loved, feel worthy, whatever it is. And so we go into this reckless again, when you're not in self authority, you become reckless. You go into these spirals, right? So I think our lifelong work really is, is to gain self authority and to make decisions from that place. Whether it's money, whether it's relationships, anything, it's all tied.

Linda Schwartz: [30:00](#)

Yeah. I love what you just said about stewardship because it reminds me of something that I heard a few months ago and I forget who the person was, but he was speaking on the idea of, you know, the stewardship of affluence and the stewardship of influence and, right? And as a creative person who is in the pursuit of our dreams, I feel like we all have this vision of impacting on a global scale, you know, with the fame and the fortune. But we, we have to become the person that can be a good steward of the affluence and the influence to make the positive impact that we want to make in this world.

Linda Schwartz: [30:46](#)

And so that's just one of the things that came forward from me while you were talking. And also what came forward for me was this idea of clearing that emotional financial bat. Like what you said, being in alignment. I want to read something that I post saw from one of your posts the other day and it really resonated with me and you actually just spoke on it about when you're not in self authority, you're in recklessness. So the quote is when we are not in our self authority, we lean towards restlessness, we abandoned our sense of worth, underestimate your value and feel disconnected from all that we are. But when anchored in the power of self authority, we consider discern and make choices that are in alignment, centered and in harmony with our heart and our mind and our spirit. And I love that because I feel like I think in the pursuit of doing our craft or you know, whether it's stand up comedy or performing or being an actor or a singer, I feel like we start in this place of unworthiness.

Linda Schwartz: [31:57](#)

Like we, we can't have it. And we go through this process of self development, right? The first time we step on stage, the classes that we take to build our confidence. And inside of that we build our self authority. And, and in some ways action clears that emotional disruption or that bludge inside of ourselves to allow ourselves to move forward and build that confidence. And you know, in terms of money, I know for myself that I became debt free by the time I was 29 years old, which was a huge accomplishment for me given my you know financial background, having no financial education at all. And what that did for me was it up level my confidence and every aspect of my

life because I wasn't worrying about how I was going to pay for food or rent or anything.

Patrina Wisdom: [32:54](#)

Yes.

Linda Schwartz: [32:55](#)

And that, and, and not having that weight of debt.

Patrina Wisdom: [32:58](#)

Yes.

Linda Schwartz: [32:59](#)

Let's talk about debt. Let's talk about emotional debt. Well, debt, like all of these things that leave us in a deficit within ourselves so that our self authority is..

Patrina Wisdom: [33:13](#)

Diminished.

Linda Schwartz: [33:14](#)

Diminished, right?

Patrina Wisdom: [33:15](#)

Yeah, exactly. Yeah, absolutely. So every decision we make, every promise we make to ourselves that we break then diminishes our self esteem or self authority, all of it. So what happens when we have debt or when we can't handle certain responsibilities is that we start to really beat ourselves up. Right? We start to really chip away at the self esteem at the self authority at the self worth again. So it's just a really interesting cycle and a lot of us are stuck in the cycle. But the challenge is the reason we're in that position where we do make the decisions that make the, you know, the, the diminishing happen is because we don't have savings. We didn't have the financial education. And so it's interesting 'cause we're trying to solve a problem or play a game that we never learn the rules for, right?

Linda Schwartz: [34:06](#)

Right.

Patrina Wisdom: [34:07](#)

We're all out here trying to win at the money game. I say it all the time and none of us know the rules now once you know, now you can hold yourself responsible and you have choice whether or not you want to do it, right? And that becomes a whole other conversation. But at least having the knowledge, right? Having the, the I, but I do believe that when you know better, you typically will do better because even if you do something that's not in alignment with what you know, you can course correct faster. Right? But yeah, so that's the debt piece. I mean, it all comes down. I think everything comes back to our, our self identity, our self worth our self, how we picture ourselves and, and whether or not we're in alignment with who we know ourselves to be.

