

## Episode 13: From Theater to Therapist: Creating space for a new identity

**Elyse:** John, thank you so much for being on the show today.

I'm really excited to have you here and have the chance to talk to you.

**John:** Thank you too. It's really delightful to hang out with you and chat today as well.

**Elyse:** So you had a really interesting career in theater and I think you mentioned you had worked in live theater and then you managed entertainment.

Can you just take us through the early part of your career?

**John:** Well, this can take up the whole podcast, but I'll keep it kind of short and sweet and move to the highlights. At a very young age, I was really excited by the creative arts. They just kind of gave me so much energy in life that I participated in a lot of the arts stuff, a lot of plays and musicals, both in school and some professional stuff as well.

Within the first six months of being at college, I got this amazing job with Puma sports, where it allowed me to travel and do some dance and modeling work.

And I took it and I never looked back since. So it was really exciting and beautiful. I've done national tours. I've performed in other countries. I've done [00:01:00] television work, film work, commercial work, and it was just all this place that allowed me to bring my creative energy into play. And to just enjoy it.

I was one of those people as an actor, singer dancer, who actually made a living at it, and that's a rare breed and I was really proud of myself for being able to do it.

**Elyse:** I think it's really interesting that you say that because I've had a couple of other additional people on this show who had pursued art when they were younger, who really wanted to make a career out of it and were talked out of it because of just that reason, that it's so hard to make money when you're an artist. And it was sort of like a script that they grew up with that you can't make money doing this, don't even try.

What sort of made you willing to try?

**John:** I think at that point, I really didn't have any other choice. It was what I love to do. It's the thing that I was passionate about. And, you know, from a very young age, I learned this skill of following that [00:02:00] passion, following that internal voice that would tell me, no, no, no, no, you gotta do this thing.

Give it a shot. Try it. See what happens. I always joke that I'm one of those people who just jumps into the deep end of the pool. And that has allowed me to have some amazing adventures, both career-wise and personally, along the way. And you're right, there is this script. I'm a starving artist script. A lot of clients that I work with, if they're in the creative fields, they have been aligned onto that starving artist story.

And what I'll do with some them sometimes is we'll talk about, well, How would your experience as a creative be different. If you didn't buy off on the starving artists storyline, how could your day, your experience, your career be different? And if we can bust that myth open, there are really amazing and powerful ways without even feeling that you have to sell yourself out, that you can make a living as a creative.

It is about stepping out of that storyline and saying there is something [00:03:00] else that could be there for me.

**Elyse:** And I think it's also about maybe finding alternative pathways. It's about knowing that you don't necessarily have to follow the traditional path. It was really interesting. My first episode was an artist and he had gone to art school and been really steeped in this idea that you had to be in the art world and you had to be an artist. And you had to work at galleries or whatever it happened to be. And that's just not how he wanted to do it. And that's not at all what he ended up doing. He found an alternative path. So I think it's knowing that there are multiple ways to express your art.

**John:** I think it's also being smart in your creativity. Right out of college, I took a job on a cruise ship as a singer, and I did one contract, which was six months long. I got paid really well to do it. And when you're on a cruise ship, there's nowhere to spend your money. So I came off of that ship with a little bit of a nest egg already in place.

And what that allowed me to do is to make decisions, not to take jobs just because I was desperate to [00:04:00] work and have an income, but to take jobs that I thought were interesting to me and were going to be something that I could explore and have a good time with. The other piece of the puzzle for me is it's show business.

Most people get caught up in the show side of it. There's a business aspect of it. Even when I was in shows, I would still take class every day. I would work with a voice teacher. I take acting classes. I would, work with my age to try and set stuff up even when I was working. And that's one of the reasons why I think I would go from job to job to job is because I really understood the business side of it as well.

The other thing that worked out really well, and I thank my mom for this one, just a lot of discipline and a lot of hard work. I often get rehired by the same directors and choreographers simply because they knew they could depend on me and that I would be a leader within the project.

**Elyse:** Yeah, that's great. So I know I took us off on a bit of a tangent there, but you were saying how you took this job with Puma.

I think [00:05:00] we were at that point in your story, what happened next?

**John:** So then really I did, I went off and had this amazing career. I traveled the country with some national touring shows, I did Evita, Music Man. I did a lot of work for Disney. I traveled internationally with Disney, worked in Japan for about six months and had all of these amazing opportunities.

The one thing that showed up a lot for me though, was I ended up into my early thirties being cast as a teenager. Now it's fun when you're in your twenties. It's okay when you're in your late twenties, but in your thirties, your body's like, wow. Okay. Let's pump up. We gotta be this teenager again. And it was really, you know, asking a lot of me.

And I also know that I had matured in my role as an actor singer dancer, and I wanted to be cast in things that were the age I was, that I was ready to move into something meatier and deeper. And what I was noticing [00:06:00] once again, that, because of how I looked, I was always being cast in these younger roles.

So there is this mix of frustration, but still like, okay, I'm working. Follow that through. And during that time, I had been doing some shows for Disney and there was this opportunity that opened up with them to move into entertainment management. And this was actually down at the Disneyland resort. So this is working with all of their live shows and characters and bands and interactions that you as a guest might have.

And when this opportunity came up, I was at that moment in my career where I had met so many of my goals. Where I was really ready for the next thing. It was either going to be reset and put out together another set of performance goals, or it was making this shift and trying something completely different.

I spent a very fraught three-day weekend talking to every person I knew about the pros and cons of me making this choice. And ultimately, [00:07:00] a friend of mine said, you know what? You can choose this. And if it's not right, you can choose again.

So I called them up on Monday and accepted the job. That gave me four years working for the Disney corporation and management had lots of really beautiful opportunities. And it gave me the chance to also really dig into like the intelligence side of my brain to use and learn, you know, business savvy and pieces like that.

Not something you're asked to do when you're, you know, dancing in a show. And so it gave me this opportunity to really grow as a person. And I think without that Disney opportunity, I might not have gone back to grad school, but what it did is it created this beautiful transition period. And then I realized this is not what I want to do with the rest of my life.

I am ready to move on to something deeper. And that's where I decided to leave there and go back to grad school and pursue my work as a therapist.

**Elyse:** So what made you [00:08:00] decide to go into therapy? what sparked that interest and why? Why therapy ?

**John:** Well, because during all that time, when I was in theater, I had also been volunteering in the HIV and AIDS community.

And a lot of that work was as an emotional support volunteer. So I was facilitating emotional support groups. I was participating in, you know, education, empowerment, weekends for people who were HIV positive. So there was this parallel track of this compassionate and empathic side of myself being expressed in the world.

And I have always been one of those people that if you're at a party and you meet me the first time, by the end of the night, you've told me your life story. And you're like, wow, I've never told anybody those things before. So that skill, that, that, that natural affinity was already in place. So it just seemed like a really, really natural progression, a next step for me of what I wanted to do in moving completely now out of the entertainment world.

**Elyse:** It's so interesting that you say that because [00:09:00] it's definitely not a leap that you would think intuitively would be one that somebody would make. But if you think about it, I almost feel like it makes sense because not only are you having to relate to audiences and people and, obviously work with a lot of people, you really have to develop that skill of relating to the characters that you're planning.

There's so much empathy in everything that you were doing and everything that was going on. So it seems, may seem like a jump on the surface, but if you dig a little deeper, it kind of seems organic.

**John:** Well, on the other side, too, as a therapist, I think one of the great skills I bring is creativity.

So, if I'm working with a client, you know, two clients in a row and they have very similar challenges going on, I'm actually not going to work with them the same way I get to bring that creativity into the room. It may be, you know, I've got one person that like, okay, this is going on and let's use some artwork to see what we can express with that with another person, it might be okay, [00:10:00] we're going to start some journaling and do some charting of what's going on during your week that creativity does play out into my work as a therapist and coach.