- Linda Schwartz: [34:51](#) Right
- Patrina Wisdom: [34:51](#) Just like our parents used to get disappointed with us when we would do certain things and it's like, I know you can do better. I know you're better than that. We have the same voices in our own heads that our own voices, they're like "Patrina Dang it. I know you can do better. You know, you are better. Like what made you do?" And so we have to make decisions. We have to make choices. We have to do things that are going to feed and replenish our worth and our, and our self authority on a daily basis. Right? And celebrate ourselves and do your best not to beat yourself up if you make a wrong decision. Just get back on course as quickly as possible and don't give energy to the bad choices right?
- Linda Schwartz: [35:33](#) Right.
- Patrina Wisdom: [35:33](#) Just to get back on path.
- Linda Schwartz: [35:35](#) Yeah. I feel like there's almost, I mean I'm gonna to use the an accounting term, but there, there has to be some self reconciliation, right? And like when you write, it's almost like when you're reconciling your income and expenses every month or when you reconciling your checkbook, there's, you know, you have to reconcile your emotional inventory, your mental inventory..
- Patrina Wisdom: [36:24](#) Yes
- Linda Schwartz: [36:24](#) Your physical inventory, your spiritual inventory and get at least to a place where you're not at a deficits.
- Patrina Wisdom: [36:24](#) Yes.
- Linda Schwartz: [36:24](#) Always say get to zero, you know, get to that place where you feel imbalanced because..
- Patrina Wisdom: [36:24](#) Yes..
- Linda Schwartz: [36:24](#) When you're there, there's only upside potential.
- Patrina Wisdom: [36:24](#) Exactly.
- Linda Schwartz: [36:24](#) There's only, when you get to zero, when you can reconcile yourself from your an emotional standpoint or your financial support from me, when I, when I started paying off my debt,

some people ask me, well, how did you do it? I paid creditors back.

Patrina Wisdom: [36:28](#)

Right

Linda Schwartz: [36:30](#)

I pay my creditors back ever loan that loan me money back.

Patrina Wisdom: [36:35](#)

Right.

Linda Schwartz: [36:35](#)

And that for me was a source of integrity.

Patrina Wisdom: [36:39](#)

Yes. Yes.

Linda Schwartz: [36:40](#)

Because when you are trying to bypass some things and , you know, some people do it and that's perfectly fine, but when on your way to zero, I feel like there's this, there's this confidence building thing and this self authority and the self integrity building thing. When you are able to say that I have an agreement with this person, with this company that if you're going to loan me some money then then then I'm that my agreement to use, I'll pay you back. And that's kind of what I did. And that's, and it took a long time.

Patrina Wisdom: [37:14](#)

Right. Yeah

Linda Schwartz: [37:14](#)

It took years. But once that last thing was paid off, there was this sense of relief in that there was a flood of self compromising with it. And I love...

Patrina Wisdom: [37:25](#)

Because the real, the real agreement wasn't with them, the real agreement was with

Linda Schwartz: [37:30](#)

With yourself. Right

Patrina Wisdom: [37:30](#)

Yeah. The real that you weren't upholding agreement you made with someone outside of yourself. You were holding in agreement with your own self worth, your own self authority. So that's where that weight was lifted because you proved to yourself in essence that you could do it.

Linda Schwartz: [37:44](#)

Yeah.

Patrina Wisdom: [37:44](#)

And you could keep promises to yourself. So..

Linda Schwartz: [37:47](#)

But that concept of really applies to the emotional, mental, spiritual aspects too. And I love your, your idea that if you approach this from a holistic..

- Patrina Wisdom: [38:11](#) Yeah
- Linda Schwartz: [38:11](#) Whole integral part of yourself, then you can really up-level your life just by closing your eyes and get as tired and getting yes, getting, becoming and reconciling those debts that you have emotionally, mentally, physically, financially, and all those things.
- Patrina Wisdom: [38:20](#) And it's a daily practice also. You know, I think a lot of people want all of their payoff now, now, now, now, now. And that's not how life works. It's a, it's a daily attuning, right? Or re-tuning of all of it.
- Linda Schwartz: [38:35](#) Yeah
- Patrina Wisdom: [38:35](#) You know, you wake up every morning you need a you need or morning, afternoon, evening, whenever you do it. There has to be a time of atonement happening on all levels and, and we have to look at things like, a lot of times we don't want to even look at our finances. Well guess what? And I went through it too. So don't feel bad if someone's listening. Oh God, I do that. I did it too. I had a period of time, probably about a year, I didn't even open my mail. So you can imagine how behind all my bills were and what's worse than being behind on bills when you actually have the money to pay it. It was just complete and utter recklessness again and disregard like I just didn't want to deal with it. I was so overwhelmed with all of the other things that were going on in my life and I did not even want to look at my bills or my financial stuff. And , and then I just created a worse situation then then, then it shouldn't have been. So..
- Linda Schwartz: [39:29](#) Yeah. Yeah. Oh girl. I used to, I used to change my phone number every six months..
- Patrina Wisdom: [39:37](#) Oh how's that?
- Linda Schwartz: [39:37](#) I feel like I have to stop creditors calling from me. They kept calling me.
- Patrina Wisdom: [39:41](#) Oh Wow.
- Linda Schwartz: [39:42](#) And it's crazy. But we do crazy things to have to avoid or deal with it.
- Patrina Wisdom: [39:48](#) You know what it is? It is. It's that we all have a, like a internal thermometer for our identities.