And I think it's incredibly valuable asset that I uniquely get to bring to the world.

**Elyse:** What was the point at which you said, okay. I think school is my next step. And after working for so long and working for a company like Disney, what was that process like getting to the point where you actually decided to quit your corporate stable job in a field that you had a lot of expertise and experience in and go back to school?

**John:** Well, not only did I have an expertise in it, but when I did move over to the management side, I was actually at a really fast trajectory moving up in through the company. And that moment at Disney, it's real specific, is a good friend of mine who had worked there for quite a few years and was getting his like golden Tinkerbell award for working 25 years for the company.

And I was there with another friend of mine and I turned to them [00:11:00] and I said, if I'm here in 20 some odd years, getting that same award, I want you to come in with a gun and shoot me. Because this is not where I want to give all of the energy of my life to this company, which is wonderful and magical, but isn't always doing everything that I'm passionate and believe about as a person.

And that was the moment that really started the wheels turning for me. While I was still there for the last six months, I started interviewing for schools. I started applying to schools.

I started talking to people in the field to learn more about what the transition would be like. And when I finally reached that point where I had been accepted to the grad school I wanted to go to, I went in and spoke to my vice-president and his first question to me, and I thought that was a really brilliant, he said, is there any amount of money we can offer you to stay? And I said, actually, no. And he said, okay, that tells me what we're working with here. So I'm going to help get an exit package for you. And we're going to make [00:12:00] this a smooth transition for you out of here.

And so once all of those things started to domino into each other, it became very clear and things smoothed out really quickly.

**Elyse:** You had mentioned that not only did you start applying for schools, but you were talking to people about what a transition might look like.

Were they therapists, were they coaches, were they all of the above? How did you find those people and what were those conversations like?

**John:** I asked a therapist friends that I knew. I asked people that were in the business world that I knew. I asked the people who were the owners of the yoga studios that I was teaching at.

I asked everybody really about like the best ways to set myself up for this transition. The biggest piece of the puzzle for me was going from a regular, very good salary to no income. And I really had to look at that and I was worried about how that would play out. So my husband and I, we sat [00:13:00] down and we had a really long conversation about, you know, what this hit to our income would look like.

And he said, I know how important this is to you. We will make it through and we'll be fine. Now the interesting thing in all of that is that when it came to, you know, the actual experience, we did not suffer financially. We changed the way we did stuff. Maybe instead of having a big trip, we took a local trip.

Whether you're going to a fancy dinner, we went somewhere more local and low key. We made small adjustments, but that time that I was in grad school and then acquiring my hours, we didn't suffer. We just adjusted our expectations and had a really wonderful, wonderful period during that. And I think that's an important thing to understand, because there's so much fear, especially when in a career we've been in a while, you know, they call it golden handcuffs.

You're like, Oh, I've got this regular check coming in all the time to really going to be scary for me to step outside of that. And what I [00:14:00] want to tell you is that on the other side of it, There is amazing amounts of freedom. And I always, when I'm working with people or in these transition periods, I encourage them to do this idea of imagining this new life, this new freedom, this ability to create their own schedule, their own experience.

And it can be a really powerful way to move towards what your goals and dreams are.

**Elyse:** I love what you were saying about adjusting expectations and really having some time to mentally prepare for both you and your husband for how you're going to live off of one income rather than two.

I was listening to a show a few weeks ago about a similar transition and the person being interviewed said, I made decisions. I didn't make sacrifices. And I think that that's such a great way to mentally reframe it.

You're adjusting expectations. You're making decisions. It's not about sacrificing. It's about [00:15:00] creating what you want the next step in your life to look like.

**John:** One thing for me, the reason why I felt I had to leave the company to go to school was I also wanted to make sure that my school experience, that I was allowing myself to fully immerse in it.