- Linda Schwartz: [39:56](#) Yes
- Patrina Wisdom: [39:56](#) And the crazy thing is our subconscious will do whatever it takes to maintain and protect that identity. So when we want to change and up level and become this like better person, better version of ourselves, our subconscious is like "no,it's not safe". You know?
- Linda Schwartz: [40:14](#) Yeah
- Patrina Wisdom: [40:14](#) And so we start changing our phone number to avoid creditors and not opening mails and things of that nature. So if you really look at what's going on, it's kind of even like so innate that we don't, we don't notice it. It's just like we grow up in our family, our family is a tribe. If we grew up in a family that's always been broke and you're the crab trying to crawl out of the box and become, you know, more like, oh, you think you could buy a house? Well what makes you think you can buy a house? Nobody in our family has ever bought a house. Right? Or what makes you think you can do this? And, and they start to pull the crab down back into the box because they don't think it's safe for the crab to go out on their own. It's a, it's a pack mentality, right?
- Linda Schwartz: [40:55](#) Yeah. Yeah
- Patrina Wisdom: [40:55](#) And it's not just with our families, it's also with our friends. And it takes a really strong crab to get out of that box.
- Linda Schwartz: [41:04](#) Girl, let me tell you..
- Patrina Wisdom: [41:05](#) So imagine that our packs are not just outside of us. It's not just our our, our families. It's just that when our families say it in our friends, say it, it then confirms with our subconscious pack that's inside of us is also trying to protect us from.
- Linda Schwartz: [41:20](#) Right.
- Patrina Wisdom: [41:20](#) And so it's constant opportunity. I won't say struggle, I'll say it's a constant opportunity and only the brave and the strong and the courageous survive and get out.
- Linda Schwartz: [41:33](#) Right. I love that because you know, it takes something to confront these things. And it takes an awareness to know that it's all happening underneath the surface, on autopilot and because of your conditioning. However, the truth of the matter is that you can do something about it with that awareness that

you can alter the trajectory of your life with your awareness and with your conscious effort. So we're coming up to the top of our time together. We have a few more minutes and I like to ask my guests at the end of each of my shows a couple of things.

Number one, because you're immersed in this world and help people get out of emotional financial debts and things like that. Like what are three practical tips, for things that our listeners can implement today that will help them up level their mindset and help them move forward in their chosen dreams or career path?

Patrina Wisdom: [42:39](#)

Three things. Let's see. Well the first one is always sacred self care. I've coined the term sacred self care, right? And I call it sacred because I feel like we need to be treating ourselves and preserving ourselves, our bodies, our minds, everything, our spirits as if we are God. And that's controversial sometimes, but take it how you want to take it. But we need to treat ourselves as if we are God. And this is, we know our attempts fallen and source lives within us. And so therefore we are a reflection of, so treat yourself as you would if you are source or whomever you believe in. We're the person that you were taking care of, take care of yourself. So that means, you know, for me it means meditation. For me, it means, you know, being aware of what I'm putting inside of my body so I can actually kind of in the, in some sense, control or maintain my energy levels and my vitality, things of that nature.

Patrina Wisdom: [43:32](#)

Proper rest, like simple stuff that we hear about every single day, right? Self Care, self care can take many forms, right? So whatever that looks like for you, having a ritual in place daily to do that so that you do show up as a whole person in all areas of your life with your children and your in your workplace, in your relationships, your present and your whole, that would be the first thing. That to me leads to better decisions and with better decisions comes more abundance. So another great decision for people that they can implement immediately is to shift their mindset around money. And instead of paying all of your debtors and everyone else in your bills and all of those things and responsibilities first, pay yourself first. Shift your mindset from, well, I'll save for myself if I have enough to let me save for myself first and then take care of my responsibilities because some people have this illusion that you have to have a lot of money to start saving and you don't, you know, if you just take 10% of your income minimum and put it aside for yourself, that again is a decision that's going to build the confidence, build the self authority and it's also if you put them in the right place, it's going to build you some wealth as well.