I wanted to have that space to be able to stay after class and have conversations with colleagues and fellow students. I wanted to be able to meet with professors and talk about things that were curious to me. I wanted to be able to go to other trainings that were, in addition to my school training. I wanted to create a space where I could have an entire experience during this grad school program.

Now the irony of it is the way grad school played out, I probably could have still worked full time and gone to grad school because for those of you who haven't done grad school, yet, it's very different than undergrad school, it's very different than high school. You have the ability to manage your time, manage how you do assignments in a completely different way.

So I probably could've done it, but in the long run, I'm glad I didn't, because it did give me the time to really [00:16:00] enjoy and immerse myself in my school experience.

**Elyse:** Did you go into school with the idea that you wanted to work for yourself? Once you became, a therapist that you wanted to hang your own shingle, or were you considering other options?

**John:** Number one knew from the moment I decided to go back to school that I wanted to open my own practice. It is challenging because most of the grad schools for psychology are really oriented towards feeding people into working for centers, working for agencies, working in public health. That's where a huge need is.

And schools are actually designed to feed into those types of programs. My path of being clear that I wanted to go into private practice. It probably was because I was also coming back as an adult learner and I'd had experience in the business world and managing my own career for so many years. I was crystal clear what I wanted it to be.

And that clarity helped me along the way, because all of the assessments that I made were formed in that pursuit opening up my [00:17:00] own practice in my own business.

**Elyse:** And so you were super clear, but what did everybody else think?

**John:** By that time, actually both of my parents were no longer with us, so I didn't really have a lot of like family, holding their breath, waiting for me to like succeed, having little paychecks they could send me to provide me with like some money to tide me over. My friends thought it was amazing and brave, and they were fascinated by the journey.

My husband, as I mentioned earlier, was incredibly supportive of the experience and I really feel that except for one friend, and this was a really fascinating part of the journey, who was really tied into me being who I was and all that went with that and how we related to each other. There was only really one friend who didn't travel the journey with me and wasn't excited and supportive of my growth and my change.

**Elyse:** How did you handle that with that friend?

**John:** Well, unfortunately we ended our relationship. Is it was a tough [00:18:00] journey because when I started noticing, as I would be like, Oh, this really cool things happening and I was talking with friends about it, that they would just check out or they would ignore it, or they wouldn't respond or they wouldn't be supportive.

And this went on through most of my program. And one day I eventually sat down and said, look, this really concerns me. I'm changing and growing. And I feel like you don't want me to do that. And you're my best friend. this is something that I would think you would want for me, what's going on? And he really wasn't able to address that.

And so I had to really do an inventory for myself of so what this person was bringing to my life, how they were supporting me or not supporting me. And I had to make a really tough decision and move on.

**Elyse:** We've talked about before, too on this show, this idea of having a supportive community, whether that's the people who surround you immediately, or it's a community that you have to create yourself, and for you, it sounds like it was more so [00:19:00] pivoting towards the people who were supporting you, which it sounds like was the vast majority.

**John:** I think any of us are going through these types of career changes, we have got to find those people who are excited for us, those people who are cheering for us, those people who want us to see us succeed, want to see us win and are there as a support for the journey.

Those are the people you want to surround yourself with because the others are just going to drag your energy down. And remember anytime we're in the middle of change, our energy, it shifts, it changes. It's hard to get in touch with us. Sometimes we may feel more tired to lethargic. We may go through depression.

We may suddenly find there's anxiety because we're trying new things. And that's where my friends, the supportive ones are so valuable to me.

**Elyse:** What were some of the other obstacles that you encountered as you were going through this? Of course it was learning a whole new field and establishing a business, but other than those two small things, what other challenges did you face?

**John:** I would say that the biggest [00:20:00] challenges were really this internal shift for me. I think having the opportunity to work in management for Disney really helped me move a little bit away from that performer energy, but it was still there for quite a long time. I had read about an audition. We were like, ah, maybe I should go for that.

And then I was like, no, no, no, no, no, no. This is what I want to do now, because I know if I went in and got the job, I would probably pursue it. Then put things on pause and then my life would just be stalled. And I had made this decision that I wanted to really pursue this. And so I had to keep track of that for myself.

And the moment that I knew that that energy had shifted for me was when I actually went to see a show and it was amazing show and I enjoyed every second of it. And after I said, you know, if I were still performing, that's probably a show I would be in. And understanding that I was now comfortable saying that thing, if I were still performing, not like, Oh, I wish I had auditioned for that, that have been so much fun to have done [00:21:00] that show.

That was an internal shift for me. And moving through that was really powerful and helping me embrace and understand this new identity I had as a therapist, coach, and a counselor.

**Elyse:** That is really fascinating. And I have to imagine that there was a lot of not only nostalgia there, but you had such a passion for it.

And it's almost like you had to, not almost, you had to intentionally let it go, but there must have still been sort of a, sort of a grieving process for that.

**John:** Many of us who are changing our careers, is we do have to give ourselves some space to grieve and let go of that identity with such a big part of us for so long.

You know, I had friends that I created there. I traveled all over the world with performing. I have, you know, opportunities to walk backstage and Disneyland to see things that people never see. They're all these wonderful, wonderful things. They were [00:22:00] part of my previous experience. And yeah, I had to grieve and I had to look at what that meant to me.

And I had to be willing to let it go to make space for all this new, wonderful, and exciting stuff that was coming forward.

**Elyse:** And you had to have a really clear idea in your head of what your new identity was and who you wanted to be as a person.

**John:** It's interesting. I'm actually going to contradict you there for a moment, because what I would say is I had an absolute clarity of what I wanted to create, but I gave myself the freedom to figure it out along the way.

So I knew where I was going. I had a goal, I saw that goal, but I also wanted to make sure that I gave myself room on the journey to kind of move with the stuff that's coming into my

life. A really great example of that is, so I identify in the work I do. I work from what's called a post-modern therapeutic stance, and that's really looking at the idea that we're [00:23:00] not just saying what happened in your childhood. We're looking about what's happening now in your world and how you want it to be different going forward. And this like philosophy really gels with me as who I am as a person. But the first six months of school, we have this class, it's like all the different theories of therapy and psychology and you go through them and I would ask questions about them and the questions would come back and they're like, yeah, that doesn't fit.

And then there'd be another one. Like, well, what about this? That doesn't fit. And then when we started talking about the postmodern experience, like, Oh, that fits man, that feels so authentic to me and my mindfulness practices and my spiritual practices and my identity as a yoga teacher, this all comes together in this.

So did I know that going into school? Nope. I had never even heard of postmodern approaches, not, not a clue. So that was the idea. I knew where I was going, but I got to shape along the way.

**Elyse:** I've been reading, I've been reading this book [00:24:00] that it's it's called shoe dog by Phil Knight, the founder of Nike it's his memoir.

And he talks about this this quote all the time from, and I can't remember who it's from, but it's from a general. And they said, tell people what you want them to do, but let them figure out the how. And I think it's a very similar approach. It's having a goal in mind, but not being too specific on what that is or how you're going to get there and giving yourself sort of the flexibility and adaptability to figure it out.

**John:** I think it's also like for me, identify what my strengths and weaknesses were. Yeah, I wanted to own my own business. I had managed my own career, but I've never actually run a business. And in grad school I realized very quickly that that was not part of the program, not what they were going to teach.

So I found a really good mentor program that I did. It was a year-long program that I did my second year of school at the same time, I was doing school [00:25:00] to really learn the ins and outs of creating a psychology business. And how would I would approach that and what felt authentic for me. So it is about identifying where our strengths are, where our challenges are.