- Patrina Wisdom: [44:52](#) That's a whole other conversation. The third thing that I would say that can be implemented immediately is that we talked a lot about the artists today that we, you know, a lot of us are artists. My artist gets you in a lot of fricking trouble and the reason is because my art, my artist is also a visionary in my artists is fearless and this, I have this warrior woman that lives inside of me when I'm connected with my art and connected with spirit and like there's nothing I can do. And so sometimes the artist gets me in trouble because I have so many things that I want to do that I know I can do, that I have the energy and the discipline and the work ethic to do. But if you're not focused on something right and following that through, then it'll get you in trouble.
- Patrina Wisdom: [45:35](#) So one of the things artists needs most is to surround themselves with people that have other gifts. So surround yourself with great business people. Surround yourself with people that are good in finance. Surround yourself with people that are worker bees and admit admits that can do the things that you're not great at or that you really don't want to learn to be great at. Right? So having a good team, that's one of the things that I wish I would have recognized the value of years ago because I would be way further ahead. But that, that, you know, if it is to be, it's up to me, I'm the artist, I'm everything. I can do it alone. That's got to die in order for us to move to another level.
- Linda Schwartz: [46:18](#) Very cool. So when I heard with sacred self care, creating a sleep ritual around treating yourself as if you were the sacredness your source or God or spirit or whatever you call it. And two, shift your mindset around your finances rather than paying everybody else first, pay yourself first and that in that small action you're creating, you're telling yourself that you are valuable, you are worthy enough to create abundance, especially for yourself. And number three, what I heard was surround yourself with people who have other gifts. So especially for the creatives because we want to focus on our craft. So if that means creating a team or an environment where we can, or a network rather of people that we can learn from like financial folks, business minded folks, social media folks, if you're not good at social media, rounding yourself with those kinds of people and really just creating an environment where you can focus on your craft and then have a network that you can reach out to for all the other things that you might not know or learn.
- Patrina Wisdom: [47:38](#) Absolutely.

- Linda Schwartz: [47:39](#) Girl, that was a lot. That was amazing. Thank you.
- Patrina Wisdom: [47:43](#) That was so fun.
- Linda Schwartz: [47:43](#) That was great. So, thanks for listening guys, and I hope you got a lot out of this conversation. I know I did and I know that I'll be implementing some of these things for myself, especially the sacred self care. I feel like I do. I do quite a bit, but I don't feel like I do enough. But anyhow, thanks for listening and if you got something out of this, please let us know. Tell us what you got out of it and until next time we'll talk to you soon. Take care. Thanks for listening. Bye Now.
- Linda Schwartz: [48:14](#) My friends, you love comedy and you love being empowered. That's why you listen to this podcast, but we know what you don't love, paying a ton of money for tickets to a comedy show and those Pesky two drink minimum, most club have nowadays. We'll have got some good news for you, Stand up New York has launched the Laugh Pass. It's a new way for comedy fans to get a VIP experience for less than the price of a typical night out at a club and get this. They're expanding to clubs all around the country. So check out [getlaughpass.com](http://getlaughpass.com) for the full list of clubs and the Laugh Pass network and Laugh Pass holders. Get unlimited access to comedy shows plus some amazing perks such as a free ticket to bring a friend, VIP seating, advanced notification when big name comics are scheduled to perform and a bottle of wine on your birthday week, what? The Pass is normally \$159 but it's been discounted for fans of our show to \$139 and that's like \$10 a month. Dude, that's insane. So get yourself over to [standupny.com/laughpass](http://standupny.com/laughpass) or [getlaughpass.com](http://getlaughpass.com) and get yourself a true comedy fan VIP experience and make sure you enter the coupon code SHESHED so you can get that discount and I can collect my commission. Thanks guys.
- Linda Schwartz: [49:53](#) Hey guys, it's Linda again. Before I let you go, I just wanted to say thank you for listening and if you enjoyed this episode, please come by and show your love on one of our social media pages. You can find us on Instagram, Facebook, YouTube, and if you want to download our RSS feed, you can do so right on iTunes. Thanks again, and I look forward to sharing more content with you. Take care. Bye.
- Jingle: [50:04](#) She Shed Comedy. Like us. Follow us. Share us. Tune in next time.