And then for me, it's always about bringing people who are better than I am and my challenges so that they can step up the game for me. You know what? I have an amazing tax person. He's fantastic. This is what he does every single day. If I try to do my taxes are probably take me three weeks and I'd be frustrated and tear my hair out.

I pay him a really good sum of money to manage my taxes and do my accounting. That is a really good use of my time. And that's once again, what are my challenges and who are the people that I can bring into that to help me do them more effectively.

**Elyse:** Yeah, absolutely. it's not only knowing what you can do and what you can accomplish and what you want to accomplish, but who else can help you get there?

So you took this [00:26:00] program to learn how to run a business. You hired a tax accountant, which is always a good investment. What other help did you get?

**John:** I actually worked with more than one business coach along the way. I worked with this program and they took me to a certain point. And then I also like brought in some other people that had some different approaches that I thought would help me.

And these mentorships, these coaches were really important. The other thing that I did and I encourage anyone who's starting new in any business is I found people who are already in the field of psychology, who I respected, or I had read something, they had published that I was interested in, or I saw them speak at a conference and I would cold email people.

And say, hi, my name is John Sovec. I saw you speak at such an intense conference. It was really amazing. And I really respect the work you're doing. I would love to take you out to coffee and learn more about you and your work. Now, this wasn't about networking as in [00:27:00] like, Hey, you got to send clients my way.

It was actually about me wanting to connect with people who were already farther along the path in this field than I was. I wanted to pick their brains. I, I always joke, there are some people I met and the phrase I would say is like, Oh, I just want to dance in your brain. It's so amazing.

To me, that is such a valuable part of my personal growth. And I still do it to this day. If someone has written something that I am intrigued by, or I hear someone speak, I will just do this email. And the thing that I found is really fascinating is most people that are the leaders in any field, if you ask them simply politely, kindly, can I take you to coffee?

I would say I had like a 98% yes rate on that. So don't be afraid, reach out to the people who have walked this path before you and learn from them. It's so amazing. And some of those relationships have turned into close friendships now.

**Elyse:** That is really one [00:28:00] thing that. w I love to harp on in this show is that people love to talk about themselves.

And if you give them the opportunity, but in a specific way . You allow them to help you in a way that is accessible to them. And you ask for something specific. They are very, very happy to do it.

**John:** And as I've become you know, a leader in the specific things that I specialize in, I work a lot with the LGBTQ community.

We do a lot of trainings. I speak nationally on it. I write about it. Do lots of interviews on it. When people reach out to me, I always say yes. It is kind of that, like pass it along energy, but it's not based on some kind of trite philosophy. It's actually about the fact that whenever I have these meetings and someone asks me a question at that, It like gets my brain thinking, there'll be moments like, wow, I hadn't thought about that that way. That's a really great

question. And I don't know if I have the complete answer for you. I want to learn more about it too. So these interactions [00:29:00] with the people that are ahead of me on the path and the people who are coming up on the path with me, those interactions are the things that keep me really alive.

**Elyse:** Is there anything that you wish you had done differently throughout your process?

**John:** I'm going to actually say no, in kind of a big general way. Are there little places where like, Oh, I wish I had, you know, really spent a little more time learning from that person. There are, and there always will be. There are moments sometimes when the busy-ness of my life like made me have to cut something short that I would have loved to have gone on longer.

But everything that's happened along the way has helped me to come to the point where I'm at now and everything I'm doing now is helping me to go towards the points I'm looking at in the future. And so I'm not a person that necessarily holds a lot of regrets in life.

**Elyse:** We have to know where we've been to know how far we've come, right. As people say.

**John:** Well, for me, the ideas of regret and [00:30:00] guilt are us not taking ownership of choices that we made in the moment. What we can do with that, at least for myself is like, you know, what, if that same thing came up, I think I'd make a different choice and I can learn from it, but me holding on guilt over a choice that I made at the moment with what I knew at that time and who I was at that time, that's a waste of my emotional energy and I would rather learn from it and use it to grow and change than to hold onto it and let it tear at my self-esteem.

**Elyse:** That makes total sense. But that being said, do you miss anything about your previous career?

**John:** So, yes. There's something that's so undescrivable about being a performer and finishing a show and having the audience applaud and the energy that you create with the cast, the rehearsal process is so exciting and creative. Yeah. There are parts of that that I miss and, and I think they're placed in my heart in a way that it's not like I'm pining for [00:31:00] them, but I'm aware of how much joy they brought me at the time. And there's also a really beautiful thing. I remember having this moment in my career, that was such a powerful moment of discovery. I was working in a theater and is with theater in the round. So in a theater of the round, you're making entrances to the audience.

When I had a moment, one night as I was walking down the audience to make my entrance and I put my foot on the first step to go up on the stage, I realized the honor that I had as an actor, all of these thousands of people were in their seats, but I got the honor of taking those steps up onto the stage and creating an experience a moment where they might feel something whether it's to laugh or to cry, to let go of something, to forget a rough day.

All of those things were part of that moment. And that was such a powerful, like transition in my world as a performer. And so, yeah, that honor of being able to bring this type of change to an audience, I definitely missed that a little bit.

**Elyse:** But I would say [00:32:00] you still do that now. You do that now on an individual basis or, I know you do speaking, so even still on at scale, right?

**John:** Well, yeah. And that's the thing too, is recognizing, well, what's happening now. One of my life philosophy is the idea that change happens on this individual basis. You and I talking today, someone listening to it may have a moment where they're inspired to do something that affects people in their world, you know, that butterfly effect.

And so do I have to do things on a grand scale to make the world different? Yes and no. Because sometimes just you and I, having a conversation, each of us are going to be changed by this conversation. You and I have today, and we're going to take something away from it. And that to me is how change happens.

**Elyse:** Yeah, absolutely. So as we wrap up here, what advice do you have for someone looking to make a major career shift?

**John:** Prepare. It's as simple as that. And it has lots of [00:33:00] multiple levels to it. If you're getting in that place where what you've been doing, isn't quite as comfortable or isn't quite your passion anymore, or you're feeling that you're locked into it, start to explore.

As I said those last six months, I started looking at schools and seeing what was out there and learning about it. I have a very good friend of mine who was doing let's I guess you would call it accounting, like business planning step. And he transitioned into being a dentist. And he actually found that USC school of dentistry had, a low cost agency.

And he went there, volunteered to see what it would be like working in a dental office in those moments, explore. See what it's going to feel like for you learn about what it might bring to you. And then at the same time, like I reached out to a lot of friends, get your community to support you. Sit down, look at your financials, see what you can do, what you need to prepare, what you need to put aside.

What do you to pay off, what you need to [00:34:00] stall doing? Cause I don't think you want to buy a new car right before you transition careers, but it could be part of your goal that I'll know I've succeeded in my career because now I can afford to buy a new car. So all of those things put together, I think really focus on that one aspect.

**Elyse:** Focusing your efforts, making decisions, setting expectations. Just as we were talking about before. What is your definition of success?

**John:** My definition of success for me is that I get to wake up each morning and be excited and joyful about the things that I get to do in that day.

**Elyse:** I love that . Now that you've been on the show and we've had a chance to have this great conversation. What's next? Where do people find you?

**John:** So they can first find me with a lot of information on my website, which is John Sovec.com

that's J O H N S O V E C.com. And then actually, if you just Google me, there is [00:35:00] so much information out there on being in the world. You can have fun and playful. You can find theater stuff, you can find other places I've spoken, you can find articles I've written. You can also find me on social media, on Twitter I'm @JohnSovec and on Instagram, which is new for me this year, jumping into the pool, I'm at @JohnSovacTherapy.

**Elyse:** John, thank you so much for taking the time to be on the show. It was so great to talk to you and I know that many people will benefit from your advice and insight.